



MIRAVIE

AT BROOKFIELD

ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

1 Brookfield Court • Belvidere, NJ 07823 • 908.475.5556

Two-Finger Method for Sunscreen Application

On average, people use only half of the sunscreen they need. Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

Benefits of Nostalgia

Research shows that a trip down memory lane may actually improve health in the present moment.

A 2018 study found that older adults who discussed nostalgia-inducing scents experienced fewer symptoms of depression and anxiety compared to the control group.

Scientists have also found that when people with dementia engaged in positive nostalgic activities like watching old films, they experienced physiological benefits like decreased heart rate and inflammation.

Individual approaches to healthy aging should be discussed with health care providers.

July 2026



Service and Sacrifice

"To ease another's heartache is to forget one's own."
—Abraham Lincoln

Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.

56. Signers of the Declaration of Independence.

2.5 million. Approximate population of the U.S. in July 1776.

342 million. Approximate population of the U.S. today.

Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Start with Personal Care Baking Club with Stories to Share Setting Tables for Lunch with Helpers Walks Through Community Noodle Ball Challenge Residents' Choice	2 Gentle, Comforting Morning Conversation & Coffee 11:00 a.m. St. Patrick's Rosary/Mass Baking Club Chair Dancing	3 Wear Your Favorite Socks Patio Games Lunch on the Patio Tending to the Gardens Frozen Drinks on the Patio Cozy Night with Karaoke	4 INDEPENDENCE DAY Peaceful Start with Personal Care Breakfast with Friends 10:00am KRIS PHIPANY PERFORMS Gardening Club Picnic Lunch & Walk 4th of July Conversation Patriotic Sing-A-Long Evening Wind-Down
5 Personal Care Sunday Breakfast 11:00 a.m. Summerfield Church w/ Communion Singing our Favorite Hymns Lunch Weeding the Garden Winding Down with Evening Movie	6 Good Morning! - with Personal Care Coffee & Chat Short Story Time Lunch on the Patio Sing-A-Long Root Beer Float Treat Evening Movie	7 National Day of Rock 'n' Roll Start Your Day Wearing Your Favorite Shirt Breakfast and Conversation Music Games Get Ready for Lunch Fresh Air & Refreshments on the Patio Elvis Presley Movie	8 COCA-COLA DAY Gentle Start with Personal Care Baking Club with Stories to Share Setting Tables for Lunch with Helpers Walks Through Community Noodle Ball Challenge Residents' Choice	9 Gentle, Comforting Morning Conversation & Coffee 11:00 a.m. St. Patrick's Rosary/Communion Baking Club Summer Craft	10 Wear Your Favorite Hat Patio Games Lunch on the Patio Tending to the Gardens Frozen Drinks on the Patio Manicures & Hand Massages Cozy Night with Karaoke	11 Make Your Own Sundae Day Personal Care & Breakfast with Friends Gardening on the Patio Lunch and Fresh Air Reset and Recharge Music Time Evening Wind-Down
12 Personal Care Sunday Morning Breakfast Singing Our Favorite Hymns Lunch Weeding the Gardens Winding Down with Evening Movie	13 Good Morning! - With Personal Care Coffee & Chat Short Story Time Lunch on the Patio 2:00 pm DAN BARRICK SING-A-LONG Root Beer Float Treat Evening Movie	14 Start Your Day Wearing Your Favorite Shirt Breakfast & Conversation Music Games Get Ready for Lunch the Patio Evening Sing-A-Long	15 National Hot Dog Day Gentle Start with Personal Care Baking Club with Stories to Share Setting Tables for Lunch with Helpers Walks Through Community Noodle Ball Challenge Residents' Choice	16 Gentle, Comforting Morning Conversation & Coffee 11:00 a.m. St. Patrick's Rosary/Communion Let's Make Pizza! Summer Craft	17 Wear Your Favorite Shirt Patio Games Lunch on the Patio Tending to the Gardens Frozen Drinks on the Patio Cozy Night with Karaoke	18 Personal Care & Breakfast with Friends Gardening on the Patio Lunch and Fresh Air Reset & Recharge Music Time Evening Wind-Down
19 Personal Care Sunday Breakfast 11:00 a.m. Summerfield Church w/ Communion Singing Our Favorite Hymns Lunch Weeding the Gardens Winding Down with Evening Movie	20 Fortune Cookie Day Good Morning! - With Personal Care Coffee & Chat Short Story Time Lunch on the Patio 2:00 pm GLENN FAUL PERFORMS Root Beer Float Treat Evening Movie	21 Start Your Day Wearing Your Favorite Shirt Breakfast & Conversation Music Games Get Ready for Lunch Fresh Air and Refreshments on Patio Evening Sing-A-Long	22 Wear Polka Dots Day Gentle Start with Personal Care Wear Polka Dots Today!!! Baking Club with Stories to Share Setting Tables for Lunch with Friends Birthday Celebration Walks Through Community Noodle Ball Challenge	23 Destination Day - France Gentle, Comforting Morning Conversation & Coffee 11:00 a.m. St. Patrick's Rosary/Communion France Discussion: Country, Language, Foods, Clothes, etc.	24 Frozen Margarita Day Dress in Bright Colors Day! Patio Games Lunch on the Patio Tending to the Gardens Frozen Drinks on the Patio Manicures & Hand Massages Cozy Night with Karaoke	25 Personal Care & Breakfast with Friends Gardening on the Patio Lunch and Fresh Air Reset & Recharge Music Time Evening Wind-Down
26 Personal Care Sunday Morning Breakfast Singing Our Favorite Hymns Lunch Weeding the Gardens Winding Down with Evening Movie	27 Good Morning! - With Personal Care Coffee & Chat Short Story Time Lunch on the Patio 2:00pm LORRI WOODWARD PERFORMS Evening Movie	28 National Chocolate Day Start Your Day Wearing Your Favorite Shirt Breakfast & Conversation Music Games Get Ready for Lunch Fresh Air & Refreshments on the Patio (Chocolate Milkshakes) Manicures & Hand Massages	29 Gentle Start with Personal Care Baking Club with Stories to Share Setting Tables for Lunch with Friends Walks Through Community Noodle Ball Challenge Residents' Choice	30 Cheesecake Day Gentle, Comforting Morning Conversation & Coffee 11:00 a.m. St. Patrick's Rosary/Communion Baking Club Summer Craft	31 Wear Something Silly Patio Games Lunch on the Patio Tending to the Gardens Frozen Drinks on the Patio Cozy Night with Karaoke	

We All Scream for Ice Cream!

Many people beat the summer heat by dipping into their favorite ice cream. Take a "lick" at these popular parlors and see when and where they began serving up their cool treats.

Year	Ice Cream Shop	Location
1934	Carvel	Hartsdale, N.Y.
1935	Friendly's	Springfield, Mass.
1940	Dairy Queen	Joliet, Ill.
1945	Baskin-Robbins	Glendale, Calif.
1948	Swensen's	San Francisco, Calif.
1968	Braum's	Oklahoma City, Okla.
1976	Häagen-Dazs	Brooklyn Heights, N.Y.
1978	Ben & Jerry's	Burlington, Vt.
1988	Cold Stone Creamery	Tempe, Ariz.
1989	Bruster's	Bridgewater, Pa.

"Then & Now"

"This Month In History"

JULY

1904: The ice cream cone debuts at the World's Fair in St. Louis.

1913: Alfred Carlton Gilbert is granted a patent for the Erector Set. His invention became one of the most popular toys of all time.

1922: A new sport is invented on a lake in Minnesota when 18-year-old Ralph Samuelson skis on water using two planks of wood.

1930: Congress creates the Veterans Administration.

1946: The new flag of the Philippines is raised over Manila after the U.S. grants the Asian nation full independence.

1957: John Glenn, then a major in the U.S. Marines, sets a new transcontinental speed record, flying a jet from California to New York in 3 hours, 23 minutes. The record was broken in March 1990 with a flight from Los Angeles to Washington, D.C., that took 1 hour and 4 minutes.

1963: To help speed up mail delivery, the Postal Service begins implementing the ZIP code system.

1976: Bicentennial celebrations are held all over the U.S. to celebrate the 200th anniversary

of the signing of the Declaration of Independence.

1981: President Ronald Reagan announces he will nominate Sandra Day O'Connor to be the new associate justice of the U.S. Supreme Court. She was the first woman to serve on the court.

1999: The U.S. women's soccer team wins the World Cup, defeating China in front of a record crowd at the Rose Bowl in California.

2005: NASA's space probe Deep Impact slams into a comet as part of a mission to learn more about the solar system.