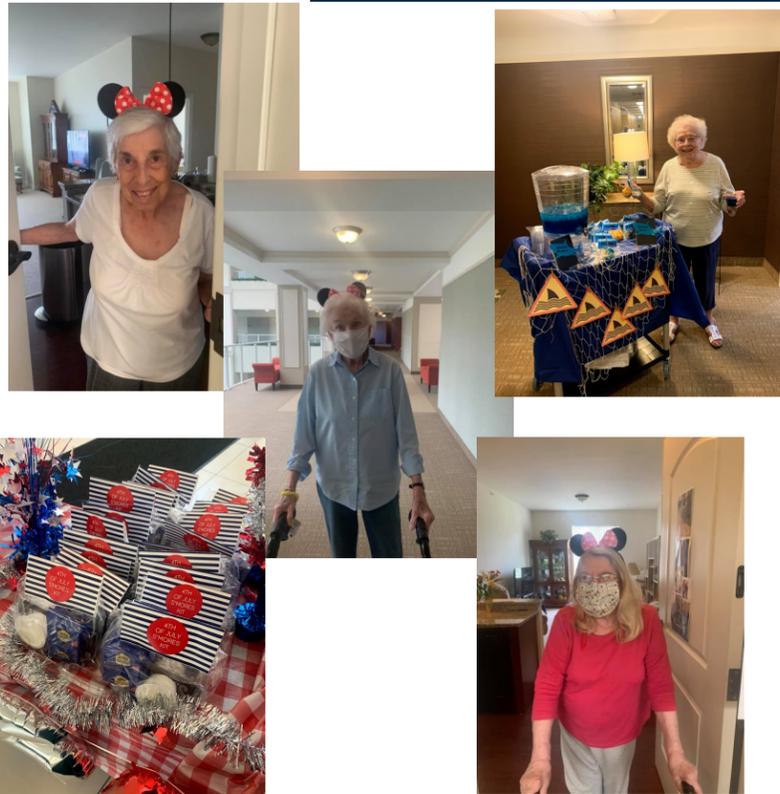


Fun From Last Month



Dr. Black

Dr. Black will be returning to The Rivers August 19th starting at 9 am. To make an appointment please contact his office directly at (313) 882-7480. We will still be practicing proper social distancing so please Do Not show up till your scheduled appointment time and you MUST wear your mask properly (covering mouth and nose) for your visit. Appointments will take place in the Massage Room across from the Salon

A Message From The Front Desk

For residents who receive the newspaper please note that you are welcome to pick up your paper directly from the front desk. We are not always able to deliver immediately due to staggered delivery times. Any question please contact the front desk.



Important Dates

- 8/2 National Farmers Market Week Begins
- 8/3 National Watermelon Day
- 8/8 Elvis Week Begins
- 8/12 Cool Treats Day
- 8/14 Koolaid Day
- 8/18 100th Anniversary of Women's Right to Vote
- 8/20 Lemonade's Birthday
- 8/21 National Senior Citizens Day
- 8/25 Whiskey Sour Day
- 8/28 Cherry Turnover Day
- 8/28 "I have a dream " Day

Audiologist

We will have the Audiologist .  come back to The Rivers this month. We will continue to have you as Residents call Sydney at 313-821-7099 to make your appointments. It is still required that you DO NOT arrive early for your appointment but you DO wear your mask for the entirety of your appointment.

Answer to the Funnies

Don't July to me!

July 2020

Independent Living- 900 Cook Rd- Grosse Pointe Woods



Attention

I know many of you are used to receiving most of the updates in regards to our community during our monthly member chat however with the changes that have happened due to COVID-19 we cannot have these meetings. With that being said our newsletter will currently be our main form of communication for anything and everything The Rivers.

Patio Season

As the weather here in lovely Michigan starts to cool down we may start feeling the urge to get back outside. With that being said we remind you of the great outdoor spaces we have to offer here at The Rivers. First spot is our café patio, it is located off the café and sports two tables and chairs. If you plan to eat out on this patio just ask Sydney or the café staff to help you through the doors. The second spot is directly across from the café patio and it is the Gazebo. The gazebo is a nicely shaded spot with large cushioned club chairs and loveseat which allows you to comfortably enjoy these beautiful summer days and nights. Third spot is our courtyard located right outside the multipurpose room just past the double doors, your resident pass will get you through the first set of doors with ease. There is a gazebo in the courtyard but we recommend a hat and some sunscreen as it does receive full sun during the day. Last spot is of course the benches located right outside our main entrance, not only is it mostly shaded but you get to enjoy the landscaping in full bloom.

We do remind you while enjoying all these great spaces to practice social distancing and wear a mask. We also ask to limit these spaces to **residents only**.

www.theriversgrossepointe.com



August Birthdays

8/2 Nora Williams
8/3 Dee Mavian
8/19 Bob Roselle



Dining Services

- Breakfast **7:30 am – 8 am** (Delivered to your apartment)
- Café (Lunch) **11:00 am – 3:00pm** (Carryout Only)
- Dinner **4:30pm - 6:00pm** (Delivered to your apartment)
 - All dinner menus must be put out by 2:30 pm every day.
 - Breakfast is Monday– Saturday only.

"The month of August had turned into a griddle where the days just lay there and sizzled." -Sue Monk Kidd

The Funnies

What did August say when June claimed that today is the last day of the month?

Catholic and Protestant readings

You can view Catholic and Protestant readings on channel 35 on Monday-Friday at 1:45 PM.

Second Floor Décor

Do not forget to check out Andrea Mackay's 2nd floor hallway décor. According to Andrea she has big things planned for August! The décor is located between rooms 203 and 208.

Welcoming Our New Neighborhood

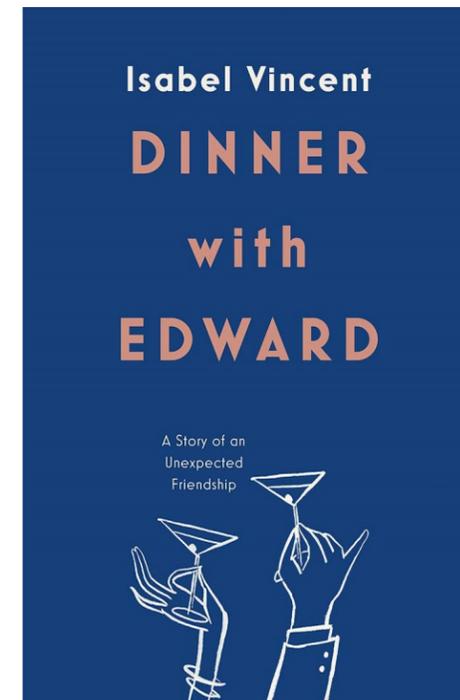
Moving to a new place is a big change for all involved. To help ease this transition we recommend writing a letter to introduce yourself to your new neighbors. We are still discouraging any type of gatherings so this will allow our new neighbors to still get to know everyone safely. When finished you can deliver to their door or give to Sydney to pass along.

Garden Club

The Gardening club has done an amazing job this year. Not only have they added new perennials but they also helped our variety of annuals flourish. This year we expanded to the Café patio in which we had fresh herbs and tomatoes along with some beautiful flower boxes. You may have remembered at the beginning of the summer we asked you to take the time and vote for which part of the garden is your favorite. Each part of the garden has been planted by a different member so when you vote for a particular area your adding a vote for a member of the gardening club. The member with the most votes receives the chance to pick our theme for next year! So we ask you to please take a few minutes out of your day to enjoy, explore and vote!

Book Club

August's book club choice is "Dinner with Edward" by Isabel Vincent



When Isabel meets Edward, both are at a crossroads: he wants to follow his late wife to the grave, and she is ready to give up on love. Thinking she is merely helping Edward's daughter--who lives far away and has asked her to check in on her nonagenarian dad in New York-- Isabel has no idea that the man in the kitchen baking the sublime roast chicken and light-as-air apricot soufflé will end up changing her life.

As Edward and Isabel meet weekly for the glorious dinners that Edward prepares, he shares so much more than his recipes for apple galette or the perfect martini, or even his tips for deboning poultry. Edward is teaching Isabel the luxury of slowing down and taking the time to think through everything she does, to deconstruct her own life, cutting it back to the bone and examining the guts, no matter how messy that proves to be.

Dinner with Edward is a book about love and nourishment, and about how dinner with a friend can, in the words of M. F. K. Fisher, "sustain us against the hungers of the world."

BLC Salad

Bacon, lettuce, cauliflower salad is my all time favorite summer salad. It is so incredibly easy and delicious. If you like you can also add in cherry tomatoes or even shredded cheese!

INGREDIENTS

- 1/2 finely chopped sweet onion
- 1/2 shredded head lettuce
- 1/2 chopped (bite size pieces)head cauliflower
- 8 oz cooked bacon cut into small pieces
- 1 cup mayo
- 1/3 cup granulated sugar

INSTRUCTIONS

- Mix bacon, lettuce, onion and cauliflower in a large bowl
- Add mayo and continue to mix
- Slowly mix in sugar
- Continue to mix till all ingredients are well combined

ENJOY!



The Rivers Team

John Toupin

Executive Director—313-885-5005

Tammy Kaleta

Business Manager –313-821-7065

Front Desk

IL Reception -313-885-5005

Jarvis Hales

Food & Beverage Director –313-821-7078

Sydney Bishop

Activities Director—313-821-7099



“August is like the Sunday of Summer”

Activities Updates

- As of today the craft cart is no longer available as an activity, however I will have craft kits available for pick up (List Below). These kits will include an example of the finished product, instructions as well as necessary supplies to complete your project. If you would like any of these kits or more information please contact Sydney at 313-821-7099.

List of Crafts Available

- Silhouette Picture Decorating
 - Key Chain/ Lanyard
 - Shower Bomb
 - Beaded Balloon
 - Wreath Decorating
- Most of the Activities **DO NOT** require you to sign up however you must have your door open or slightly open (for those with pets) by the start time of the activity in order to participate.

Celebrating the Suffrage Centennial

The Women's Suffrage Movement in the United States was a battle that spanned more than seven decades. It was ignited in 1848 with a women's rights convention in Seneca Falls, New York, and gained momentum as time marched toward the turn of the 20th century and beyond.

With leaders such as Susan B. Anthony and Elizabeth Cady Stanton at the helm, suffragists worked tirelessly to educate the public about the importance of enfranchising women, stressing that it was key to the sustainability of democracy. They circulated petitions, held marches and hunger strikes, lobbied Congress, and picketed the White

House, suffering many setbacks throughout the campaign. Disagreements over strategy and major events such as the Civil War, World War II, and the 1918 flu pandemic repeatedly threatened to cripple the movement. However, persistence and determination galvanized them, and the suffragist cause became a mass movement. Ultimately, the suffragists were victorious, and less than three months after the adoption of the 19th Amendment in August 1920, more than eight million women across the United States voted in elections for the first time.



Looking for ways to celebrate the 19th amendment? Below is a list of ideas on how to do so.

- 1.) Get To Know Your History
 - Visit www.history.com and www.womenhistory.com both are great options for learning more about the 19th amendment.
- 2.) Visit A Museum (virtually)
 - National Parks Service has great information in regards to the 19th amendment
- 3.) Register To Vote
 - Visit USA.GOV to register online
- 4.) Help Other People Register
 - Use the website listed above and assist someone in registering.
- 5.) Actually Vote

Martin Luther King Jr. Trivia

- 1.) True or False. Martin Luther King Jr. graduated at the age of 15.
A.) _____
- 2.) King has a doctorate in what?
A.) _____
- 3.) Who is the only other American to have his birthday turned into a federal holiday?
A.) _____
- 4.) What was Martin Luther King Jr.'s actual first name given at birth?
A.) _____
- 5.) What year did he win a Noble Peace Prize?
A.) _____
- 6.) In 1962 King was Time magazine's Man of the Year. True or False
A.) _____
- 7.) What was the date on which Martin Luther King Jr. gave his famous "I Have a Dream" speech.
A.) _____

