

Events in July:

Thursday, 7/2, at 2:00pm: Magic Show with John Russel in the Lobby.
Mr. Russel, magician extraordinaire, will be here for a Patriotic Summer show!

Friday, 7/3, at 12:00pm: Independence Day BBQ in the Gazebo.
Join us for a picnic in the Gazebo (weather permitting)! We'll celebrate the day the United States declared its independence from Great Britain.

Tuesday, 7/7, at 3:00pm: Music with Marie in the Lobby.
Marie will be back singing our favorites!

Thursday, 7/9, at 2:00pm: Tie-Dye Party in the First Floor Activity Room.
It's time to tie and dye! Join us in the Activity Room to tie-dye an item for yourself or a gift. Residents will have items provided for them; staff and family members will have to provide their own. Dye and snacks/beverages will be available for all.

Wednesday, 7/15, leaving at 9:30am: Outing to Senior Day at UWM Park
Senior Day at UWM Park is back, so let's go watch a baseball game! See Front Page for more information.

Thursday, 7/16, at 3:00pm: Birthday Party with Steve in the Lobby.
Let's celebrate our July birthdays with Steve and his big band tunes!

Sunday, 7/19, at 3:30pm: Patriotic Caroling with Detroit Catholic Singles in the Lobby.
Let's celebrate our country with Patriotic tunes as we sing along with the Detroit Catholic Singles!

Friday, 7/24, at 3:00pm: Pie-Throwing Contest in the Front Porch.
In July we like to fundraise our Resident Christmas Party with a Pie-Throwing Contest! For \$5/pie, you can throw a whip cream pie at Aiden, the Activity Director, amongst others. Cash only at Reception, you can purchase your pies starting July 6th.

Tuesday, 7/28, at 2:00pm: Water Balloon Fight in the Gazebo.
Didn't get enough of throwing things at the Pie-Throwing Contest? Join us at our Water Balloon Fight! No cost but come expecting to get soaked!

Thursday, 7/30, at 3:00pm: Music with Jeff in the Lobby.
Finally! Jeff Cavataio returns to Pomeroy Living with tales and songs old and new! Let's swoon with our modern-day Sinatra!

July Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

- Richard Petty (race-car driver) – July 2, 1937
- Ringo Starr (Beatle) – July 7, 1940
- Tom Hanks (actor) – July 9, 1956
- Arthur Ashe (tennis pro) – July 10, 1943
- Woody Guthrie (folk singer) – July 14, 1912
- Ginger Rogers (dancer) – July 16, 1911
- Janet Reno (attorney general) – July 21, 1938
- Lynda Carter (actress) – July 24, 1951
- Gracie Allen (comedian) – July 26, 1895



Sara B.	July 1 st
Ike	July 5 th
Kathy S.	July 7 th
Marge	July 10 th
Ray	July 13 th
Vince	July 19 th
Eunice	July 30 th
Flo M.	July 31 st
Safah	July 31 st

Pomeroy Living

Assisted Living | 2200 15 Mile Rd, Sterling Heights, MI 48310 | (586) 554-7200



Here to Assist You

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Let's Play Ball!

In June we had our sign-ups for the Senior Day game at UWM Park in Utica. On Wednesday, July 15th, those who signed up will leave Pomeroy Living at 9:30am to watch the game. There is a waitlist for those who didn't make it on the main list, so please be ready to step up if called. The tickets are \$20, and it includes lunch.

If you are a family member looking to join, there will be no space on the bus to ride with us, so you will need your own transportation, and you can call Owen Gretkierewicz to purchase a ticket and request a seat near Pomeroy Living Sterling Assisted. Owen's office number is (248) 929-5962.



POMEROY STERLING ASSISTED PRESENTS:

5TH ANNUAL Classic Car Show



PLEASE JOIN US FOR A SHOWCASE OF CLASSIC CARS, UNIQUE CARS, AND MOTORCYCLES! WE WILL ALSO BE ROCKING TO THE BEAT OF OUR DJ, DINING ON HOTDOGS, AND ENJOYING MANY OTHER SWEET TREATS.

IF YOU WOULD LIKE TO REGISTER YOUR VEHICLE PLEASE RSVP BY: AUGUST 3RD
SPOTS ARE LIMITED AND WILL FILL UP FAST!
CONTACT INFORMATION:
AIDEN: ACTIVITYSA@POMEROYLIVING.COM
NANCY: (586) 554-7200

AUGUST 13TH
12 PM - 2 PM

2200 15 MILE RD, STERLING HEIGHTS, MI 48310
WWW.POMEROYLIVING.COM

SPIRIT DAYS

7/3, Friday: **Red, White, and Blue Day**

7/9, Thursday: **Hippie Day**

7/15, Wednesday: **Baseball Day**

7/24, Friday: **Clown Day**

Friday, 7/7 at 11am, and Tuesday, 7/14, at

10:30am: **Judy & Frodo Visit.**

Judy brings star of the show Frodo to visit us in Memory Care and Assisted Living! Note: on the 14th, Judy & Frodo will present a slideshow (encore)!

Catholic Communion & Rosary

Every Wednesday at 10:30am

This is held in the Chapel every Wednesday morning with the ladies from St. Renee.

Goodlife Church

Tuesday 7/21 at 2:00pm

Pastor Prout will bring a word of encouragement and lead us in a few hymns in the Lobby.

Bible Study

Tuesday, 7/14, & Thursday, 7/30, at 2:00pm

Join us in the Chapel as we discuss The Sound of Silence, Resilience, and The Story of David and Goliath.

Open Gym

Every Wednesday from 10-11am

Ami, the Physical Therapist, oversees the gym each week. This is not a formal therapy session but is a chance for you to use the equipment in the gym with supervision.

John Anthony Salon

Thursdays from 9:30am to 3:00pm

Please see the receptionist to make an appointment with Jan, the stylist. You need a signed consent form and a credit card on file. Gratuities are cash only.

Aiden's Addition

Thank you to everyone who donated for our Trash-to-Trash event last month! It was a huge success, with our residents, staff, and family members able to do some "shopping" in the comfort of our home.

"Who am I?" Answer: I am Linda Hogan, American poet, storyteller, academic, playwright, novelist, activist, and writer of short stories.

Housekeeping Reminder: *Summer is Here!*, and you may be getting clothes and bedding that are weather-appropriate. Please make sure that those items are dropped off with the receptionist for labeling. If you have any questions, don't hesitate to reach out to Stephanie, the Housekeeping Director.

Who am I?



I was born in Denver, Colorado on July 16th, 1947. I am a Pulitzer Prize Finalist, Guggenheim Fellow, former Chickasaw Nation Writer in Residence, and I was inducted into the Chickasaw Hall of Fame in 2007.

I've written plays, poems, novels, and essays. I'm also the writer of the PBS documentary script, "Everything Has a Spirit."

I earned my Master of Art at University of Colorado, where I was then a professor of Creative Writing and Ethnic Studies.

My connection to the Chickasaw Nation comes from my father, a Chickasaw man from a recognized historical family.



Employee of the Month: Katrina Brooks – Medication Technician

Katrina's nominator had this to say: "Katrina is always excellently managing a thousand things at once while going above and beyond for the residents. I've never seen her even hesitate. She brings her best self every day, no matter what! Katrina is 100% the backbone of this

community."

Excellence in Action: Ha Dinh – Care Staff

Nominated by Janaye, our staff coordinator, Ha is "super sweet. He cares for the residents, and he is a hard worker!" We're proud to have him as part of our team!

June in Review:



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.

