

If you need assistance between the hours of, 6:00pm and 8:00am, contact our in-house care staff The Medical Team at (586) 698-8622.



Happy July Birthdays!!

Residents:

- 7/8 Keith
- 7/17 Yvonne

Staff:

- 7/22 Pat

July Birthstone: Ruby

July Birth Flower: Larkspu

July is National Blueberry Month!

By: Emily Beard

July is the best time to harvest blueberries and is the peak season for this fruit, which is why it is the perfect time to celebrate National Blueberry Month. In terms of U.S. fruit consumption, blueberries rank only second to strawberries in popularity. Blueberries also happen to be one of the few fruits that are actually native to North America. Blueberries are often labeled a “super food” because they are low in calories, but high in fiber, vitamin C and vitamin K!



There are two common types of blueberries:

- 1.) Highbush blueberries- these are the most commonly grown species in the U.S., they are also the ones you’ll find at your local grocery store.
- 2.) Lowbush blueberries- often referred to as “wild” blueberries, these are typically smaller and richer in certain antioxidants.

Blueberries are believed to contain one of the highest amounts of antioxidants of ALL commonly consumed fruits, vegetables, spices and seasonings. Eating a diet rich in antioxidants protects our bodies from free radicals that can damage our DNA and contribute to aging and diseases like cancer and heart disease.

Other health benefits from regular blueberry intake include:

- Lowers blood pressure
- Lowers risk of heart attacks
- Improves brain function and memory
- Improves insulin sensitivity and lower blood sugar levels
- Lower risk of urinary tract infections
- More rapid muscle recovery and less muscle soreness after exercise

Blueberries are especially easy to find in Michigan because over 20 different varieties are grown locally. Michigan is also the number one state in highbush blueberry production with growers producing over 100 million pounds every year. The harvest season runs from late June through early October, so all of us have plenty of time to eat our fill of fresh blueberries this summer!!

OUTINGS

7/6	Kohl's	7/21	Aldi
7/7	Meijer	7/27	Detroit Historical Museum
7/13	Marshalls/Homegoods	7/28	Walmart
7/14	Dollar Tree		
7/20	Applebee's		

THE PATRIOT

AmericanHouse.com

Sterling Woods

July 2023



Sterling Woods
(586) 480-1403
36430 Van Dyke
Sterling Heights, MI
48312

(586) 480-1403

Executive Director
Michelle Bojaj

Assistant Executive Director
Chris Jackson

Community Relations Director
Todd Schuver

Life Enrichment Director
Kaitlyn Doran

Culinary Director
Shamona

Housekeeping Supervisor
Cindy Hoerle

Maintenance Director
Brian Moore



Independence Day

The Fourth of July—also known as Independence Day or July 4th—has been a federal 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, a historic document drafted by Thomas Jefferson. From 1776 to the present day, 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. The Fourth of July 2023 is on Tuesday, July 4.

Keeping Hydrated During The Summer

Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications. Severe dehydration can become life threatening to the elderly because there is no longer enough fluid in the body to carry blood to the organs. The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing, or an increased heart rate. Keeping hydrated all year round is very important, but it’s even more important during the hot summer months.



Transportation

Doug is available Tuesday-Friday. He is available from 9:00am-4:00pm. Please note, there are times when service is not available. To request transportation please visit the Front Desk to fill out a slip. Please speak with Doug to verify availability or for further details.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30 July			31 July						Location Key			1								
9:00	Virtual Rosary	TR	11:00	Word Search	C				DR	Dining Room	10:15	Jackpot Bingo	DR							
9:30	St Malachy Live Stream	TR	1:00	Noodle Exercise	C	C	Cafe	11:00	Adult Coloring	C										
	Mass & Communion		2:00	Bingo	DR	TR	Theater Room	1:00	Movie Matinee: The Getaway	TR										
1:00	Popcorn & Movie	LR	3:00	Cognitive Stimulation	C	LR	Living Room	2:00	Knitting/Crocheting with Friends	C										
1:30	Tigers vs Miami	TR	6:30	Game Night - Rummikube	GR	GR	Game Room	6:30	Dominos	C										
6:30	Game Night - Skip-O	C				P	Patio													
						OUT	Outings													
2			3			4 Independence Day			5			6 National Fried Chicken Day			7			8		
9:00	Virtual Rosary	TR	10:15	Road Trip Pt.1: Great Lakes	LR	10:00	History: The American Revolution 1776	LR		Find the LOST LUGGAGE	10:30	Arts & Crafts	C	10:00	Bus to Meijer	OUT	10:15	Jackpot Bingo	DR	
9:30	St Malachy Live Stream	TR				10:00	Come Walk with Me	P	10:00	Come Walk with Me	P	1:30	Bus to Kohl's	OUT	10:30	Rosary & Communion w/Legion of Mary	TR	11:00	Adult Coloring	C
	Mass & Communion		1:00	Noodle Exercise	C	1:00	4th of July Social	LR	1:00	Brain Benders	C	2:00	Sunshine Gardeners	P				1:00	Movie Matinee: Charro!	TR
1:00	Popcorn & Movie	LR	2:00	Bingo	DR	2:00	Movie: Independence Day	TR	2:00	Bingo	DR	3:00	Great Lakes Cooking Demo	C	1:00	Boomwhacker Beats	TR	2:00	Knitting/Crocheting with Friends	C
3:00	Tigers vs Colorado	LR	3:00	Cognitive Stimulation	C	6:00	LCR Game	C	3:00	Activity Meeting	C	6:30	Game Night - Pinochle	C	2:00	Happy Hour w/Phil D.	DR			
6:30	Game Night - Skip-O	C	6:30	Game Night - Rummikube	GR	6:15	Game Night- Pinochle	TR	6:30	Game Night - Rummikube	GR				3:30	Song Book Sing-A-Long	TR	6:30	Dominos	C
9 National Sugar Cookie Day			10			11 Nat'l Blueberry Muffin Day			12			13 National French Fry Day			14 National Mac & Cheese Day			15		
9:00	Virtual Rosary	TR	10:15	Road Trip Pt.2: Great Lakes	LR	10:15	Jackpot Bingo	DR		Find the LOST LUGGAGE	10:30	Coffee & Chat w/Friends	C	10:00	Bus to Dollar Tree	OUT	10:15	Jackpot Bingo	DR	
9:30	St Malachy Live Stream	TR				1:00	Derby Horse Race Game	TR	10:00	Come Walk with Me	P	1:30	Bus to Marshalls/HomeGoods	OUT	10:30	Rosary & Communion w/Legion of Mary	TR	11:00	Adult Coloring	C
	Mass & Communion		1:00	Noodle Exercise	C	2:00	Movin' & Groovin' w/Kathleen	DR	12:00	Lunch In- Ruby's Chinese	C	2:00	Sunshine Gardeners	P				1:00	Movie Matinee: Cash McCall	TR
1:00	Popcorn & Movie	LR	2:00	Bingo	DR	3:30	Holistic Mindfulness Talk w/ TMT	C	2:00	Bingo	DR	3:00	Arts & Crafts	C	11:00	Funny Friday	TR	2:00	Knitting/Crocheting with Friends	C
2:00	Non-Denominational Sunday Service w/Ray	TR	3:00	Total Brain Health	C				3:00	Wellness U- Cognitive Health	C	6:30	Game Night - Pinochle	C	1:00	Boomwhacker Beats	TR			
6:30	Game Night - Skip-O	C	6:30	Game Night - Rummikube	GR	6:00	LCR Game	C	6:30	Game Night - Rummikube	GR				2:00	Motor City Happy Hour w/ Frank T	DR	6:30	Dominos	C
						6:15	Game Night- Pinochle	TR							3:30	Song Book Sing-A-Long	TR			
16			17			18 National Sour Candy Day			19 National Ice Cream Day			20			21 National Junk Food Day			22		
9:00	Virtual Rosary	TR	11:00	Great Lakes Trivia	C	10:15	Jackpot Bingo	DR		Find the LOST LUGGAGE	10:30	Arts & Crafts	C	10:00	Bus to Aldi	OUT	10:15	Jackpot Bingo	DR	
9:30	St Malachy Live Stream	TR	1:00	Noodle Exercise	C	1:00	Derby Horse Race Game	LR	10:00	Come Walk with Me	P	11:00	Blood Pressure Checks	TR	10:30	Rosary & Communion w/Legion of Mary	TR	11:00	Adult Coloring	C
	Mass & Communion		2:00	Bingo	DR	2:00	Movin' & Groovin' w/Kathleen	DR	12:00	Main Event: Great Lakes Picnic Party	DR	11:30	Brunch Bunch: Applebee's	OUT				1:00	Movie Matinee: The Producers	TR
1:00	Popcorn & Movie	LR	3:00	Cognitive Stimulation	C	3:00	Afternoon Movie: Breakfast at Tiffany's	TR	1:00	Music Conversations	C	2:00	Coffee & Chat w/Friends	C	1:00	Boomwhacker Beats	TR	2:00	Knitting/Crocheting with Friends	C
4:00	Tigers vs Seattle	LR	6:30	Game Night - Rummikube	GR				2:00	Bingo	DR	3:00	Fun w/ Humana	DR	2:00	Happy Hour w/ Gary W	DR			
6:30	Game Night - Skip-O	C				6:00	LCR Game	C	6:30	Game Night - Rummikube	GR	6:30	Game Night - Pinochle	C	3:30	Song Book Sing-A-Long	TR	6:30	Dominos	C
						6:15	Game Night- Pinochle	TR							6:30	Non-Denominational Bible Study	C			
23			24 National Cousins Day			25 National Wine & Cheese Day			26 Nat'l Coffee Milkshake Day			27			28 National Milk Chocolate Day			29 National Lipstick Day		
9:00	Virtual Rosary	TR	11:00	30 Days of Gratitude	C	10:15	Jackpot Bingo	DR		Find the LOST LUGGAGE	10:30	Bus to Detroit Historical Museum	OUT	10:00	Bus to Walmart	OUT	10:15	Jackpot Bingo	DR	
9:30	St Malachy Live Stream	TR	1:00	Noodle Exercise	C	1:00	Wine and Reminisce	C	10:00	Come Walk with Me	P			10:30	Rosary & Communion w/Legion of Mary	TR	11:00	Adult Coloring	C	
	Mass & Communion		2:00	Prize Bingo	DR	2:00	Resident Birthday Party w/Chuck S	DR	10:30	Resident Town Hall Meeting	DR	10:30	Arts & Crafts	C			1:00	Movie Matinee: The Belle of New York	TR	
1:00	Popcorn & Movie	LR	3:00	Total Brain Health	C	3:00	Chair Exercise	TR	1:00	Brain Benders	C	2:00	Coffee & Chat w/Friends	C	1:00	Boomwhacker Beats	TR			
2:00	Non-Denominational Sunday Service w/Ray	TR	6:30	Game Night - Rummikube	GR	6:00	LCR Game	C	2:00	Bingo	DR	3:30	Uno Card Game	C	2:00	Happy Hour w/ Chet P	DR	2:00	Knitting/Crocheting with Friends	C
6:30	Game Night - Skip-O	C				6:15	Game Night- Pinochle	TR	3:00	Milkshake Hour	C	6:30	Game Night - Pinochle	C	3:30	Song Book Sing-A-Long	TR	6:30	Dominos	C
									6:30	Game Night - Rummikube	GR									