



MIRAVIE

AT WEST MILFORD

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY SUPPORT

A DISTINCTIVE LIVING COMMUNITY

197 Cahill Cross Road • West Milford, NJ 07480 • 973.728.6000

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.

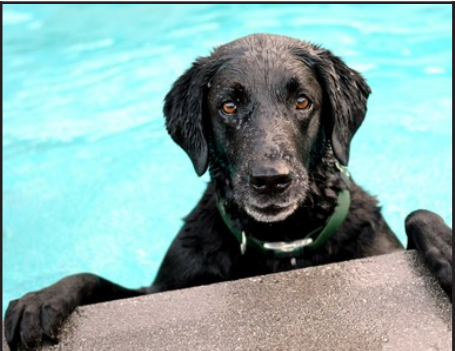
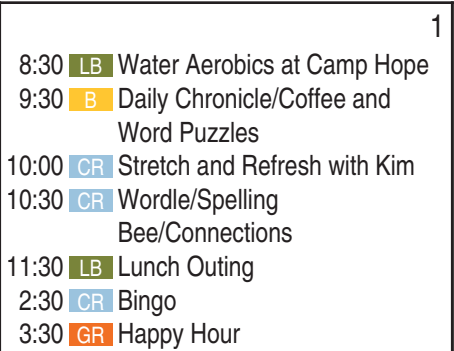
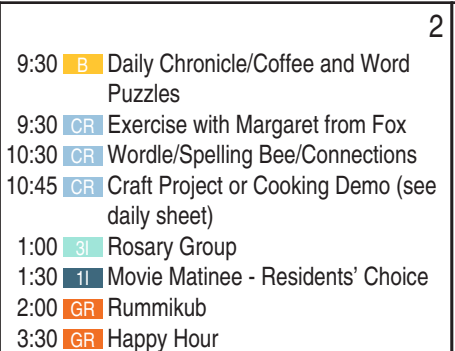
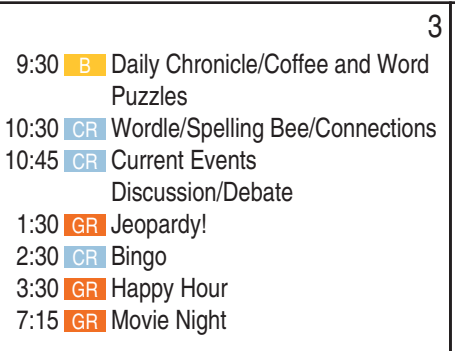
56. Signers of the Declaration of Independence.

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
						
5 8:45 Communion 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:00 1I Nondenominational Church Service 11:00 1I Catholic Church Service (Streaming) 1:30 1I Movie Matinee 3:30 LB Mahjong	6 8:30 LB Water Aerobics at Camp Hope 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:30 CR Wordle/Spelling Bee/Connections 11:00 LB ShopRite Trip 1:30 GR Who Wants to be a Millionaire? Wii Game 2:30 CR Bingo 3:30 GR Happy Hour	7 9:30 B Daily Chronicle/Coffee and Word Puzzles 9:30 CR Exercise with Dave from Sun Tao 10:30 CR Wordle/Spelling Bee/Connections 11:00 CR Yoga with Jane 1:30 CR Pokeno! 2:00 3I Pastor Nick - Almond Branch Church 3:30 GR Happy Hour	8 8:30 LB Water Aerobics at Camp Hope 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:00 CR Stretch and Refresh with Kim 10:30 CR Wordle/Spelling Bee/Connections 11:30 LB Lunch Outing 2:30 CR Bingo 3:30 GR Happy Hour	9 9:30 B Daily Chronicle/Coffee and Word Puzzles 9:30 CR Exercise with Margaret from Fox 10:30 CR Wordle/Spelling Bee/Connections 10:45 CR Craft Project or Cooking Demo (see daily sheet) 1:00 LB Open Swim at Camp Hope 1:00 3I Rosary Group 1:30 1I Movie Matinee - Residents' Choice 2:00 GR Rummikub 3:30 GR Happy Hour	10 9:30 B Daily Chronicle/Coffee and Word Puzzles 9:30 CR Exercise with Rafael 10:30 CR Wordle/Spelling Bee/Connections 1:30 GR Jeopardy! 2:30 CR Bingo 3:30 GR Happy Hour 7:15 GR Movie Night	11 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:00 CR Wordle/Connections/Spelling Bee 11:00 CR Residents' Choice Craft Hour 1:30 1I Netflix Series "Call the Midwife" 3:00 GR Happy Hour 4:00 LB Card/Board Games: Resident-Run
12 8:45 Communion 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:00 1I Nondenominational Church Service 11:00 1I Catholic Church Service (Streaming) 1:30 1I Movie Matinee 3:30 LB Mahjong	13 8:30 LB Water Aerobics at Camp Hope 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:30 CR Wordle/Spelling Bee/Connections 11:00 CR Exercise with Allison 11:00 LB ShopRite Trip 1:30 GR Who Wants to be a Millionaire? Wii Game 2:30 CR Bingo 3:30 GR Happy Hour	14 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:30 CR Wordle/Spelling Bee/Connections 11:00 CR Yoga with Jane 2:00 CR Almond Branch Church Kids' Puppet Show 3:30 GR Happy Hour	15 8:30 LB Water Aerobics at Camp Hope 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:00 CR Stretch and Refresh with Kim 10:30 CR Wordle/Spelling Bee/Connections 11:30 LB Lunch Outing 2:30 CR Bingo 3:30 GR Happy Hour	16 9:30 B Daily Chronicle/Coffee and Word Puzzles 9:30 CR Exercise with Margaret from Fox 10:30 CR Wordle/Spelling Bee/Connections 10:45 CR Craft Project or Cooking Demo (see daily sheet) 1:00 LB Open Swim at Camp Hope 1:00 3I Rosary Group 1:30 1I Movie Matinee - Residents' Choice 2:00 GR Rummikub 2:00 B Wines and Spines Book Club 3:30 GR Happy Hour	17 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:30 CR Wordle/Spelling Bee/Connections 1:30 GR Jeopardy! 2:30 CR Bingo 3:30 GR Happy Hour 7:15 GR Movie Night	18 9:30 B Daily Chronicle/Coffee and Word Puzzles 10:00 CR Wordle/Connections/Spelling Bee 11:00 CR Residents' Choice Craft Hour 1:30 1I Netflix Series "Call the Midwife" 3:00 GR Happy Hour 4:00 LB Card/Board Games: Resident-Run
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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.