



The History of Independence Day was the initial battles in the Revolutionary War which broke out in April 1775; few colonists desired complete independence from Great Britain, and those who did were considered radical.

The Fourth of July celebrates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. The Declaration announced the political separation of the thirteen North American colonies from Great Britain.

HAPPY BIRTHDAY AMERICA!

HAPPY 4TH OF JULY!

FUN FACTS

July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today. July seems to be the month dedicated to freedom, independence, and celebrations of country and culture.

- July 7:** World Chocolate Day
- July 15:** National Give Something Away Day
- July 16:** National Cherry Day
- July 23:** National Gorgeous Grandma Day
- July 25:** National Day of the Cowboy

“Strive not to be a success, but rather to be of value.”

— Albert Einstein

"How to Stay Cool in the Summer Months"

The most important thing to remember in sweltering heat is to stay hydrated. Sweating is your body's natural way of keeping cool. When sweat evaporates from your skin, the evaporation process **absorbs energy** in the form of heat, which has the pleasant side effect of cooling you down. But sweating also causes your body to lose water, which means that to keep your body balanced, you'll need to drink **even more** than the recommended 8-10 cups a day. To make it easier to remember to drink enough water, get your hands on a **reusable water bottle**, and carry it with you. But don't forget to keep your water bottle clean!

By water, we really do mean water, not surgery drinks like lemonade or soda or even juice. To make it a little less monotonous, try adding a few mint leaves, or try making ginger water. It's healthy and will leave you feeling refreshed and energized.

But: Don't be tempted to use cold drinks as a way of staying cool. As tempting as it might be to dump a ton of ice in your water, it will only make you feel worse. Although they might provide some temporary relief, cold drinks activate your metabolism as your body tries to bring that liquid back up to its own temperature. That means that in the end, you'll **sweat even more**.

July 2021

Orchard Park at Victory Lakes News & Events

2760 W Walker St
League City, TX 77573



We celebrated Father's Day with a luncheon on June 17th



Resident Birthdays

Richard T.	7/1
Michael C.	7/7
Hazel M.	7/9
Gloria D.	7/21
Mary N.	7/21

Orchard Park at Victory Lakes Staff:

- Cameron Uhlir - Executive Director
- Bets Hersey - Communications Relations Director
- Jody Isom - Business Office Manager
- Kristi Baltunis - Life Enrichment Director
- Kathy McGuire - Resident Care Director
- Monique Valderromas - Resident Care Coordinator
- Nadine Lewis - Memory Care Director
- Patrick Green - Dining Services Director
- Robert McCracken - Maintenance Director
- Kenny Heibner - Maintenance Technician

Mealtimes:

- Memory Care**
- Breakfast 7:30 a.m.
- Lunch 11:30 a.m.
- Dinner 4:30 p.m.

Assisted Living

- Breakfast 8:00 a.m.
- Lunch 12:00 p.m.
- Dinner 5:00 p.m.