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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.

INSPIRING A HAPPIER. HEALTHIER YOU.

WEST KNOXVILLE

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 100th 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.

FOLLOW US ON FACEBOOK

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.



JULY 2025





JULY 2025 EVENTS!

- Stars and Stripes Family Night
- Smoky Mountain Variety Show
- Music: Cliff Jestice
- Music: Frank and Friends
- Music: The No Name Band
- Ice Cream Social
- July 4th Celebration



SUNDAY		MONDAY		TUESDAY			WEDNESDAY			THURSDAY		FRIDAY		SATURDAY	
*												BIRTHDAYS			
	*	* * *		J.	M	y	2025	2							
	LOCATION KEY		01			02			03		04	FOURTH OF JULY	05		
ARActivity RoomCHPChapelDRDining RoomFLRFlorida RoomFDFront DeskGRGame RoomLRLiving Room	LIB Library LO Lobby MC Memory Care MCL Memory Care I OUT Outing O Outside PAT Patio		10:30a 11:00a 11:30a 1:30p 3:30p 4:00p	Noodle Balloon Daily Devotionals Wellness U with Carrie Pudding Slim Wheel of Fortune Crafting Hour	MC MC LR MC MC	10:30a 11:00a 1:30p 3:00p 4:30p	Daily Devotions Color and Coffee BINGO	MC 1 MC 1 AA 1 MC 1 MC 1 MC 1	10:00a 10:30a 11:00a 11:30a 1:00p 3:00p 5:00p	Chair Yoga M Catholic Communion M	IC 11 IC 12 IR 2:(IC IC	100aStars & Stripes Zumba:30aMakeovers & Manicures:00p4th of July PARTY!:00pForever Flower Craft	MC 10:30 MC 11:00 LO 1:00p MC 3:00p 4:00p 4:00p	a Parachute Party Movie Matinee BINGO	MC MC MC MC
06	07		08			09			10		11		12		
 10:00a Hymn Singing 11:00a Devotions 11:30a Balloon Bop 1:00p Paint & Relax 2:00p Sunday Church Servi 2:00p Sunday Church Servi 		Hymn Singing Chair Yoga Wheel of Fortune Chocolate Social Craft Corner	MC 10:30a MC 11:00a MC 11:30a MC 1:00p MC 1:30p 3:00p 3:00p	Chicken Fits Parachute Party Exercise with Carrie Popsicle Snacks Sensory Bottle Craft Who Was I? (Kid Edition)	MC MC LR MC MC	10:30a 11:00a 11:30a 1:00p 2:00p 3:00p	Kick Ball Brain Crunch Hour Coffee & Art M	MCL 1 MCL 1 MCL 1 MCL 2 MC 1 5	10:30a 11:00a 11:30a 11:30a 2:00p MCD 5:00p NIGHT	Chair Zumba MC Catholic Communion Balloon Volleyball M Exercise with Carrie L Coffee & Blueberry Pie Social Stars & Stripes-FAMILY M	IC 11 IC 1:0 IR B0 1:0 2:0 M	:00a Flash Card Fitness 00p Fun Food Friday! (Making 1 tter) 00p Coloring Connection 10p Happy Hour with Frank & Frid	MCA 3:00p	Movie Matinee Coffee & Color	MC MC MC MC
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	т.оор	Kick Ball Music & Relax	MC 11:30a MC 1:00p MC 3:00p	Dirt Cake Craft & Snack Puzzle Party	LR MC MC	2:00p 3:00p 4:30p	Coffee Social w/Snacks BINGO Reminisce & Relax	MC 1 MC 2	1:00р 2:30р 3:30р	Manicures M Color & Relax M Ring Toss M	IC 3:0		MCL 2:00p MCL 3:00p		FIC
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