



## Celebrate Fourth of July with Your Own Firework Paintings

Unable to stay up to watch the fireworks? Make your own and enjoy them all day long!

*Supplies needed:  
paper, paint and plastic forks.  
Optional: brushes and glitter*

Pour small amounts of paints onto a plate. Dip the back of a plastic fork into the paint. Press the fork onto the paper to create a in a circular pattern to make a firework effect. Experiment by dragging the tines to create unique firework bursts. Add glitter to the wet paint for extra sparkle. Let the paintings dry and display them around the room.

## JULY 4TH – CELEBRATING INDEPENDENCE DAY

In 1776 when the Declaration of Independence was signed, a staged party was planned to celebrate the birth of America and the separation from England.

Colonists, families and towns continued to celebrate the anniversary of this freedom yearly on July 4 with large crowds and festivities.

Today, we celebrate our free nation with parades, feasts, festivals, fireworks and family cookouts, but there is more to celebrate than our country's

birthday. Our Independence Day celebrations:

- Symbolize the right to live with the freedoms of religion, without persecution and with the ability to think and do for yourself.
- Remind us that it takes courage to protect freedom and often courage is needed in the toughest times.
- Provide a day to reflect on and recognize our nation's multi-cultural heritage, history, and unity of people.

# Happy Birthday!

## RESIDENTS

Jul. 7	Richard W.
Jul. 12	Edward H.
Jul. 13	Dorothy A.
Jul. 13	Michelle S.
Jul. 13	James W.
Jul. 20	Gregory S.

## STAFF

Jul. 1	Shanel T.
Jul. 4	Stashia N.
Jul. 7	Shayla L.
Jul. 7	Sonja V.
Jul. 31	Marcheena R.



## Welcome New Residents

Eddy T. Mark G.  
James W.

Employee  
of the Month  
Chris Myers, LPN



# Bite-Sized Hot Dog Facts

It's probably no surprise that July is Hot Dog Month, but the third Wednesday of the month is also National Hot Dog Day!



in rolls and drew a cartoon. Not knowing how to spell "dachshund," he wrote "hot dog" instead.

The hot dog is one of the most iconic American foods with Americans consuming more than a billion of them each year during the summer!

- New York City and St. Louis street vendors sold hot dogs in buns in the 1860s.
- In 1893 Chris Von de Ahe brought baseball and hot dogs together selling them at St. Louis Browns games (now the St. Louis Cardinals.) The Colombian Exposition in Chicago also began selling hot dogs. In both locations they became an instant hit.
- The name "hot dog" was said to be created by a cartoonist. At a baseball game in 1901, he saw vendors selling sausages

- Mustard is the #1 condiment of choice. Other popular toppings include: ketchup, onions, chili sauce, pickles, relish, sauerkraut, cheese and coleslaw.
- Hot dogs have gone to space! In the 1960s, astronauts ate hot dogs because they are easy to store and eat in zero gravity.

However you like your hot dog prepared, whether nestled in a bun and smothered with condiments and toppings, chopped up, bunless and with baked beans, or maybe just plain, enjoy one of America's iconic foods at cookouts and ballgames this summer.

## Photo Highlights



The residents had so much fun playing Ring Toss and Bingo.

# Memorial Day!



## Gorgeous Grandma Day

Gorgeous Grandma Day was founded in 1984 by Alice Solomon to recognize the value, beauty, and accomplishments of aging women. Sunday, July 23 is the next official Gorgeous Grandma Day. Take your grandma, nana, great aunt, or elderly sweet neighbor lady to lunch at her favorite restaurant, have a picnic in a sunny park, make it a ladies day with mani and pedicures, simply enjoy ice cream cones together or give her a call, text, or video chat if she lives a long distance away.



The residents loved sitting outside and grilling out.

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## Give Something Away Day

On July 15, Give Something Away Day provides a special opportunity to give back, connect with their community, and experience the joy of generosity. This day can serve as a wonderful reminder to share your time, talents, and resources with others. Whether it is donating cherished possessions, offering assistance, or simply lending a listening ear, seniors have a wealth of wisdom and experiences to share, making Give Something Away Day an ideal time to engage intergenerational activities. Collaborative initiatives like crafting handmade gifts for others, preparing care packages for those in need, or participating in community service projects with children are great ways to create lasting memories while simultaneously passing down important values to future generations.



## DROP A ROCK DAY: JULY 3



Have you ever been walking and spotted a painted rock? It mostly likely made you smile. Maybe you wondered how it got there or who created it. July 3, Drop a Rock Day is a great time to be that somebody! All you need is some small flat rocks, acrylic paints, and a paintbrush. **Get creative! Sunshine. Smiley faces. Bright, colorful doodles, flowers, sunshine, rainbows. Uplifting messages!** On your next walk outdoors, take one or two of them with you and place them along your route to brighten everyone's day!

## JULY – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

H	V	L	O	T	I	O	N	P	G	O	R	D	T	K
F	R	E	E	D	O	M	T	F	C	T	G	C	A	K
G	A	T	A	Y	H	X	A	E	H	G	E	Z	U	G
O	C	U	W	E	Z	F	H	G	O	T	G	G	K	O
R	T	R	Q	Y	Q	T	I	D	O	J	E	J	S	N
G	I	F	N	T	I	L	T	R	R	B	N	I	A	L
E	V	C	V	W	N	O	P	F	E	J	E	K	F	A
O	I	M	E	U	H	X	G	L	A	W	R	N	E	Z
U	T	U	S	L	H	H	O	A	M	T	O	M	T	R
S	Y	S	C	J	E	R	E	G	H	A	U	R	Y	H
Z	Q	T	B	A	Q	B	A	S	G	L	S	M	K	Q
Y	O	A	O	H	G	B	R	J	Y	E	V	P	W	S
H	H	R	B	D	M	K	E	A	M	N	G	R	Z	K
H	C	D	L	A	C	H	B	K	T	T	D	L	S	F
J	U	K	E	T	C	H	U	P	J	E	H	C	E	H

### Word List

ACTIVITY  
CELEBRATE  
FIREWORKS  
FLAGS  
FREEDOM  
GENEROUS  
GORGEOUS  
HOTDOG  
KETCHUP  
LOTION  
MUSTARD  
PROTECT  
SAFETY  
SUNLIGHT  
TALENT