

July 2026

Newsletter



Redefining Beauty

Everybody knows we should respect our elders, but it's just as important to recognize their beauty—on their own terms. That's the spirit behind Gorgeous Grandma Day on July 23. Today, the idea of “aging beautifully” looks a little different than it once did. It's less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you'll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock but to feel good in the skin they're in. Some embrace gray hair, others bold fashion, others a bare face. There's no single formula anymore.

Even in industries once dominated by youth, older women are claiming space and redefining what beauty looks like. They're not “still beautiful despite their age”—they're just beautiful. The message has shifted from resisting age to standing comfortably within it. And that confidence? It's something no cream or routine can replicate.

July 9th at 2pm on 2nd
floor

Ice Cream Sundae Social

July 21st at 2pm on 2nd
floor

Dirty Soda Social with
Soda Shop music





Night of Nights

Morse code, that method of communicating letters using long and short signals of sound or light, seems old fashioned. After all, commercial Morse radio stations have been defunct for almost three decades. The last U.S. transmission went out on July 12, 1999, and read, "What hath God wrought"—which is also the first message sent by Samuel Morse in 1844. It was a sad night for those who had used Morse code throughout their lives. The abandoned station was filled with old rotary phones, manual typewriters, teletype machines, and telegraphy keys, some dating back to the time of Samuel Morse. What a pleasant surprise when the airwaves sprang to life again with buzzing and beeping on July 12, 2000. This was the first "Night of Nights," when for one night, an old maritime radio station on the coast of northern California sent out Morse transmissions. The tradition has been carried on ever since.

Trivia questions

What iconic symbol is associated with the Fourth of July celebrations?

- A. Hot Dogs
- B. Apple Pie
- C. Music
- D. Fireworks

"July is the month of becoming. Whatever you've carried this far, you can set down and begin again" - Unknown



Food of the Month

Hot Dogs - perfect for picnics, barbecues, and backyard cookouts
 Ice Cream - Sweet treat to beat the heat
 Baked Beans - classic barbecue side dish

"July is hot afternoons and sultry nights and mornings when it's joy just to be alive" - Hal Borland

Voting

Residents or their family members must complete an Address Change Form with the Board of Elections in order for mail-in ballots to be delivered directly to Citizens Care and Rehabilitation Center.

If the family chooses not to complete an address change, they will need to bring the resident's mail-in ballot to the facility so the resident can complete it.

Alternatively, family members may pick up the resident and transport them to their polling location to vote in person.

Trivia answers

What iconic symbol is associated with the Fourth of July celebrations?

D. Fireworks

Bulletin Board

Resident Refrigerator Reminder

Containers must have the resident's name and delivery date. AFTER three (3) days, the container and contents will be discarded

Clothing

All clothing needs to be left with the Front Desk to be labeled by the Laundry Department

Volunteering

Interested in volunteering with the Citizens Activities Department

You can contact Cathie Troxell at 240-772-9229 or ctroxell@citizenssnf.com

Auxiliary Group

The group is looking for members to join. You can contact Susan Basford at 301-676-8198 or smbasford@comcast.net