A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.



Happy Birthday!

7/9 Diana P.

7/12 Barbara A.

7/18 Allan L.

7/26 Doris S.

7/27 Mary N.

7/27 Robert Y.

July is Social Wellness Month!

Maintaining an optimal level of social wellness allows you to build healthy relationships with others. Having a supportive social network allows you to become comfortable with who you are in social situations. Surrounding yourself with a positive social network increases your selfesteem.



Advantages of Social Wellness

Studies have reported that people who stay social:

- -Live longer
- -Respond far better to stress
- -Have healthier cardiovascular and endocrine systems
- -Have a more robust immunity
- -And more

On the other hand, those who live a more isolated and secluded lifestyle are at heightened risk for severe health issues – comparable to the dangers linked to obesity, cigarette smoking, and hypertension.

How to Improve Social Wellness

1. Surround yourself with good people

A strong support system has a positive influence on your overall well-being.

2. Practice self-care

Taking time for yourself can end up improving your relationships with others, so try not to underestimate the value of a little "you-time."

3. Engage in hobbies and extracurriculars

Engaging in hobbies and extracurriculars helps you find a better work/life balance and reduces stress.

4. Stick to a healthy routine

In general, people feel better when they get enough sleep, eat healthily, get regular exercise, maintain a normal weight, drink less alcohol, and don't smoke. Research shows that those who follow all five of these habits can live a decade longer than those who don't.

5. Continue working on better communication

Try to practice active listening, make good eye contact, improve your posture, and make yourself heard through effective communication.

NOTES	

* #PATRIOT *

Macedonia

July 2023



AmericanHouse.com

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Your Friendly Staff

(330) 622-5607

Executive DirectorJill Lajoie

Wellness Director Anthony Zubay

Community Relations Director

Jacqueline Rushlow

Life Enrichment Director Billy Dombrowski

Resident Care Coordinator Linda Cannon

Maintenance Director
Dale Bryant



This Month in History - July

1775 - During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.

1790 - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlash and potash. The patent was signed by George Washington and Thomas Jefferson.



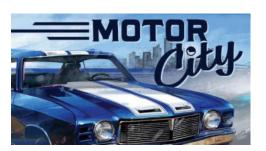
Great Lakes Picnic Party

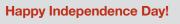
Join us for a classic summer picnic on the shores of the Great Lakes as we enjoy laid-back outdoor shoreside scenery and refreshing summer foods! 1862 - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000. Also on this day, the Bureau of Internal Revenue was established by an Act of Congress

1943 - During World War II, in the Battle of Kursk, the largest tank battle in history took place outside the small village of Prohorovka, Russia. About nine hundred Russian tanks attacked an equal number of German tanks fighting at close range.

Motor City Happy Hour

Known for its cars, music and signature foods, come enjoy a rocking Motown experience at this Motor City happy hour.





With pride and spirit of patriotism in hearts, national days, are filled with a sense of joy and gratitude, towards our nation's heroes and leaders, those who paved the way for a brighter future.

Wishing our residents, team members, family, and friends a safe and happy 4th of July!



July 2023

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 July		31 July		•	Locat	tion Key	1
10:30 Virtual Church Service (Ch.43)1:30 Independent Puzzles2:30 Sunday Cinema3:30 Sit- N- Reminisce	B T MDR	 10:30 Full Body Workout with Billy 11:15 Daily Chronical Discussion 1:30 Wii Bowling 3:30 Read & Relax- Cookie's Corner 6:00 Open Billiards 	T AMEY HOUS SENIOR LIVING	e *	T Theater MDR Main Dining Room P Pub B Bistro LIB Library BA Billiards Area 3rd Floor		12:00 Mass (Virtual CH.60) 12:30 Bud Couts LIVE Entertainment 1:15 Resident Led Bingo! 2:30 Table games 9 3:30 Rosary (Channel 60) 6:00 Puzzles in the Bistro P
2		3	4	5	6	7	8
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