

July 2026

# Oakwood Village

Oakwood Village Assisted Living & Memory Care | 3388 Bell Rd. Auburn, CA 95603 | (530) 889-8122 | RCFE# 317000237



**Brian H. – July 1**

**Aldonna W. – July 1**

**CJ G. – July 4**

**Rita G. – July 23**

**Jeannie A. – July 26**

**Renee H. – July 27**

**Anna R. - July 29**

**Barbara E. - July 30**



## The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn't a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven't disappeared—they've simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

# What's Going On in July

## Special Events

- July 3rd** – 4th of July Happy Hour Celebration with Lisa Ellis
- July 4th** – Red, White & Blue 250 Year Celebration with Lauren
- July 15th** – July Birthday Party with Gene
- July 22nd** – Resident Council Meeting
- July 2nd** – Community Meeting: Dietary

## Live Music & Happy Hour

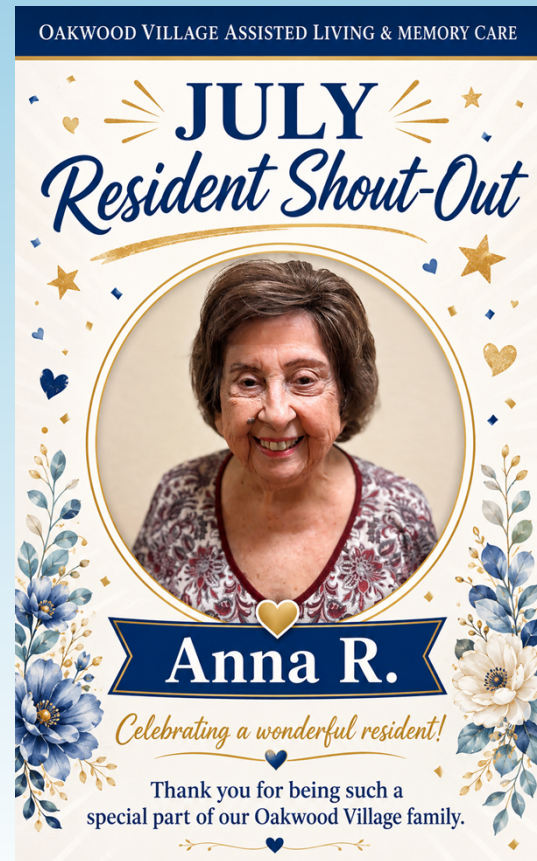
- Lisa Ellis** – July 3rd
- Diana** – July 10th
- Johnny V** – July 17th
- Cowboy Curt** – July 24th
- Mike Ely** – July 31st

## Outings & Bus Trips

- Scenic Bus Drives** – Wednesdays
- Shopping Trips** – Safeway & Ross, Target & Starbucks, Dollar Tree & CVS, Goodwill & Bel Air
- Restaurant Outings** – The Ridge Restaurant and Trailblazer Craft Pizza & Brews

## Featured Fun

- Margarita Tuesdays**
- Saturday Root Beer Floats**
- Arts & Crafts**
- Card Making with Nancy**
- Love on a Lease**
- Monday Matinee Movies**



This month, we are excited to recognize **Anna R.** as our July Resident Shout-Out!

Anna is a wonderful part of our Oakwood Village family. She loves exercise, good activities, great food, good music, and spending time with amazing company. Anna has a warm smile, a kind heart, and a joyful personality that makes others feel welcomed.

She is also a great friend and someone who brings kindness, laughter, and positivity into our community. Anna reminds us how meaningful it is to stay engaged, enjoy the little moments, and spend time with the people around us.

If you don't know Anna yet, make sure you take a moment to say hello — she is truly a friend worth having.

We are so grateful to have her as part of our Oakwood Village family.

**Congratulations, Anna! We appreciate you and are so happy to celebrate you this month.**

## A Better Bag

All around the world, more and more communities are considering bans on single-use plastic bags or even charging five cents for each bag used. Why is there such an outcry against using these bags so commonly found at supermarkets and convenience stores? Sadly, while a plastic bag may be used for mere minutes, it takes hundreds of years to disintegrate. The truth is that plastic bags have become one of the biggest sources of pollution in the world. With one million bags in use around the world every minute, it's no wonder that a raft of plastic garbage known as the Great Pacific Garbage Patch is drifting in the northern Pacific Ocean.



On July 3, people around the world will celebrate International Plastic Bag-Free Day by opting not to use plastic bags. So what are some alternatives to plastic? The most common solution is to carry your own reusable canvas bags when you go shopping. Many stores have made it easy on customers by selling cheap and reusable tote bags in the checkout line or even offering free cardboard boxes.

Perhaps the most enraging solution has been to charge five cents for the use of a plastic bag. While many customers have shown deep dissatisfaction with the policy of paying for bags at checkout, the system has been shown to decrease the use of plastic bags. Studies of Ireland's plastic bag levy, introduced in 2002, found that usage dropped by more than 90 percent almost immediately. Similar results have been seen in California, where statewide restrictions and fees led to sharp declines in single-use plastic bag consumption. By asking customers during checkout whether they have bags or would like to buy some, shoppers are less able to ignore the problems caused by plastic waste. They are reminded of their environmental impact each time they shop, and many choose to bring reusable bags.



### Want to have your voice heard and stay connected with your community?

Join us for an open discussion on key local issues!

- Share your thoughts and concerns
- Learn about upcoming community events
- Talk about the quality of local services
- Offer your suggestions and ideas
- Ask questions and engage with others
- Work together for positive change

**When:** Wednesday July 22<sup>nd</sup>

**Where & Time:** Poppy Room at 2:00pm

## Guardians of the Wild

One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild.



Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts. Though they invoke fear in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy

ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.

# Meet our Team

Executive Director



Patty Uclaray

Business Office Manager



Destiny Moore

Life Enrichment Director



David Collison

Maintenance Director



Ryan Risdal

Resident Care Director



Malina Meador

Wellness Director



Heather Mendoza

Housekeeping Director



Joshua Ochiner

Dietary Director

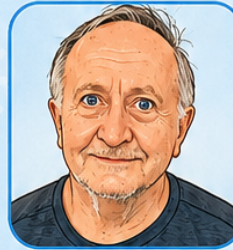


Maria Hernandez

## OAKWOOD VILLAGE ASSISTED LIVING & MEMORY CARE

# Cheers!

TO OUR RESIDENTS CELEBRATING  
**YEARS AT  
OAKWOOD VILLAGE!**



**Darryl B.**  
6 years



**Gail C.**  
1 year



**Maria S.**  
1 year



**Sandy S.**  
1 year



Thank you for being  
**A PART OF OUR COMMUNITY!**