

July 2, 2026

Dear Residents, Families & Staff:

On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. This pivotal moment offers an opportunity to pause and reflect on our country's past, honor the contributions of all Americans, and ignite a spirit of adventure and innovation that can elevate our country to new heights for generations to come. However you choose to celebrate, enjoy and stay cool!

Due to the excessive heat warnings, the Newtown Township July 4th Independence Day parade has been shortened and will not pass Dunwoody; therefore, Dunwoody Village will not be placing chairs out for viewing the parade. The parade will begin at St. Anastasia's on West Chester Pike and Radnor Drive and end at Malin Drive Malin Road (Broomall Fire Company). If you decide to view the parade, please be mindful of the heat, seek shade and drink plenty of fluids. Weather conditions and changes may seem disappointing; however, reflecting the innovation of the American spirit, our Recreation Manager, Carolyn Treadway, has put together the attached list of televised parades, celebrations, historical documentaries, and musical events for both July 3rd and July 4th. In addition, our Activities team will be escorting our Care Center residents to the Auditorium on Saturday, July 4, to enjoy a program beginning at 10:30 a.m., where the lively trio "Where's Pete?" will perform a fun-filled concert featuring popular patriotic favorites and classic American tunes. *All residents, families and guests are invited to sing along and celebrate our nation's 250th birthday! Also, on Friday evening at 8:00 PM in the Fox Den: A Capitol Fourth: 250th Weekend Celebration, a PBS broadcast, will be showing on the TVs. Come and celebrate our nation's 250th birthday together.*

Extreme Heat Advisory

Please be aware of the current heat advisory from now through next week. Actual temperatures are expected to be over 100 degrees. Even if it is below 100, temperatures will feel in excess of 100 degrees. Staying outside for even a short time can cause trouble breathing, dehydration and heat stroke. Heatstroke signs and symptoms include:

- High body temperature.
- Confusion, agitation, slurred speech, irritability, delirium.
- Skin will feel hot and dry to the touch and may turn red.
- Nausea and vomiting.
- Rapid breathing.
- Racing heart rate.

Take immediate action if you are experiencing these symptoms by calling 911 and pressing your pendant.

You can help by:

- Getting into shade or going indoors.
- Remove excess clothing.
- Cool yourself with a cool tub of water or a cool shower, sponge with cool water, fan while misting with cool water, or place ice packs or cold, wet towels on the head, neck, armpits and groin.

Please note the following tips from your friends in the Health and Wellness Department:

- Remain indoors in the air conditioning as much as possible.
- Drink plenty of water and wear lightweight clothing.
- If you must be outside with a pet, please limit your time to a bare minimum and avoid being in direct sunlight.
- The concrete or blacktop can burn a pet's pads during times of excessive heat.
- Do not leave people or pets sitting in a parked car.
- Please wear your pendant and call for assistance if you are feeling ill.
- Check in with your friends and family.

Health and Wellness

We will publish a revised list of Dunwoody primary care providers soon; we anticipate information from MLH in the near future. We appreciate your patience during this holding pattern. A quick reminder -- if you have received a new Medicare card or new insurance cards, please make sure Medical Billing or Health and Wellness receives a copy. If you would like to make an appointment or schedule an introductory meeting with Sue Renz, CRNP, please call Health & Wellness. Sue will be seeing residents in H&W on Tuesdays. Sue will be practicing in partnership with Dr. Lane in Health and Wellness and with Dr. Lawrence in Personal Care.

Dining

Happy Fourth of July!

We will operate under our normal Saturday dining hours on Saturday, July 4th. A special 4th of July dinner will be served in the Hearthside Dining Room during dinner service, featuring hamburgers, hot dogs, refreshing cold salads and seasonal favorites. Beer and house wine will be available at 50% off in the Fox Den 5pm—6pm.

Investing in Exceptional Hospitality

On July 1, Dining Services hosted another Hospitality Training Workshop, led by our leadership team—Julia, Dominic, Mario, and Cynthia, Unidine Resident Engagement & Hospitality Director. Our waitstaff, servers, and diet aides participated in an interactive session focused on enhancing the resident dining experience. Training topics included the steps of service, menu knowledge with an emphasis on food allergies and dietary needs, proper table settings, and other hospitality best practices. We are committed to providing warm, attentive service and creating memorable dining experiences for every resident and guest.

Cooling Off with a Sweet Summer Surprise

To help everyone stay cool during this week's heatwave, the Dining Services team is visiting our Healthcare neighborhoods today, July 2, with a refreshing frozen treat for residents. It's a wonderful opportunity to share a cool dessert while celebrating the spirit of summer.

Schedule Changes for the Holiday Weekend

- **Our Gift Shop is open on July 3rd** Although July 3rd is the observable work holiday for Independence Day, our Gift Shop will be open regular hours on Friday 11:00am – 2:00pm. Thank you to our resident volunteers!
- **The swimming pool** will be closed on Saturday in observance of the July 4th holiday, but the pool will be open on Monday, July 6th for open swimming.
- **Ageless Exercise** observes the holiday on Monday, July 6th so there will be no aquatics class or fitness classes. The fitness manager will be off on July 6th, but the fitness center will be open for independent exercise.
- **Fresh Fruit Friday** will be moved from July 3, 2026, to the following Friday, July 10, 2026.
- **Ciao Bella Salon** is open regular hours on Friday, July 3rd.

Operations

- Window washing will continue with Personal Care next week followed by the health center.
- The staff and vendor parking lot will be completed by the end of next week with the installation of a new fence. A new lot sign will be added at a later date.

Wishing you and your family a celebratory Independence Day weekend! Happy 250th Birthday USA!

Stay cool,
Maureen