

July Birthdays

Robert Riddle - 20th

Mary Duncan - 22nd

Maureen Hoover - 27th



Roses are red
Violets re blue
It's a joy to wish
A happy birthday
To special people
Like you.
Enjoy your day!



UV RAYS HURT MANY WAYS!

July is UV Safety Awareness Month

Summer has arrived in Michigan and we're enjoying more time outdoors with family and friends. But too much time spent in the sun without taking the proper precautions can be harmful to health. July is UV Safety Awareness Month. While the warmth of the sun

feels great, the sun emits radiation known as Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays. UV-B rays have short wavelengths that reach the outer layer of your skin, while UV-A rays have longer wavelengths that can penetrate the skin's middle layer. Both UV-A and UV-B rays can be harmful to health. Unprotected sun exposure can cause premature skin aging, damage to your eyes, skin cancer, and suppress the immune system. Protect your skin and eyes from the damaging effects of the sun with these tips:

1. **Choose the Right Sunscreen.** The U.S. Food and Drug Administration (FDA) recommends using a broad-spectrum sunscreen that protects against both (UV-A) and (UV-B) rays, with a sun protection factor (SPF) of at least 15.
2. **Use the Right Amount of Sunscreen.** Apply at least one ounce (a palmful) of sunscreen every two hours. Apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.
3. **Cover Up.** Wearing sunglasses with broad-spectrum UV protection, a hat (preferably wide-brimmed), and/or other UV-protective clothing can help to partially shield you from the harmful effects of UV exposure.
4. **Stay in the Shade.** Stay in the shade when the sun's glare is most intense - between the hours of 10 a.m. and 4 p.m.
5. **Get Outdoors!** Spending time outdoors in nature and participating in recreational activities that we enjoy is important for our mental and physical wellbeing. Remember that UV rays from the sun can still damage your skin on cloudy days or in the winter, but by taking the proper precautions, you and your loved ones can enjoy the sun. Enjoy the outdoors and be sun-safe every day!

PLEASE REMEMBER - Call your health care provider for an appointment if you have:

- * Skin discoloration that causes significant concern.
- * Persistent, unexplained darkening or lightening of the skin.
- * Any skin sore or lesion that changes shape, size, or color.

NATIONAL AMELIA EARHART DAY IS IN JULY

Amelia Earhart is one of America's most beloved pioneers in aviation, so we recognize National Amelia Earhart Day, July 24, to celebrate her birth, life and achievements. While many remember her for her mysterious disappearance on her internationally anticipated flight around the world, she had a life filled with accomplishments. Earhart's fateful flight around the world began on June 1, 1937, out of Oakland, California. She and navigator Fred Noonan left New Guinea on July 2 with 7,000 miles remaining of their journey. However, this would be the last day they'd be seen alive. Their disappearance remains a mystery to this day, although numerous theories have been proposed.

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July 2023

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What Actually Happened on July 4, 1776?

For the more than 334 million people who call the United States of America home, July 4 is an exciting holiday. Independence Day celebrates American freedom and everything that makes the U.S. such a unique and beautiful country. The Fourth of July has a lot to offer in

terms of celebrations, traditions, and community gatherings, and there's no shortage of fun to be had when summer's biggest holiday comes around. From family Barbecues to fireworks to great retail days of shopping at the mall, Americans enjoy this nation and all it provides. But did you know this fact about Independence Day?

Contrary to popular belief, July 2, 1776, not the fourth, was the day that the delegates voted in favor of seeking independence. Two days later on July 4, 1776, the Continental Congress adopted the Declaration of Independence, with some revisions, according to the National Archives. However, only two delegates, Charles Thompson and John Hancock, secretary and president, respectively, signed the document on July 4.

Finally, on August 2, 1776, delegates began signing the document most Americans think of today when they envision the Declaration of Independence—the one inscribed on parchment paper bearing 56 delegate signatures. Hancock went first, writing in a bold, large script and giving rise to the idiom "to put your John Hancock on the line," meaning to sign something.

John Adams anticipated the celebration of independence would occur on July 2nd every year, marking the anniversary of the vote for independence (as opposed to the adoption of the Declaration of Independence). In a letter to his wife, Abigail, Adams theorized the celebration would include fireworks, bonfires, parades, and games, many of which are popular 4th of July activities today!



"God Bless America, my home sweet home."



"May we never forget our fallen comrades. Freedom isn't free."

July										2023																								
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday				
30 July					31 July															Location Key					1									
8:00 Rise and Shine DR					8:00 Rise and Shine DR															DR Dining Room					OUT Outside					8:00 Rise and Shine DR				
11:30 Lunch DR					9:30 Motivational Monday RFL															L Lounge										10:15 Nurture Program L				
1:00 Family & Friends Pen Pals CR					10:15 Movin' & Groovin' RFL															RFL Reflections Room										11:30 Lunch DR				
3:00 Exercise for Health DR					10:45 SingFit Program RFL															AR Activities Room										1:30 Group Art Session DR				
5:00 Dinner DR					11:30 Lunch DR															BS Beauty Shop										3:00 Meaningful Moments RFL				
6:30 Movie Night w/Coffee or Tea L					1:30 Entertainment by Marie Kravetz DR															GAZ Gazebo										5:00 Dinner DR				
					3:00 Picture Me This... RFL															CR Craft Room										6:30 Book Club/Fireside AR				
					5:00 Dinner DR																													
					6:30 Games, Puzzles and More AR																													
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11:30 Lunch DR					10:00 Motivational Monday RFL					9:30 Manis & Mimosas BS					9:15 Therapeutic Arts & Crafts DR					9:30 Prim & Proper L					9:30 Movin' & Groovin' DR					10:15 Nurture Program L				
1:30 Family & Friends Pen Pals AR					10:45 Movin' & Groovin' DR					10:00 Spirituality w/Minister Hamilton DR					10:30 A Sense of Nature DR					10:30 Physical Movement for Men DR					10:30 Refresh & Renew RFL					11:30 Lunch DR				
3:00 Exercise for Health DR					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					1:30 Group Art Session DR				
5:00 Dinner DR					1:30 Guided Meditation RFL					11:30 Lunch DR					1:30 Nurture Program GAZ					1:30 Entertainment by Cathy Brunssen DR					1:30 Bingo DR					2:45 Meaningful Moments RFL				
6:30 Movie Night w/ Popcorn AR					2:30 Picture Me This... DR					1:30 Entertainment by Kenny Lang DR					2:45 Picture Me This... L					2:45 Family & Friends Pen Pals DR					3:00 Weekly Reflections L					5:00 Dinner DR				
					5:00 Dinner DR					2:45 Cognitive Conversations L					5:00 Dinner DR					5:00 Dinner DR					5:00 Dinner DR					6:30 Games, Puzzles and More AR				
					6:30 Movie Night w/Snacks AR					5:00 Dinner DR					6:30 Games, Puzzles and More AR					6:30 Book Club/Fireside AR					6:30 Movie Night w/Coffee or Tea L									
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1:00 Family & Friends Pen Pals CR					10:15 Movin' & Groovin' RFL					10:45 Women's Club L					10:30 A Sense of Nature DR					10:30 Physical Movement for Men DR					10:30 Refresh & Renew RFL					11:30 Lunch DR				
3:00 Exercise for Health DR					10:45 SingFit Program RFL					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					1:30 Group Art Session DR				
5:00 Dinner DR					11:30 Lunch DR					1:30 Entertainment by Faye Bradford DR					1:30 Nurture Program L					1:30 Artist in Resident CR					1:00 Bingo AR					2:45 Meaningful Moments RFL				
6:30 Movie Night w/Snacks L					1:30 Guided Meditation RFL					3:00 America The Beautiful Trivia DR					2:45 Picture Me This... L					2:45 America The Beautiful Demo DR					3:00 Ice Cream Social w/Optimal Care OUT					5:00 Dinner DR				
					2:30 Picture Me This... DR					5:00 Dinner DR					5:00 Dinner DR					5:00 Dinner DR					5:00 Dinner DR					6:30 Movie Night w/Popcorn L				
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3:00 Exercise for Health DR					10:45 SingFit Program RFL					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					11:30 Lunch DR					1:30 Group Art Session DR				
5:00 Dinner DR					11:30 Lunch DR					10:45 Women's Club L					1:30 Entertainment by Jerry Poirier DR					1:30 America The Beautiful Trivia DR					1:30 Bingo DR					2:45 Meaningful Moments RFL				
6:30 Book Club/Fireside AR					1:30 Guided Meditation RFL					11:30 Lunch DR					2:45 Picture Me This... L					2:45 Motor City Happy Hour DR					3:00 Weekly Reflections L					5:00 Dinner DR				
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3:00 Exercise for Health DR					10:45 SingFit Program RFL					11:30 Lunch DR					11:30 Lunch DR					11:30 Great Lakes Picnic Luncheon DR					11:30 Lunch DR					1:30 Group Art Session DR				
5:00 Dinner DR					11:30 Lunch DR					2:45 Cognitive Conversations L					1:30 America The Beautiful Trivia DR					1:30 Entertainment by William Dixon DR					1:30 Bingo DR					2:45 Meaningful Moments RFL				
6:30 Movie Night w/Coffee or Tea L					1:30 Guided Meditation RFL					4:00 Entertainment by Lukas Stachurski DR					2:45 Picture Me This... L					2:45 Family & Friends Pen Pals DR					3:00 Weekly Reflections L					5:00 Dinner DR				
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