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MEET SKIP ... JUST DON'T CALL HIM A WAR HERO

Donald of American House Wildwood doesn't consider himself a war hero. But the native of Buffalo, New York, better known in his community as Skip, has a Bronze Service Star medal that says otherwise. During the Korean War, he was stationed on the 38th Parallel. One night in the trenches, he sensed something wasn't right. He started firing his weapon, catching the attention of his fellow soldiers. Flares went airborne and it was later learned Skip prevented an enemy attack, keeping the men in his company out of harm's way.



Skip may downplay his contributions but still has plenty of things to say about his life and times. He has been working on an autobiography that now stands at 600 pages. After the war, Skip went to work in his father's tailor shop while he attended night school and earned a diploma in business administration and accounting.

He went on to work for a family-owned trucking company for the next 23 years. Skip later became CEO and President at Woodland Leasing. He retired in 1996 and has been at American House since November 2023 and considers moving in the best decision he's ever made. The entire staff is like family to him, especially Life Enrichment Director Shelly Lofton. Skip says he couldn't ask for a better life than the one he's living now.

Quote of the Month

“ YOU ARE ONLY YOUNG ONCE, BUT YOU CAN STAY IMMATURE INDEFINITELY. ~ OGDEN NASH ”

A BRAIN AND HEART SUPERFOOD

Blueberries are one of the healthiest fruits for you, especially as you age. Just one serving of blueberries can help meet your daily fiber requirement, which is vital for controlling blood sugar level, maintaining proper bowel health and lowering blood pressure and cholesterol levels. Blueberries also contain vitamin C and vitamin K, both of which are needed to boost your immune system and help your blood clot properly.

Blueberries also have many benefits that help older adults feel better throughout the aging process. This includes reducing inflammation, improving cognitive function, vision and skin health, while helping manage diabetes.

Blueberries naturally taste the best during the summer months, but you can also incorporate frozen blueberries into your diet. Some of the best ways to enjoy blueberries year-round is by mixing them into smoothies, on top of salads or yogurt or baked into a fresh cobbler.



LIVING & WELL  
INSPIRING A HAPPIER, HEALTHIER YOU.

TROY

JULY 2025

AMERICA'S FIRST WORLD'S FAIR

The Philadelphia World's Fair of 1876, better known as the Centennial Exposition, was an event on an epic scale. The fair was constructed in West Fairmount Park to showcase the United States' industrial achievements on the 100<sup>th</sup> anniversary of the Declaration of Independence. It was also the first World's Fair held in America. President Ulysses S. Grant presided over the opening ceremonies on May 10, 1876.



The Exposition attracted almost 10 million visitors in the six months of its operation. The cost of admission was 50 cents and those who attended were dazzled by displays of scientific and industrial innovation, world cultures and the myriad buildings and landscaping across 285 acres of West Philadelphia.

Two of the biggest highlights of the Centennial Exposition were the first public demonstration of Alexander Graham Bell's telephone and the hand and torch of the Statue of Liberty—the first time any part of it was seen in America. The Exposition also introduced the typewriter, sewing machine, root beer, popcorn, the band aid and the banana to audiences in the U.S.

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JULY 2025 EVENTS!

- 7/2 New Resident Meet & Greet
- 7/4 Independence Day!
- 7/7 Global Forgiveness Day
- 7/8 Water Balloon Toss Game
- 7/10 Family Night!
- 7/14 Manicure Day
- 7/16 Monthly Birthday Party!
- 7/17 X-Mas in July -Gift Game
- 7/21 Comedy / Magic Show 2:30
- 7/29 International Tiger Day

A DAY FOR FIREWORKS

The Fourth of July, also known as Independence Day or July 4th, has been a holiday in the United States since 1941. But the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence. Since 1776, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>July 2025</div>															BIRTHDAYS								
															Denise H. 7/1 Eleanora B. 7/3 Fred K. 7/4 Carol D. 7/7 Darrel M. 7/9 Anna S. 7/10			Charlotte Z. 7/12 Barbara P. 7/12 Patricia \"Pat\" N. 7/13 Lillian M. 7/14 Phil B. 7/19 Shelley C. 7/25			Bob R. 7/25 Andrea G. 7/29 David L. 7/30		
LOCATION KEY			01			02			03			04			FOURTH OF JULY			05					
<div>2FA 2<sup>nd</sup> Floor Activity Room AC Anytime Cafe DR Dining Room LR Living Room</div>			<div>OUT Outing PAT Patio THR Theater MT The Medical Team</div>			8:30a Exercise DR 9:30a Dollar Tree Outing OUT 10:00a A.H. Mystery Book Club AC 11:30a Pet Therapy LR 11:30a Fun & Games AC 2:30p Move & Groove w/Susette DR 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Hangman LR 12:00p Snack Cart THR 2:30p New Res. Welcome AC 2:30p Ice Cream Cones AC 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Kroger OUT 10:00a UNO! AC 12:00p Life Enrich. Chat Meet THR 2:30p Entertainment- Gary P DR 2:30p Happy Hour DR 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a 4th of July Puzzles AC 10:00a Red, White, & Blue Treat AC 2:30p Entertainment- Caroljean T DR 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a \"Alexa\" Music LR 10:30a Rosary THR 2:00p Afternoon Movie THR 2:00p Euchre 2FA 6:00p Card Sharks 2FA					
06			07			08			09			10			11			12					
10:30a Therapy in Color 2FA 1:00p Guitar & Sing w/Steve LR 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee THR 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Study 2FA 10:00a Brainiacs- 1876 Centennial Exposition THR 2:00p Scrabble 2FA 2:00p Sing Along w/Sara AC 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a B'fast Bunch-Maple Leaf OUT 8:30a Exercise DR 11:30a Pet Therapy LR 2:00p Water Balloon Toss PAT 3:00p Popsicles PAT 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Words in a Word Game LR 12:00p Snack Cart THR 2:00p Blackjack 2FA 3:00p 1 World - French Crossword AC Puzzle AC 3:00p Mini Eclairs AC 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Meijer OUT 10:00a Rummikub AC 2:30p Candy Bar/Chips Bingo DR 5:00p Family Night- Stars & Stripes Celebration DR 5:00p ENT. - Soundz of Music DR 7:00p Blackjack 2FA			8:30a Exercise DR 10:00a Art & Design w/ Ann & Jan 2FA 10:00a Game - Spintopia THR 1:00p Series - The Chosen 2FA 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a \"Alexa\" Music LR 2:00p Afternoon Movie THR 2:00p Euchre 2FA 6:00p Card Sharks 2FA					
13			14			15			16			17			18			19					
10:30a Therapy in Color 2FA 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee THR 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Study 2FA 10:00a Trivia AC 11:00a Manicures 2FA 2:00p Scrabble 2FA 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Exercise DR 10:00a Cornhole AC 11:30a Pet Therapy LR 11:30a Fun & Games AC 2:30p DIA Guest Speaker DR 2:30p DIA Topic-In the Garden DR 6:00p Table Games / Cards 2FA			9:00a Exercise DR 10:00a Hangman LR 12:00p Snack Cart THR 1:30p Resident Meeting DR 2:30p Entertainment- Carl A DR 2:30p Birthday Party! DR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Kroger OUT 10:00a Rummikub AC 1:30p Menu Chat Meeting DR 2:30p X-Mas in July Gift Exchange (White Elephant) DR 2:30p DR 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a Game - Spintopia THR 1:00p Series - The Chosen 2FA 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a \"Alexa\" Music LR 10:30a Rosary THR 2:00p Afternoon Movie THR 2:00p Euchre 2FA 6:00p Card Sharks 2FA					
20			21			22			23			24			25			26					
10:30a Therapy in Color 2FA 1:00p Guitar & Sing w/Steve LR 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee THR 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Study 2FA 10:00a EngagedSenior Games THR 2:30p Comedy-Magic Show DR 2:30p Happy Hour DR 7:00p Bingo \$1 DR			8:30a Exercise DR 10:00a Fun & Games AC 10:00a Pet Therapy LR 11:00a Lunch Outing-Olga's OUT 2:30p Wellness U w/Tonya AC 2:30p Topic- Holistic Mindfulness AC 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Words in a Word Game AR 12:00p Snack Cart THR 2:00p 1 World Cooking Demo AC 2:00p Demo - Crepes AC 3:00p Devotions & Hymns THR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Meijer OUT 10:00a Scrabble AC 2:30p Entertainment- Phil D DR 2:30p Happy Hour DR 6:00p Blackjack 2FA			8:30a Exercise DR 10:00a Game - Spintopia THR 1:00p Series - The Chosen 2FA 2:30p Bowling AC 3:00p Blood Pressure Check MT 7:00p Bingo \$1 DR			10:00a Wii Bowling THR 10:30a \"Alexa\" Music LR 2:00p Afternoon Movie THR 2:00p Euchre 2FA 6:00p Card Sharks 2FA					
27			28			29			30			31			<div>happy independence day</div> <div>4TH OF JULY</div>								
10:30a Therapy in Color 2FA 1:00p Communion W/ John TV 2:00p Pinochle 2FA 2:30p Sunday Matinee THR 6:00p Wii Games THR			8:30a Exercise DR 10:00a Bible Study 2FA 10:00a Trivia AC 2:00p Scrabble 2FA 3:00p EngagedSenior Games THR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Pet Therapy LR 10:00a Fun & Games AC 11:00a Belle Isle Picnic OUT 2:30p Ice Cream Floats AC 6:00p Table Games / Cards 2FA			8:30a Exercise DR 10:00a Hangman LR 12:00p Snack Cart THR 2:30p Entertainment-George S DR 2:30p Happy Hour DR 7:00p Bingo \$1 DR			8:30a Exercise DR 9:30a Kroger OUT 10:00a UNO! AC 11:30a World Fair, Philly Documentary THR 2:30p Afternoon BINGO! DR 6:00p Blackjack 2FA											