



MIRAVIE

AT EAST BRUNSWICK

ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

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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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			International Joke Day 1 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Made in America Day 2 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Compliment Your Mirror Day 3 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Independence Day 4 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)
National Graham Cracker Day 5 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Be Nice to Jersey Week 6 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Day of Rock 'n' Roll 7 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Ice Cream Sundae Day 8 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Sugar Cookie Day 9 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Kitten Day 10 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	7/11 Free Slurpee Day 11 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)
Everybody Deserves A Massage Week 12 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Embrace Your Geekness Day 13 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Shark Awareness Day 14 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Hot Dog Day 15 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Fresh Spinach Day 16 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Tattoo Day 17 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Nelson Mandela Day 18 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)
National Football Day 19 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Fortune Cookie Day 20 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Be Someone Day 21 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Mango Day 22 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Gorgeous Grandma Day 23 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Drive-Thru Day 24 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Wine & Cheese Day 25 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)
Holistic Therapy Day 26 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Chicken Finger Day 27 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Milk Chocolate Day 28 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Lipstick Day 29 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	Share A Hug Day 30 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	National Avocado Day 31 Mid-Morning (Movement) Midday (Engagement) Early Afternoon (Reset) Afternoon (Purposeful Living) Late Afternoon (Joyful Time) Evening (Wind Down)	

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.