

A close-up, vertical view of the American flag, showing the blue field with white stars and the red and white stripes. The flag is positioned on the left side of the image, with the stars visible in the upper left and the stripes running vertically down the left edge.

July 2025

# The Empowered Life Magazine

Let us celebrate the forming  
of our great nation together.

EMPOWERED  
**LIFE**  
PROGRAM   
Live Out Loud!





## Our Executive Team

Executive Director  
Stephanie Funderburg

Independent Living Director  
Trishia Grace

Engagement Director  
Jasmine Kuk

Business Office Director

Maintenance Director  
Adrian Castillo

Executive Chef  
Angel Bravo

Dining Room Manager  
Matilde Ochoa

Dining Room Staff  
Lilia Zepeda & Kevin Mendez

Housekeeping  
Rosita Heredia

*Follow us on Social*



## Welcome to July!

As we step into the heart of summer, July brings warmth, sunshine, and a special time to reflect on the gift of freedom. This month, we celebrate Independence Day—a reminder of the courage, hope, and enduring spirit that built our great nation. It's a time to honor those who came before us, who dreamed of a brighter future and made sacrifices so that we might live with liberty and peace. May this July be filled with moments of gratitude, celebration, and the simple joys of community and friendship.

Happy Independence Day!

Sincerely,  
Your Executive Team

## Join Us for Special Events

July 1- Vroman's Bookstore with Coffee

July 8-Trader Joe's & Handel's Homemade IceCream  
4pm- The Villa Cellar Club

July 11- Paul Cezanne Documentary

July 15- Lunch Bunch Outing: Gus's BBQ

July 16- Rubber Block with Gabrielle & Loren

July 17- Happy Hour with Live Entertainment

July 22- Picnic& Bocce Ball in the Park

July 23- Drum Circle with Alan

July 29- Arboretum & Botanic Garden

July 30- Community Dinner & Happy Hour



## The Meaning of Independence Day: Then and Now



For many of us, Independence Day evokes cherished memories of small-town parades,

fireworks over open fields, and the smell of grilled hot dogs filling the summer air. It was a day not just marked by celebration, but by a deep sense of pride in our country's freedom and unity. Families gathered on front porches, children waved flags with innocent joy, and communities came together with a shared purpose - to honor the birth of a nation.

Today, July 4th is still filled with many of the same sights and sounds, but the pace of life and the way we connect has changed. Celebrations may look different - more digital photos than printed ones, more social media posts than postcards - but the heart of the holiday remains the same. It's a day to reflect on the courage of those who came before us, to appreciate the liberties we enjoy, and to pass along the values of gratitude and patriotism to the next generation.

Whether we're watching fireworks from a comfy chair or remembering loved ones who served, Independence Day reminds us that freedom is a gift - one worth celebrating, protecting, and sharing.

As we celebrate this July 4th, let us not only look back with pride but also forward with hope. The ideals of independence, unity, and resilience continue to shine when we share stories, show kindness, and stand together, no matter our age or stage in life.

Happy Birthday to  
You!

July 31  
Larry Morrissette



### Here are some of your favorite memories of the 4th of July . . .

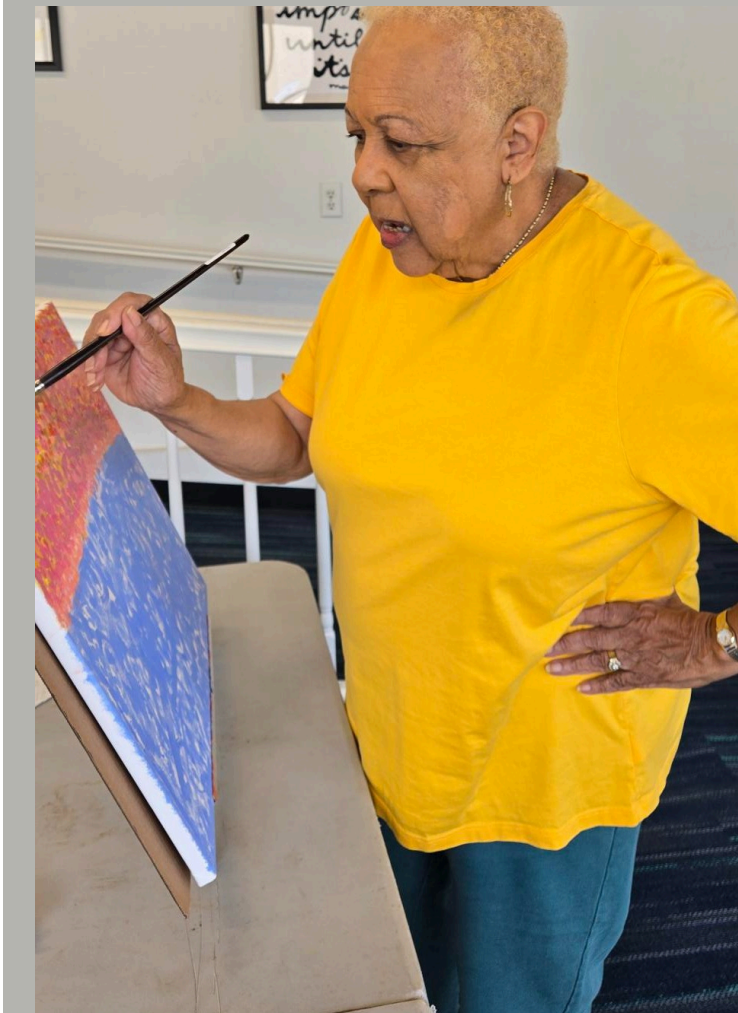
- David Hauge would have BBQs with his family that were always a blast, and he'd occasionally check out the parades.
- One of Lorinda's Guyod fondest memories from when she was little is lighting sparklers.
- For Pablo Contreras, what made the 4th of July special was fighting for and serving his country. His favorite memory is from 1956, when he went to the Rose Bowl with his family to watch the parade. He wore his uniform and proudly saluted.
- Tom Ethridge loved taking off to the Colorado River with his family in their RV every summer—it's his favorite memory



Come together with friends and neighbors at our monthly Community Dinner, where great food and good company meet!





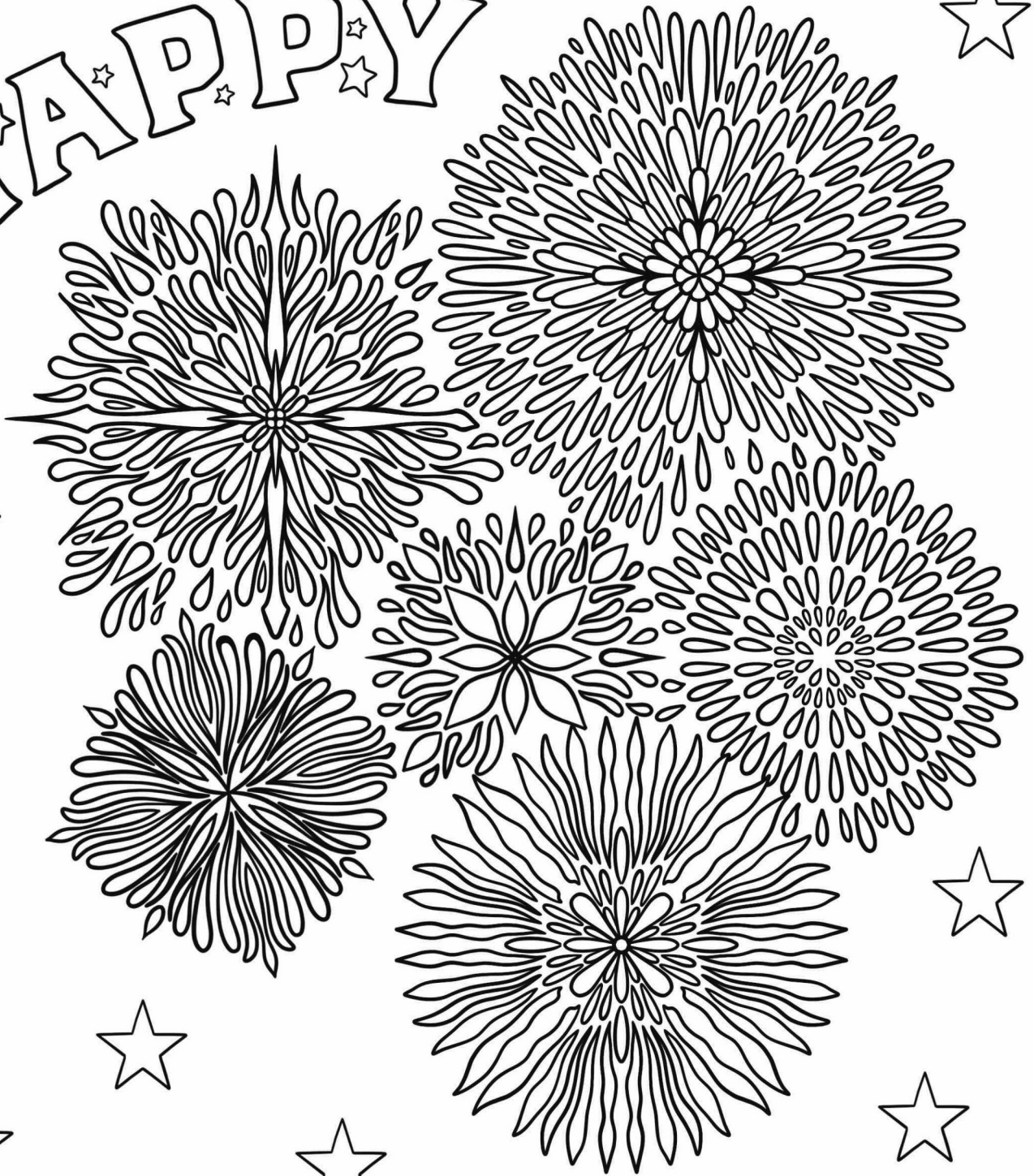








HAPPY



4TH OF JULY



*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain inalienable rights. Among these are life, liberty, and the pursuit of happiness.”*

- Declaration of Independence

