



SINCERI
Senior Living

The Pines on Carmel Senior Living

July 2024

5820 Carmel Rd.
Charlotte, NC 28226

5 TIPS FOR SUMMER HYDRATION



MAKE IT PORTABLE

Invest in a good quality water bottle & take it with you EVERYWHERE!

KNOW HOW MUCH

Aim for 8 glasses a day



ADD FLAVOUR

Infuse with your favourite fruits or electrolytes

EAT YOUR H2O

Enjoy a meal including high-water content foods.



BE MINDFUL

Always choose water first

Happy Birthday!

Shawn G.	7/3
John "Mike" P.	7/6
Peggy O.	7/7
Ifediora N.	7/11
Suzanne R.	7/14
Diane L.	7/21
Terri S.	7/21
Susan W.	7/23
Artelia J.	7/25
Mary M.	7/30

Meet Our Leadership Team

Samantha Glass
Executive Director

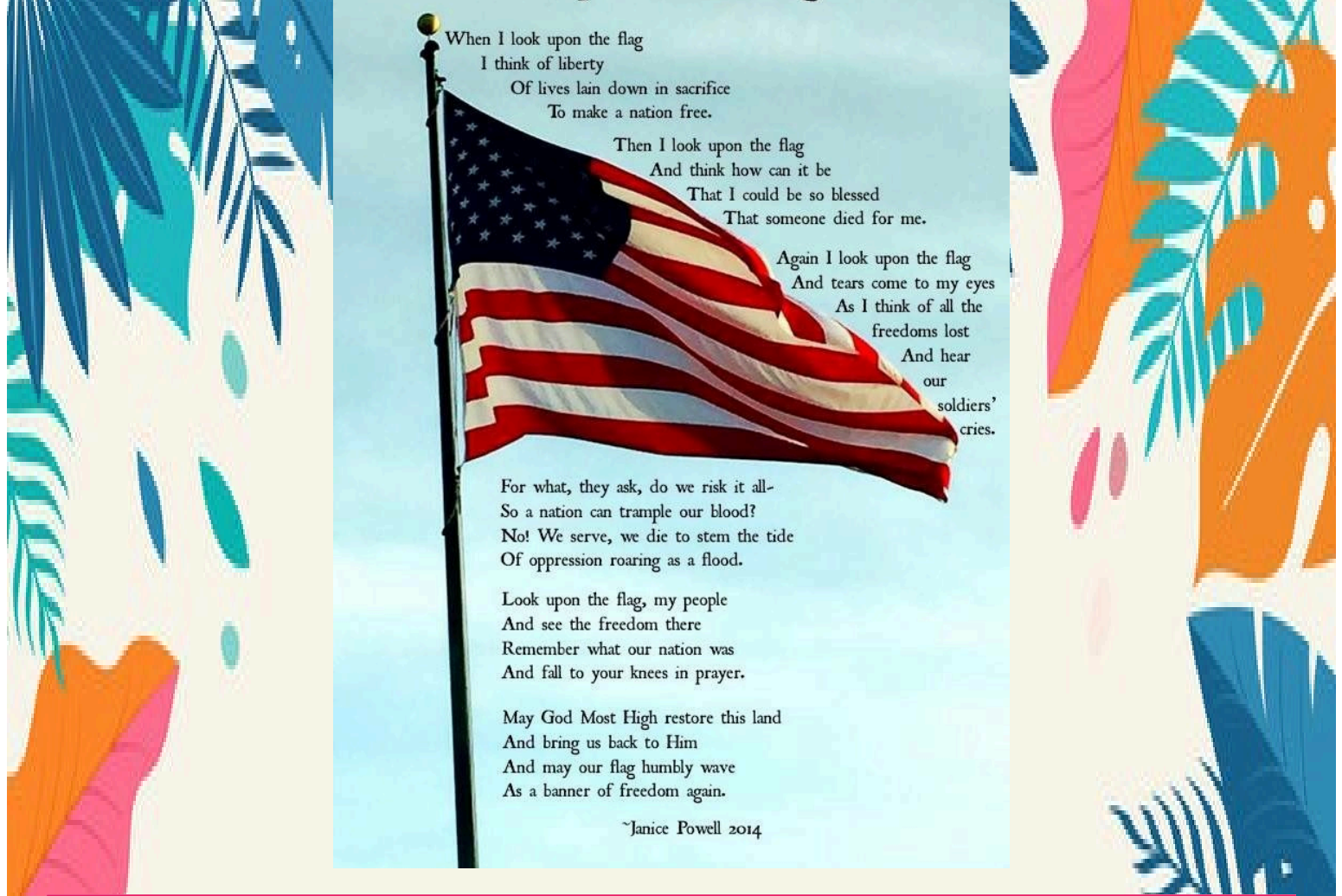
Diane Gonzales
Business Office Director

Shannon McCullough
Health Service Director Specialist

Ashley Cunningham
Life Enrichment Director

Jamarcus Scott
Community Resource Director

Desiree Hughes
Dietary Director



When I look upon the flag
I think of liberty
Of lives lain down in sacrifice
To make a nation free.

Then I look upon the flag
And think how can it be
That I could be so blessed
That someone died for me.

Again I look upon the flag
And tears come to my eyes
As I think of all the
freedoms lost
And hear
our
soldiers'
cries.

For what, they ask, do we risk it all-
So a nation can trample our blood?
No! We serve, we die to stem the tide
Of oppression roaring as a flood.

Look upon the flag, my people
And see the freedom there
Remember what our nation was
And fall to your knees in prayer.

May God Most High restore this land
And bring us back to Him
And may our flag humbly wave
As a banner of freedom again.

~Janice Powell 2014

July National Days

1- Nat'l Creative Ice Cream Flavors Day & Nat'l US Postage Stamp Day

4 - INDEPENDENCE DAY, Nat'l Country Music Day, Alice in Wonderland Day

5 - Nat'l Hawaii Day

7 - Nat'l Day of Rock 'N' Roll & Nat'l Strawberry Sundae Day

8 - Nat'l Raspberry Day & Nat'l Freezer Pop Day

10 - Nat'l Pina Colada Day & Nat'l Kitten Day

11 - Nat'l Mojito Day, All American Pet Photo Day, Make Your Own Sundae Day

12 - Collector Car Appreciation Day & Nat'l Motorcycle Day

13 - Nat'l Barbershop Music Appreciation Day

14 - Nat'l Tape Measurer Day

17 - Nat'l Hot Dog Day, Nat'l Lottery Day, & Nat'l Peach Ice Cream Day

18 - Nat'l Tropical Fruit Day

19 - Nat'l Daiquiri Day

20 - Nat'l Moon Day

24 - Nat'l Drive-Thru Day

25 - Nat'l Wine & Cheese Day

26 - SUMMER OLYMPICS BEGIN – HELD IN PARIS

27 - Nat'l Day of the Cowboy

28 - Nat'l Waterpark Day

30 - Nat'l Cheesecake Day & Int'l Day of Friendship

31- Nat'l Watermelon Day