



SENIOR LIVING COMMUNITY

1006 33rd Street • Vero Beach, FL 32960 • 772-567-5248

### Hidden Lakes Administration

|                            |                  |
|----------------------------|------------------|
| Executive Director         | Dan Bohler       |
| Administrator              | Mary Anne Sherry |
| Business Office Manager/HR | Joelly LaPaz     |
| Director of Nursing        | Jasmine Bucklin  |
| Director of Therapy        | Caitlin Roush    |
| Dietary Director           | Elaine Weisse    |
| Environmental Services     | Nicole Jared     |
| Admissions Coordinator     | Jordan Phillips  |
| Activities Director        | Christina Bohler |
| MDS Coordinator/LPN        | Janet Bearley    |

### July Birthdays

|    |             |
|----|-------------|
| 1  | Hunt H.     |
| 11 | Anita M.    |
| 11 | Anita S.    |
| 12 | Kathleen S. |
| 21 | Shelby S.   |
| 24 | Geri P.     |

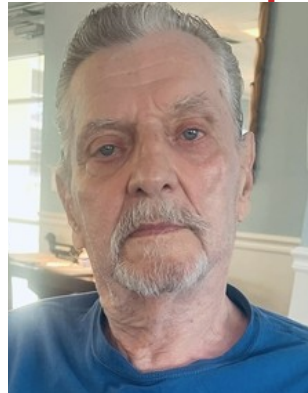
### Important Dates in July

|    |                                 |
|----|---------------------------------|
| 4  | Patriotic Pizza Party           |
| 8  | Ladies Luncheon                 |
| 11 | Ice Cream Floats & USA Trivia   |
| 17 | Blueberry Pancake Breakfast     |
| 18 | Veterans Memorial Outing        |
| 24 | Men's Breakfast Outing          |
| 24 | Jewelry Making                  |
| 30 | Resident Council Meeting        |
| 31 | Friends & Family American Lunch |



### July 2025

#### Resident Spotlight - John Schneider



John was born in Germany and came to the United States when he was 6 years old. In 1963, he was drafted into the U.S. Army where he served for two years. John met his wife, Anita, working in a German butcher shop in 1978. He has two children and two grandchildren. He managed three wholesale and retail

department stores and Anita worked as their bookkeeper. John also was a body builder and personal trainer for twenty-five years and still continues to train himself. He also worked as a security guard. His advice to everyone is to try to stay as active as possible. They moved to Florida in 2012. He and Anita have lived in the clubhouse at Hidden Lakes for a year and would recommend it to anyone!

#### Veterans Memorial Island - Vero Beach

Veterans Memorial Island Sanctuary is located adjacent to Riverside Park on the Barrier Island, south of the Merrill Barber Bridge. Veterans Memorial Island Sanctuary is now a quiet haven for reflection on the sacrifices made by the Armed Forces of our Country. It contains memorials to the men and women of Indian River County who died in combat while defending our Country. This Island was purchased by the City of Vero Beach on May 5, 1947, and it was dedicated in the early 1960s as Memorial Island Park. In 2004, it was remodeled, and the name was changed to Veterans Memorial Island Sanctuary.

### **Patriotic Movie Picks**

Queue up one of these movie picks that celebrate the red, white and blue.

*"The Longest Day" (1962).*

With an all-star international cast that includes legends John Wayne, Richard Burton and Sean Connery, this film follows the action of the 1944 D-Day invasion from multiple points of view.

*"Glory" (1989).* Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

*"Independence Day" (1996).* An invasion by space aliens, a Fourth of July mission and a rousing speech about saving mankind make this action movie a favorite.

*"Miracle" (2004).* This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics.

*"Hidden Figures" (2016).* Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps with the mission that makes John Glenn the first American to orbit the Earth.

### **Wildlife Resident Spotlight by Gail Reiss**

The **Egyptian Goose** is a non-native bird that has found a home in Hidden Lakes with a nesting pair and their young. Egyptian geese are not really geese but a type of shelduck – a cross between a goose and a duck. They are native to Africa, particularly in the Nile River valley, and have been revered by ancient Egyptians for centuries. According to the Florida Fish and Wildlife Conservation Commission, Egyptian Geese have been present in Florida since the 1960s. Originally introduced into Florida as "ornamental waterfowl" in suburban parks and zoos, escaped birds have now established permanent populations in city parks, golf course communities and suburban neighborhoods. These birds are striking in appearance, with a chestnut-brown body, a distinctive white wing patch, and black and white markings on their head and neck. They also have a unique call, a series of honks and cackles that can be heard from quite a distance. Egyptian Geese are social animals that form monogamous pairs, and can be found in small to large groups, often mingling with other waterfowl species. Here in Florida, the birds breed year-round. The geese nest on the ground but can also nest on top of trees and buildings.



### **Hurricane Season Coming Soon...**

The start of summer also means hurricane season is coming soon. It is a good idea to start making alternative lodging and/or transportation arrangements for yourself, your family, and your pets in case of a hurricane emergency. Some general preparations that can be made ahead of time are:

- two-week minimum supply of medication, regularly used medical/first aid supplies, and a list of allergies.
- batteries & flashlights
- weather radio
- cell phone and other chargers
- water & non-perishable food
- full gas tank if applicable
- rain gear
- pet supplies
- cash & important documents



## A Look Back at Good Times With Good Friends...



## Brain Bender: Summertime Treats

Unscramble each of the following words to reveal a refreshing treat on a hot summer day. Then rearrange the letters in bold for some seasonal advice.

EIC ECMRA  
OLEADMEN  
OSWN OCEN  
EMNRWELTOA  
RYEHRC MAEELID  
IAKKESMLH  
LEEMSICRCA  
DCIE ATE

(Answers: Ice cream, lemonade, snow cone, watermelon, cherry limeade, milkshake, Creamsicle, iced tea. The summery advice is "Stay cool.")

## Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



## Laugh Lines: Stadium Snickers

Hit a home run with your pals by sharing some of these baseball jokes!

Q: Where does a baseball player go when he gets his uniform dirty?

A: New Jersey.

Q: What takes longer—running from first to second base, or running from second to third base?

A: Running from second to third, because there's a shortstop in the middle.

Q: How do ball players stay cool?

A: By standing next to the fans!

Q: What is a designated hitter's favorite spot at the playground?

A: The swings.

Q: What does a baseball team and a stack of pancakes have in common?

A: They both need a good batter.

Q: What do you call a baseball player who likes to climb trees?

A: Babe Root.

Q: Why aren't chickens good at baseball?

A: Because they always hit fowl balls.

Q: Where do ball players clean their bats?

A: In the bat tub!

Q: What did the outfielder say to the baseball?

A: "Catch you later!"



## Popular Baby Names

Take a look at how the most popular baby names have changed over the years. Names are listed from the most popular on.

| Decade | Names  |
|--------|--|
| 1930s  | <b>Girls:</b> Mary, Betty, Barbara, Shirley, Patricia, Dorothy, Joan<br><b>Boys:</b> Robert, James, John, William, Richard, Charles, Donald            |
| 1940s  | <b>Girls:</b> Mary, Linda, Barbara, Patricia, Carol, Sandra, Nancy<br><b>Boys:</b> James, Robert, John, William, Richard, David, Charles               |
| 1950s  | <b>Girls:</b> Mary, Linda, Patricia, Susan, Deborah, Barbara, Debra<br><b>Boys:</b> James, Michael, Robert, John, David, William, Richard              |
| 1960s  | <b>Girls:</b> Lisa, Mary, Susan, Karen, Kimberly, Patricia, Linda<br><b>Boys:</b> Michael, David, John, James, Robert, Mark, William                   |
| 1970s  | <b>Girls:</b> Jennifer, Amy, Melissa, Michelle, Kimberly, Lisa, Angela<br><b>Boys:</b> Michael, Christopher, Jason, David, James, John, Robert         |
| 1980s  | <b>Girls:</b> Jessica, Jennifer, Amanda, Ashley, Sarah, Stephanie, Melissa<br><b>Boys:</b> Michael, Christopher, Matthew, Joshua, David, James, Daniel |
| 1990s  | <b>Girls:</b> Jessica, Ashley, Emily, Sarah, Samantha, Amanda, Brittany<br><b>Boys:</b> Michael, Christopher, Matthew, Joshua, Jacob, Nicholas, Andrew |
| 2000s  | <b>Girls:</b> Emily, Madison, Emma, Olivia, Hannah, Abigail, Isabella<br><b>Boys:</b> Jacob, Michael, Joshua, Matthew, Daniel, Christopher, Andrew     |

## "This Month In History" JULY

**1799:** French soldiers make a discovery that helps scholars decode Egyptian hieroglyphics. The Rosetta Stone—so named for the town near which it was found—includes the same text in Greek and Egyptian, providing the key necessary to unlock the meaning of the picture-based hieroglyphs.

**1826:** Former Presidents Thomas Jefferson and John Adams both die on the Fourth of July, half a century after each man signed the Declaration of Independence.

**1847:** The United States Post Office introduces the first postage stamps: a five-cent stamp featuring Benjamin

Franklin and a 10-cent stamp honoring George Washington.

**1903:** The Tour de France hosts its first race outside of Paris.

**1955:** Disneyland welcomes its first guests to "The Happiest Place on Earth" in Anaheim, Calif.

**1969:** Apollo 11, crewed with astronauts Neil Armstrong, Buzz Aldrin and Michael Collins, lands on the moon.

**1979:** Sony reveals the first portable cassette player—the Walkman.

**1985:** More than a billion people tune in to watch Live Aid, a concert featuring stars including David Bowie, Bob Dylan, Elton John and Queen. The concert raised more than \$140 million for famine relief in Ethiopia.

**2002:** American businessman Steve Fossett becomes the first solo adventurer to fly around the world in a balloon without stopping.