



OASIS PAVILION NURSING AND REHAB

NEWSLETTER JULY 2020

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MASK up ARIZONA

**YOUR MASK PROTECTS ME, AND MY MASK
PROTECTS YOU!**

HOW TO PROTECT YOURSELF AND OTHERS

Wash your hands for 20 seconds or use alcohols-based hand sanitizer.

Wear a mask or cloth face covering in public settings.

Practice social distancing by staying at least 6 feet from other people.

Avoid touching your eyes, nose and mouth

Stay home when you are sick

Avoid large gatherings of 10 or more people.



HISTORY OF AMERICA

The history of the United States of America dates back to the prehistory of the Native Americans and the colonial period. The people who lived in present-day America arrived in the early 1600s, mostly from England. The Spanish and French built small settlements in Florida, along the Mississippi River, the southwest, and the Gulf Coast. Most European settlers were farmers, and various industries began to develop within a few decades. Several cities were established along the coast to support local economies and to act as trade hubs. The colonies that formed the US were established in 1732, with the colonization of Georgia by the British. All colonies had local governments with elections open to free men. By 1770, the 13 British colonies had a population of about 2.1 million people.

Independence Day

Although July 2, 1776, marked the formal separation of the 13 colonies from Britain colonialists, the Declaration of Independence was officially signed on July 4, 1776. Thus, Independence Day is also known as Fourth of July, or simply as July Fourth. The US marked its first birthday on July 4, 1777, with 13 gunshots fired once in the morning and again in the evening. July 4 was first recognized as a state celebration in 1781 by the Massachusetts General Court. Thus, Independence Day became a national holiday marked by patriotic displays. On July 4, 2019, the US celebrated its 243rd birthday.

***OASIS RESIDENTS
BIRTHDAYS***

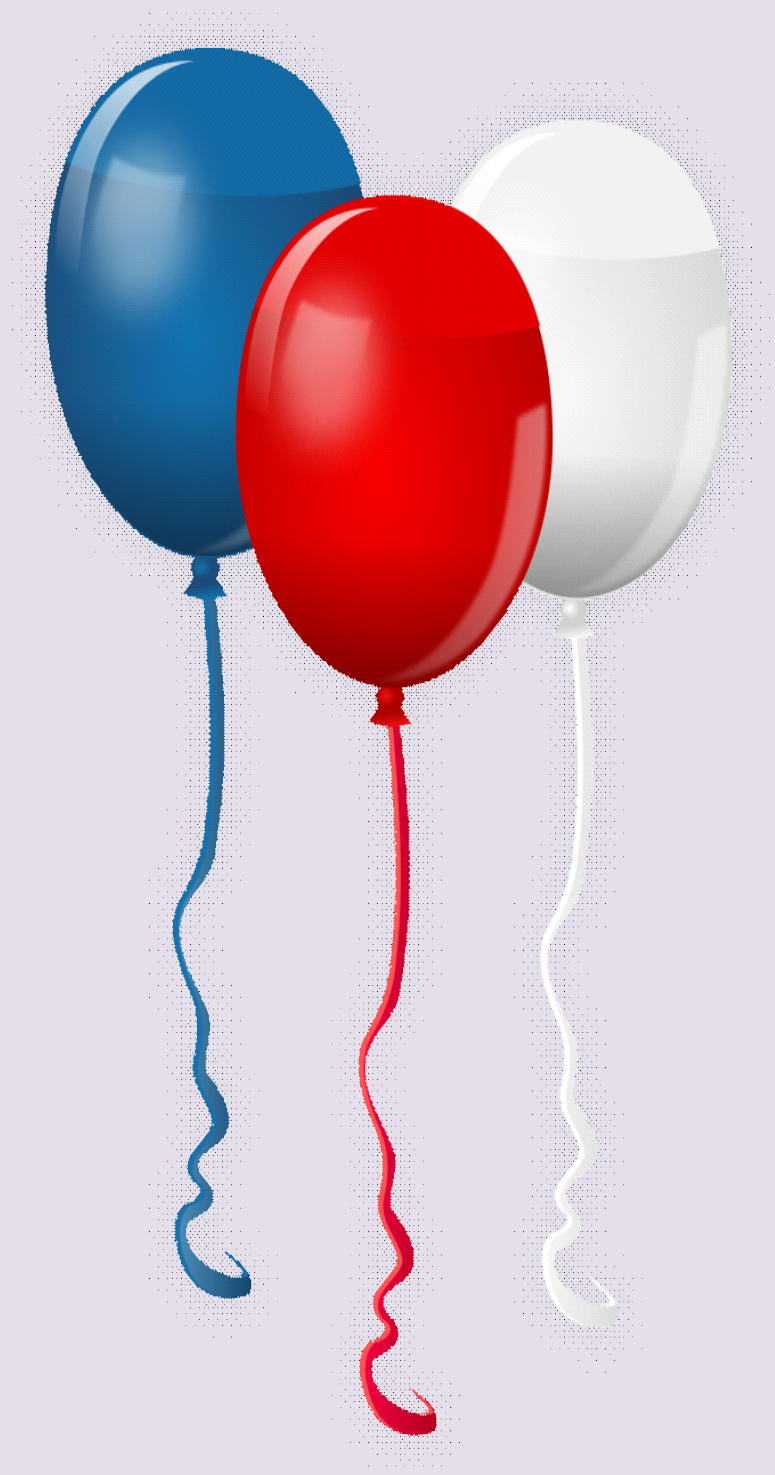
J. Williams 7/7

R. Gregory 7/12

W. Lacey 7/13

C. Joerg 7/18

J. Schraer 7/27



July Observances & Fun Facts	
July 2020 is Observed as	National Parks Month National Picnic Month UV Safety Month Pledge to America's Workers Month
July Birthstone	Ruby and Onyx
Fruit & Veges for the Month of July	Papaya Mango Nectarine Garlic
July Flower	Larkspur & Water Lily
July Astrological Sign	Cancer (till 22nd) & Leo (23rd→)
Proclamations and Notable July Observances	July 29: National Lasagna Day

OASIS EMPLOYEES JULY BIRTHDAYS

Julia T.	7/1
Pete F.	7/2
Kate M.	7/7
Martha M.	7/18
Christine H.	7/18
Lisa A.	7/18
Luis S.	7/20
Kahalil W.	7/20
Elora K.	7/20
Michele H.	7/25
Lisa H.	7/26
Teresa A.	7/28
Brenda C.	7/30

