

JULY

2025

Dates To Remember

July 4th- Independence Day

July 24th- Miniature Horse
Therapy Visits



From Your Administrator

New Summer Menu Coming Soon!

Summer is here and along with it comes new summer food options! The dietary team has been working for weeks on a new summer menu. Living at PRECC and eating most meals here is like eating in the same restaurant three times a day!

Options and variety are important. Coming soon, the menu will include more salad options, fresh fruits, grilled Kielbasa, BBQ ribs and more! We made sure to keep all the options that our residents love but have added variety and fresh ideas.

“Coffee with the Cook” will continue monthly to provide a way for our residents to give feedback and share ideas around their meals. Of course, feedback at any time is always welcome. We look forward to the new menu and to hearing your thoughts.

Have a happy and safe 4th of July!

Kim Pederson,

Administrator

July

Birthdays-

Gladys B.	July 5th
Betty K.	July 5th
Val M.	July 8th
Jeffrey C.	July 8th
Porter M.	July 13th
Diane J.	July 19th
Carol J.	July 25th
Charlie W.	July 30th

Zodiac Signs-

Cancer- July 1st-22nd

Traits: protective, intuitive, moody

Leo- July 23rd- 31st

Traits: honest, generous, arrogant

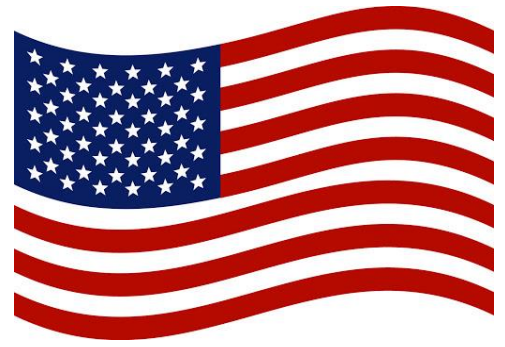


100 Years Ago...

In 1925, the average annual income was \$5,425. The average cost of a new house was \$11,600. The average cost of a new car was \$2,000. A gallon of gas was around 20 cents. \$1 in 1925 is equivalent to \$18.27 today.

This Day in History

- *July 1st, 1863, The Battle of Gettysburg, a major turning point for the Union, began in Pennsylvania. *
- *July 2nd, 1937, Amelia Earhart disappeared over the Pacific Ocean while attempting to fly around the world. *
- *July 4th, 1939, Lou Gehrig delivered his "Luckiest Man" speech upon retiring from the Yankees. *
- *July 5th, 1946, Louis Reard debuted the bikini bathing suit at a fashion show in Paris. *
- *July 5th, 1865, The Secret Service began operating, primarily to combat counterfeit money. *
- *July 6th, 1942, Anne Frank was forced to hide in a secret annex, where she wrote her famous diary. *
- July 7th, 1981, President Ronald Reagan announced his intention to nominate Sandra Day O'Connor as the first woman to serve on the U.S. Supreme Court. *
- July 11th, 1960, To Kill a Mockingbird was published, introducing readers to the enduring story of racial injustice and moral growth in the Deep South. *
- *July 16th, 1439, King Henry VI banned kissing in England to stop the spread of the Black Plague. *
- *July 18th, 1986, the first close-up video footage of the Titanic was released to the public. *
- *July 19th, 1848, the first U.S. women's rights convention was held in Seneca Falls, New York. *
- *July 20th, 1942, the first Women's Army Auxiliary Corp (WAACs) began training for WWII. *
- *July 20th, 1969, Astronauts Neil Armstrong & Buzz Aldrin became the first men to walk on the moon. *
- *July 20th, 1968, organized by Eunice Kennedy Shriver, the first Special Olympics were held in Chicago. *
- *July 21st, 1861, the Battle of Bull Run was fought in Virginia. Expecting an easy Union victory, the wealthy elite came to picnic. They fled in chaos as the bloody battle claimed over 800 lives & wounded about 2,600 more. *
- *July 22nd, 1934, FBI agents gunned down "Public Enemy #1" John Dillinger outside a theatre in Chicago. *
- *July 25th, 1952, Puerto Rico officially became a commonwealth of the United States. *
- *July 26th, 1990, President Bush signed the Americans with Disabilities Act into law. *
- *July 28th, 1939, Judy Garland recorded one of the most famous songs of the century- "Over the Rainbow". *
- *July 30th, 1909, French pharmacist Eugene Schueller founded L'Oreal cosmetics*
- *July 30th, 1975, Jimmy Hoffa, former president of the Teamsters Union, vanished under mysterious & suspicious circumstances near Detroit, Michigan. The case remains unsolved. *
- *July 30th, 1965, President Lyndon Johnson signed the law establishing Medicare & Medicaid. *



From Pastor Sherree

The Stars and Stripes

July 4th we celebrate Independence Day in the United States of America. The U.S. flag is sometimes referred to as "The Stars and Stripes" or "Old Glory" or "The Star-Spangled Banner", which is also the title of our national anthem.

Do you know what the flag symbolizes? The stripes represent the original 13 British colonies that declared independence from Great Britain, while the stars represent the 50 states of the Union. When the flag was officially adopted in 1777, the colors of red, white, and blue were not given an official meaning. However, down through our history some have given interpretations, but a former president's words clarify:

The colors of our flag signify the qualities of the human spirit we Americans cherish. **Red** for courage and readiness to sacrifice; **white** for pure intentions and high ideals; and **blue** for vigilance and justice. May we continue to hold these ideals!

Likewise, our national anthem "The Star-Spangled Banner" holds great meaning dating back to September 14, 1814. After a particularly heated battle at Fort McHenry, Baltimore, from the harbor Francis Scott Key saw the flag still waving over the fort and it inspired him to write this anthem.

"O say can you see, by the dawn's early light, What so proudly we hail'd at the twilight's last gleaming, Whose broad stripes and bright stars through the perilous fight O'er the ramparts we watch'd were so gallantly streaming? And the rocket's red glare, the bomb bursting in air, Gave proof through the night that our flag was still there, O say does that star-spangled banner yet wave O'er the land of the free and the home of the brave? "

Our history is born out of the quest for freedom. May we give thanks to God for our freedoms, pray for our leaders, and appreciate the heritage we have been given.

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings [leaders] and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. (1 Timothy 2:1-4 NLT)

Happy July 4th!!

+ Sherree Lane, Director of Spiritual Care



4th of July Trivia

Circle the correct Answer to each trivia question.
Answer Key on last page!

1. Where was the first celebration of Independence Day held?

Philadelphia Washington, D.C. Boston

2. Every Independence Day, how many times does the Liberty Bell ring?

52 13 26

3. What was the name of the newspaper that published the Declaration of Independence?

The New York Evening Post The American Post The Pennsylvania Evening Post

4. The 4th of July commemorates which document?

Declaration of Independence The Constitution The Emancipation Proclamation

5. What is the proper way to fold the American Flag?

In a rectangular shape In a square shape In a triangular shape

6. Which American president was born on July 4th?

Calvin Coolidge Franklin Roosevelt Quincy Adams

7. Which president of the United States was the first to host a Fourth of July celebration at the White House?

George Washington Thomas Jefferson Herbert Hoover

8. How many Stars and Stripes does the first US flag have?

50 Stars and 14 Stripes

50 Stars and 13 Stripes

52 Stars and 13 Stripes

9. What is the location of the nation's oldest Fourth of July parade?

Bristol, Rhode Island

Richmond, Virginia

Rye, New York

10. What was the total number of people who signed the Declaration of Independence?

56

55

54

11. Every July 4th, what food is most commonly consumed?

Apple Pie

Potato Salad

Hot Dogs

12. On the Declaration of Independence, who had the biggest signature?

George Washington

John Hancock

Thomas Jefferson

13. Who gave the Statue of Liberty to the United States?

French People

Swiss People

Irish People

14. What was The Statue of Liberty's official name?

Liberty Enlightening the World

Lady Liberty of the New World

Lady Liberty of Light

15. Where is the Liberty Bell currently located?

Philadelphia, Pennsylvania

Ellis Island, New York

Boston, Massachusetts

16. Which revolutionary group was responsible for the Boston Tea Party?

The Sons of Guns

The Sons of Anarchy

The Sons of Liberty

Facility Contacts:

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Dir. of Health Information..... Pam Carpentier
Dir. of Maintenance..... Kurt Becker
Dir. of Nursing..... Alicia Leavitt
Dir. of Rehabilitation..... Tom Kylo
Dir. of Social Services..... Chris Neely
Dir. of Spiritual Care..... Sherree Lane
Dir. of Staff Development..... Sue Sellner
Dir. of Therapeutic Recreation..... Linnea Maki
Infection Preventionist..... Sam Graf

In the event of a community emergency or natural disaster, please use our emergency number for recorded information and updates: 763-210-7018

4th of July Trivia Answer Key

1. Philadelphia
2. 13
3. The Pennsylvania Evening Post
4. Declaration of Independence
5. Triangular
6. Calvin Coolidge
7. Thomas Jefferson
8. 50/13
9. Bristol, Rhode Island
10. 56
11. Hot Dogs
12. John Hancock
13. French
14. Liberty Enlightening the World
15. Philadelphia
16. The Sons of Liberty

