

Arbor View Senior Living

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Days in July to Note:

Independence Day

July 4

Strawberry Sundae Day

July 7

French Fry Day

July 13

Lollipop Day

July 20

Full Moon (Buck Moon)

July 23

Culinarian Day

July 25



- July 1 - Betty Helland
- July 7 - Loretta Meister
- July 14 - Ethel Seno
- July 19 - Barth Ryan
- July 28 - Richard Stitch

- July 21 - Natalie Costanza
- July 22 - Ed Umnus

Independence Day - July 4

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.



French Fry Day - July 13



You might think french fries originated in France, but potatoes were being fried in Belgium way before the French ever did. The term ‘French fries’ refers to deep-fried slices or strips of potatoes. Estimates say Americans eat around 30 pounds of French fries per person each year. That seems like a lot, but when you think about all the ways you

can eat fries, it adds up quickly. Straight, curly, kinkle cut, steak cut, wedges, waffle ... what’s your favorite?

Historic July Firsts for the Record ...

July 1, 1934 – The first X-ray photograph of an entire body is made at a hospital in Rochester, NY. It’s a one-second exposure, performed under ordinary conditions.

July 16, 1945 – The first atomic bomb is detonated.

July 20, 1969 – Apollo 11 astronaut Neil Armstrong becomes the first person to walk on the moon.

July 17, 1986 – Greg LeMond becomes the first American to win the Tour de France bicycle race.



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Michelle's Corner ...



I'm excited to announce that our NEW nurse will be joining us soon! I can't wait to introduce her to you.

As the warmer weather has made its appearance, I want to remind you to be aware of the heat and your hydration. Fluids are essential to keep your vital organs active. Dehydration can be severe, moderate or mild (based on how much of your body's fluids are lost or not being replaced). Your diet also plays an important part in your fluid intake. Our elderly population are also at a higher risk for dehydration as they might forget to drink water - or not even recognize their thirst.



The rule of thumb is eight 8 oz glasses of water per day!

I want to also extend a huge welcome to our new residents here at Arbor View. We continue to welcome new residents to our Community with our Red Carpet Treatment. It's more than a simple idea, it's the creative attention to the details of living that set us apart - it's our way of life.

~ Michelle Viol, Community Director



Flower – Larkspur



The larkspur gets its name from its resemblance to a dolphin. The flower's scientific name, *delphinium*, is derived from the Greek word *delphis*, meaning "dolphin." As the larkspur begins to bloom, its petals form graceful arches and curve in a bottle-like shape similar to the nose of the joyful marine mammal. The larkspur is also said to reflect the dolphin's spirit, and a purple larkspur represents the soaring emotions of first love. Larkspurs of all colors are thought to symbolize feelings of lightness, levity, and an open heart.

Birthstone – Ruby



The birthstone for July is the ruby. The name *ruby* was derived from the Latin word *rubens*, meaning "red." Like a perfect red rose, the ruby's rich color speaks of love and passion. Called the *rajnapura*, or "king of precious stones," by the ancient Hindus, the ruby has been a highly prized gem throughout history. The gorgeous stone is also the most commonly named precious gem in the English translation of the Bible. It is thought to offer wisdom, wealth, and success in love, as well as to guard against evil.