



7/12 - Shella R.
7/12 - Rose Marie W.
7/15 - Shirley E.
7/20 - Cheryl L.
7/30 Elaine A.



BAKA presents
EMERALD RIDGE
 ASSISTED LIVING

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"I really love the food here at Emerald Ridge!"

- Inga J.



7 Benefits to thinking positively

1. Get rid of stress
2. Improve your health
3. Work smarter
4. Encourage others
5. Live longer
6. Become more resilient
7. Improve well-being

MONTHLY
Newsletter

July Issue, 2020

Senior Spotlight
 Betty M.



Betty is positively an amazing person, her perpetual up beat happy attitude is contagious. Betty was born in a

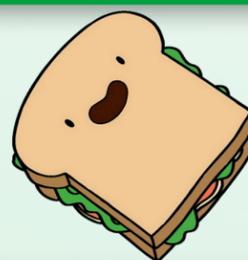
Betty and John went on to have 4 boys and 1 girl. As of right now Betty has 12 Grandchildren and 10 Great Grandchildren. She

very small town deep in the Northwoods of Lugerville, Wisconsin. She is an only child, which may have you think she was privileged, but on the contrary, she was a hard working farm girl. Betty's family continued to move to larger farms until they landed in Fond Du Lac, Wisconsin. There, she continued working her farm chores and attending St. Mary Spring Academy until her Graduation in 1943.

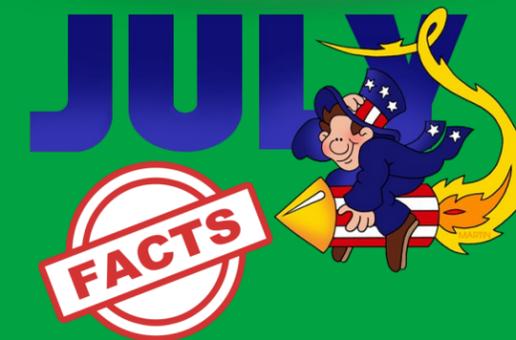
Betty regularly attended local dances in town. One of her fondest memories was being asked to dance by a handsome boy and declining his first request. After accepting the second dance request, Betty fell in love with that very same handsome fellow, whose name was John. Betty says she married John, her life-long sweetheart in 1950.

is so close with her Grandchildren that she learned to text them daily on her smart phone. After having raised her children, Betty's husband's job took them all over the country. They made sure to take the time to enjoy the culture of each different city. After the passing of her husband she came to live at Emerald Ridge to be closer to her children. She touts about her new wonderful home and how we are a great big family. Betty is an inspiration and we are VERY lucky to have her with us

at Emerald Ridge! Make sure to stop and say "Hello" to Betty the next time you see her.



A ham sandwich walks into a bar and orders a beer... Bartender says "Sorry, we don't serve food here!" 😂



1. There are many countries which have their Independence Day during the month of July. These include the United States, Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.
2. July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere.
3. Sometimes the hot, long days of July are called the "dog days of summer".
4. It is sometimes called the Hay month because the grass dries out due to a lack of rain and can be made into hay.
5. July's birthstone, the ruby, is often associated with contentment, love, passion, and integrity.

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4TH OF JULY

WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White



TOGETHER WE HAVE SPIRIT



Triv?da

Answers:

1. In the Roman calendar July was originally called Quintilis. What does this Latin word mean?
2. For whom is July named?
3. What is the flower for July?
4. What is the gem for July?
5. Complete this quote by Sue Cole-ridge:
 "Hot July brings cooling showers, ----- and gilly flowers."
6. Where would you see the Column of July?
7. In the British Isles how long will it rain if it rains on St. Swithin's Day, July 15th?
8. "Do you know? It's in the stars, Next July we ----- with Mars"
 What's the missing word?

Answers:

- 1.) Fifth. 2.) Julius Caesar.
 3.) Larkspur. 4.) Ruby.
 5.) Apricots. 6.) Rome.
 7.) 40 days. 8.) Collide.

Weekly Activities



Daily



Manicure Mondays



Craft Tuesdays



Craft Thursdays



Fridays



Dates to Remember

July 4th Independence Day

July 23rd Resident Council—1:30 p.m.

FAMOUS BIRTHDAYS IN JULY



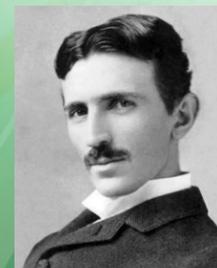
Jennifer Lopez (July 24)



Sylvester Stallone (July 6)



George W. Bush (July 6)



Nikola Tesla (July 10)



Sir Richard Branson (July)



Arnold Schwarzenegger (July 30)



Gerald Ford (July 14)



JK Rowling (July 31)



Bill Cosby (July 12)