WHAT'S COMING UP

July 1Canada Day

July 4 Independence Day

July 7 World Chocolate Day

July 10National Kitten Day

July 16National Cherry Day

July 23National Gorgeous
Grandma Day

July 24National Cousins Day

July 30 International Day of Friendship



JULY 2021 NEWSLETTER



Happy July!

I want to let everyone know how much we appreciate each of you. It is already July, and time to celebrate the passing of the Declaration of Independence. It is a time for loving family and friends, and being happy for moving in the right direction as a nation past this pandemic. As our community grows, so does our love for one another.

We want to thank everyone for coming out and spending time with your loved ones during this time. It is so good to share good times with you and your families, and we are glad to be able to spend more time together. Please continue to follow guidelines related to vaccination and visiting, and thank you for your cooperation in this matter. I love to share a quote each month, and here is this month's quote: "May we think of freedom, not as the right to do as we please but as the opportunity to do what is right."

Sonja Edwards,Executive Director

FUN FACTS

- » The astrological signs for July are Cancer (June 21-July 21) and Leo (July 22-August 21).
- » July was named after Julius Caesar, as it was the month in which he was born.
- » July is generally the hottest month of the year in the northern hemisphere, and the coldest month of the year in the southern hemisphere.
- » July is National Watermelon Month.
- » Canada Day, the anniversary of Canadian confederation, is celebrated each year on July 1st.
- » Although the Declaration of Independence was accepted on July 4, it wasn't officially signed by every member until nearly a month later, on August 2, 1776.
- » The birthstone for July is the ruby.
- » Americans eat 150 million hot dogs on average during Independence Day.
- » Fireworks as a tradition of Independence Day date back as early as the first anniversary in 1777.
- » Thomas Jefferson, 82, and John Adams, 90, both died on July 4, 1826 within five hours of each other on the 50th anniversary of the signing of the Declaration of Independence.
- » The flower of July is the water lily.
- » July 4th was not deemed a federal holiday until 1870, nearly 100 years after the nation was founded.
- » The first 50-star flag was designed in 1958 by a 16-year-old from Lancaster, Ohio.
- » Sliced bread was sold for the first time on July 7, 1928.
- » On July 9, 1962, Andy Warhol's Campbell's Soup Cans exhibition opened in Los Angeles.
- » To Kill a Mockingbird by Harper Lee was published in the United States on July 11, 1960.
- » Apollo 11 was launched from the Kennedy Space Center at Cape Kennedy, Florida on July 16, 1969.
- » On July 17, 1955, Disneyland was dedicated and opened by Walt Disney in Anaheim, California.
- » The animated short, A Wild Hare, was released on July 27, 1940, marking the first introduction of the character of Bugs Bunny.
- » The city of Miami, Florida was incorporated on July 28, 1896.
- » National Take Your Houseplant For A Walk Day is commemorated on July 27 of every year.











FIREWORKS FOR THE FOURTH— A HISTORY



It's almost impossible to think about the 4th of July without also thinking about fireworks. Our celebration of this holiday is so steeped in the tradition of these awe-inspiring pyrotechnics, but why? Where did this tradition come from?

As it turns out, the use of fireworks to celebrate this holiday dates back almost as far as America's independence itself. On the second day in July, 1776, an excited John Adams wrote a letter to his wife. He wrote, "I am apt to believe that [this day] will be celebrated, by succeeding generations, as the great anniversary festival. It ought to be solemnized with pomp and parade, with shews, and games, sports, guns, bells, bonfires, and illuminations from one end of this continent to the other from this time forward forever more."

Though he was a couple of days off, Adams wasn't wrong. The first organized celebration of

Independence Day took place in Philadelphia on July 4, 1777. At about noon on that day, all of the arms ships and galleys in the river were drawn up before the city, decorated with colorful streamers in honor of the United States of America. Festivities continued with each ship's cannon firing a 13-gun salute in honor of the 13 Colonies, a grand fireworks exhibition, and the ringing of bells.

Americans still celebrate this holiday with fireworks front and center. In fact, an estimated \$1-billion was spent on fireworks for the fourth in 2019, and there are approximately 16k fireworks displays held across the country each year for the holiday.





Let Freedom Ring

Celebrating the 4th of July with Fun Facts

When we think of the 4th of July, certain images run through our minds. Fireworks. Grilling out with family and friends. Maybe even a little baseball or fun in the sun at your favorite swimming hole. People decked out in red, white, and blue, hot dogs, popsicles, and bright-eyed kids running around in the yard. Even though this holiday has taken a certain shape for us as Americans, we still remember the reason

for the celebration of our country's independence. This federal holiday, also known as Independence Day, of course, marked the adoption by the Colonies of the Declaration of Independence, signed July 4th, 1776. We all know the basic story, but there are probably a lot of things you may not know about this special holiday we celebrate each year with food and fire.





Here are 10 facts you may find interesting about the 4th of July.



The White House hosted its first 4th of July party in 1801.



You probably knew that John Hancock was the first to sign the Declaration of Independence on July 4th, 1776, but did you know that he was the only one to sign that day? The others actually signed their John Hancocks later.



On the original American flag, the stars were in a circle so that all the Colonies would be represented equally.



In 1938, Congress made Independence Day a paid federal holiday. Prior to that it was made an official unpaid holiday in 1870.



In 1776, there were 2.5 million people living in the nation. Today the U.S. population has grown to 316 million.



The actual document was signed by representatives of the 13 colonies, and included the signatures of 56 men altogether.



There are 59 locations in the U.S. with the word "liberty" in their names. Pennsylvania plays host to 11 of these places, more than in any other state.



Seven of the signers of the Declaration of Independence received their education at Harvard.



On the 4th of July every year, the Liberty Bell in Pennsylvania is tapped 13 times in honor of the nation's 13 Colonies.



Two of the signers of the Declaration of Independence later served as President: John Adams and Thomas Jefferson. So this year when you don your red, white, and blue, or enjoy your grilled fare, remember all the ones who came before us paving the way for the country we call home today. Happy Independence Day, U.S.A.!



FEATURED RESIDENT

Minnie Jackson

Minnie was born May 9th to her wonderful parents John and Mattie B West. She met and married Enerst Jackson. She has five daughters and a son. Minnie has over 13 grandchild and five great grandchildren. She was a devoted housewife and stay at home mother to her family. Minnie's favorite food to prepare is chicken and dressing. Her favorite food is southern fried chicken. In her spare time Minnie would watch her favorite tv show "As The World Turns." Minnie has been with Regency of Tuscaloosa since March 2020 and she loves it here. She has made a lot of friends.

HAPPY **BIRTHDAY!**

Lena Rylee	July 01
William Wilson	July 07
Donna Roberts	July 12
Julia Dyer	July 22
Helen Mckee	July 26
James Hilbish	July 29
Lovin Payne	July 29

Resident

Employee

Darlene Cottrell	July 04
Tatyianna Wells	July 10
Zaniya Walters	July 20
Ricqueline Winn	July 22
Lashonda Morris	July 25
Dana Ofeld	July 28



WORLD UFO DAY

Whether you believe in life on other planets or not, there are many out there who do. For those avid skywatchers who hope to catch a glimpse of an unidentified flying object, there is an awareness day-World UFO Day- celebrated on July 2nd.

What is a UFO?

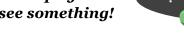
UFOs, or unidentified flying objects, are generally classified as anomalies that are completely unidentified and unidentifiable. The most general definition of the UFO is something that's apparent in the sky that is not identifiable as any known object or natural phenomena.

The Roswell Incident

In July 1947, a United States Army Air Force balloon crashed at a ranch near Roswell, New Mexico-

allegedly. That said, there are conspiracy theories that claim the crash was actually that of a flying saucer, and that the truth of the incident was covered up by the U.S. government. Roswell Army Air Field issued a press release on July 8, 1947 stating that a "flying disc" had been recovered from a ranch near Roswell. The Army quickly retracted the statement, instead claiming that the crashed object was actually just a conventional weather balloon.

If you believe in UFOs, check out the sky this coming July 2nd. Perhaps you'll see something!



WELCOME NEW RESIDENTS!

Sara Barker Curtis Fulgham Kay Christian Margaret Hannah









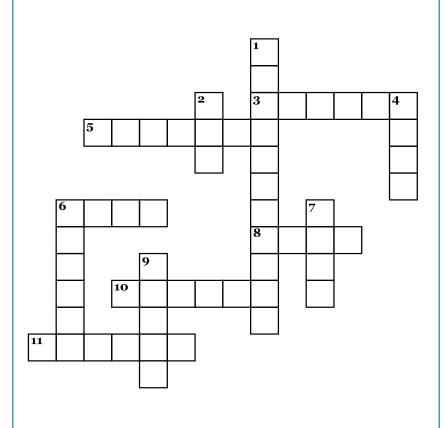


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LEO CAESAR WATERMELON FIREWORKS
HOT DOGS
INDEPENDENCE

APOLLO RUBY WATER LILY DISNEYLAND BUGS BUNNY MIAMI WARHOL CANADA HOUSEPLANT

CROSS-WORD



Down

- 1. Harper Lee's famous book, To Kill a ____
- 2. "What's up, _____"? Bugs Bunny's catchphrase
- 4. The birthstone of July
- 6. Pop artist known for his paintings of Campbell's soup cans, Andy _____
- 7. Usually the hottest month of the year
- 9. The flower of July ____lily

Across

- 3. The astrological sign for June 21 July 21
- 5. The first person to sign the Declaration of Independence, John _____
- 8. Animation pioneer, _____ Disney
- 9. Red, white, and _____
- 10. The national anthem of the U.S.A. The Star-Spangled _____
- 11. "The best thing since _____ bread"



Thank You,

for your outstanding service & care!

EMPLOYEE OF THE YEAR

Yolanda Richardson

"Thank you very much for selecting me as the Employee of the Year. This is an honor that I will treasure forever. It takes a special person to be a caregiver, and do it the right way. It can become challenging at times, but the reward pays off. Taking care of seniors and helping them have a better quality of life while improving their health has been the repayment. I like making sure the residents get their medication and food on time.

I am from Tuscaloosa, Alabama. I am married with two children and a grandson whom I love dearly. I love traveling and making myself available for my children. I've been in the healthcare field for more than 20 years as a Caregiver and CNA. I go above and beyond my duties to make sure my residents are taken care of, and I work to make them feel safe and secure. Again, thanks for selecting me as your Employee of the Year."

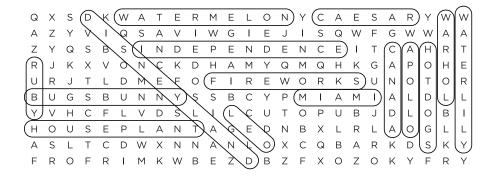
EMPLOYEE OF THE MONTH

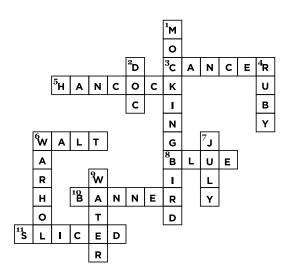
Bethanie Defee

Bethanie was born in Troy, Alabama, and lived in Luverne, Alabama. She has one daughter named Katie, and she loves going to the beach and being around family. She has worked in the caregiving field on and off for about 25 years, and has been a part of the Regency team for about a year now. She said she really enjoys working with the residents and the staff here at our community! Thanks for all you do, Bethanie!



ANSWER KEY





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