



The Cottages at Martin Lake July 2024 Newsletter

Summer is here and we are reminded of why we love living in Michigan! It is hard to believe that we are already ready to celebrate the 4th of July! Make sure that you take advantage of this beautiful weather on the patio, the benches by the lake, and the screened in porch. Bring a picnic lunch, a fishing pole and bait, or check out the garden.

July Facts and Holidays

Named after the Roman General Julius Ceasar

Birthstone: Ruby

Flower: Larkspur and Water Lily

It is National Picnic Month



July 2.....I Forgot Day
July 4.....Independence Day
July 7.....World Chocolate Day
July 10....National Kitten Day
Pina Colada Day
July 16....National Cherry Day
July 18....International Nelson Mandela Day
July 21....National Ice Cream Day
July 23....National Gorgeous Grandma Day
July 24....Pioneer Day
July 25....Christmas in July
July 26....Uncle and Aunt Day
2024 Olympics Opening Ceremony
July 29....National Lipstick Day
July 30....International Friendship Day

**WATCH FOR INFO COMING SOON
REGARDING OUR SUMMER PARTY!**

Cottage Happenings...



Janet had 19 people for her 91st birthday and her family treated everyone to an amazing seafood boil!



Thanks to Karissa's green thumb and greenhouse connections, the residents in Building 2 are having fun getting their hands dirty!



Nelson Mandela Day

International Nelson Mandela Day is July 18th. Nelson Mandela was born on July 18th, 1918 and part of the Thembu royal family of the Xhosa people. The Xhosa peoples were the second largest ethnic group native to South Africa. He became a lawyer, activist, politician, and a philanthropist. He is best known for his peaceful activism against Apartheid in South Africa. He was convicted of treason and sentenced to life in prison (hard labor) in 1962. After serving 27 years, he was released in 1990 due to growing fears of racial civil war and international pressures. Mandela was elected president of South Africa just four years later and served from 1994-1999. During his term he emphasized reconciliation and unity instead of retaliation. He is regarded around the world as an icon of social justice and received more than 250 honors including the Nobel Peace Prize in 1993. He died December 5, 2013.

He has many famous quotes, many filled with wisdom. Below are just a few of them.

What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others.

Resentment is like drinking poison and then hoping it will kill your enemies.

It always seems impossible until it's done.

Education is the Most Powerful weapon which you can use to change the world.

Do not judge me by my successes, judge me by how many times I fell down and got back up again.

The brave man is not he who does not feel afraid, but he who conquers that fear.

Courageous people do not fear forgiving, for the sake of peace.

Important Announcement

Beginning July 1, Erica will be taking on more managerial duties including regular on-call days. This is the beginning of a ten-year plan for Erica to purchase The Cottages at Martin Lake. She has a wealth of knowledge in caregiving and assisted living homes. Most importantly, she cares about the residents! She and Anna will be working closely together to continue to offer excellent care to our residents. As Erica takes on more responsibilities each year, it will allow Anna to phase out working toward eventual retirement. Please congratulate Erica in this exciting venture!

Olympic Trivia

The Olympics were first celebrated in Greece in 776 BC.

Athletes used to compete naked as a tribute to the Greek God Zues.

Woman began competing in 1900.

The Olympic games originally took place over six months.

They only awarded the first place winner and they were given wreaths instead of medals.

The Olympic rings hold significant meaning: The 5 rings stand for the 5 continents (counting both Americas as one) and the colors are the most common colors of the countries' flags.

The ancient games included running, long jump, shot put, javelin, boxing, equestrian events, and pankration (similar to mixed martial arts).

They stopped making solid gold medals in 1912. Gold medals are primarily silver and gold plated.

