



Tips for Reading More Effectively

Book Lovers Day, August 9, celebrates the joy of reading and encourages people to immerse themselves in their favorite books. It's a perfect occasion to appreciate the magic of literature and discover new stories. Want to become a better reader or enjoy reading even more? Here are few tips for being an effective reader:

Read Regularly: Practice makes progress.

Identify Main Ideas: Focus on key characters and their roles in the plot.

Stay Focused: Concentrate on the text, recapping each chapter before moving on.

Manage Your Time: Set time limits for specific reading tasks.



Reading is a rewarding cognitive activity.

Go grab your favorite book or one from the top of the "to be read" stack and enjoy!

HONORING AND APPRECIATING OUR SENIOR LOVED ONES

Senior Citizen Day, celebrated annually on August 21, is a special occasion dedicated to honoring and appreciating the contributions of older adults. It serves as a reminder to show respect, support, and care for seniors while raising awareness about the unique challenges they may face. On this day, various activities and events are organized nationwide to engage and uplift seniors, including:

- **Community gatherings:** Community centers, retirement homes, and organizations host special events where seniors can socialize, participate in games, enjoy music, and reminisce together.
- **Intergenerational activities:** Activities that bring different age groups together – such as art projects, cooking classes, or

mentoring programs – promote interaction and foster mutual understanding and respect.

- **Volunteer initiatives:** Seniors can get involved in volunteer projects that allow them to use their skills and experience to contribute to their communities. Common examples include tutoring, mentoring, or assisting in local charities.
- **Wellness programs:** Health and wellness activities such as exercise classes, yoga sessions, and educational workshops promote physical and mental well-being for seniors.
- **Family visits or meals:** Whether you simply visit, participate in an engaging activity or share a meal, they are each a great opportunity to enjoy quality time together.

Happy Birthday!

STAFF

William Polonski, STNA
Charles Peck,
Housekeeping
Adam Decker, PTA
Amy Eberly, OTA
Cheri DeFranco, PTA

RESIDENTS

Milly A.
Clare G.
Raymond H.



PHOTO ACTIVITY HIGHLIGHTS



We had a great time attending Brunswick's Independence Celebration Parade and handing out candy!

Employee Anniversaries

Joann Brianas, LPN, 1987
Kimberly Corrigan,
Administrator, 2012
Anne Falkenberg,
STNA/Cook, 2022
Brittney Gardner,
STNA, 2022
Raymond Joviak,
Laundry, 2022

Activity Highlights

**Fair and Furry Friends:
Aug. 15 | 1:30-2:30pm.**

Join us in enjoying
funnel cake fries
and farm animals!

We had
a perfect
day for
popsicles
on the
patio!



PHOTOS ...CONTINUED



Showing our staff appreciation with some sweet treats!
Thank you for all that you do!



Employee of the Month: Jennifer Jacobs, STNA

Congratulations to our Employee of the Month, Jen! Anyone that knows Jen knows that she always goes above and beyond. On any given day you can find Jen working as a caregiver; helping out in laundry, housekeeping, or dietary; or joining the residents in an activity. She really is a jack of all trades and a huge asset to our nursing team. Not only is she a hard worker but she has a heart of gold and a personality that can put a smile on anyone's face. Thank you for all that you do Jen!





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f Don't forget to like us on Facebook – to keep up on current events and news you can use!

Celebrate The King!

Elvis Week is August 9-17

Elvis Presley, known throughout the world by his first name, is widely regarded as one of the most influential figures of 20th century music and popular culture, and his status as a cultural icon appears strong as ever. 2024 will mark the 47th anniversary of his passing.

Elvis Facts:

- The international superstar was an accomplished and influential artist in several genres of music: rock, pop, country, R&B and gospel.
- Elvis has been inducted into the Rock and Roll Hall of Fame, the Country Music Hall of Fame and the GMA Gospel Music Hall of Fame – the only artist with the distinction of being honored by all three.
- He enjoyed eating peanut butter and banana sandwiches and would often add bacon and grape jelly.

Sources: graceland.com

HAPPINESS HAPPENS MONTH: FOUR SIMPLE STEPS TO HAPPINESS

Every person deserves to be happy, and happiness can be positively influential! The more happy people there are, the more likely they are to inspire others. We owe it to ourselves and society to work on our happiness. Try these four simple steps:

Ready Yourself for Happiness:

Commit to being happy and understand that true happiness comes from within, not from luck, possessions, or lifestyle.

Envision Yourself as Happy:

Each day, imagine yourself laughing, smiling, and relaxing. The more you

visualize happiness, the easier it becomes to feel genuinely happy.

Assume You Will Be Happy:

Choose to be happy by recognizing that there is always something in your life to be grateful for, whether big or small. Show your appreciation and gratitude for increased happiness.

Pursue Your Happiness:

Identify what makes you happy, whether it's a hobby, activity, or spending time with loved ones. Make time for these joy-inducing pursuits, and happiness will naturally follow.



AUGUST – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

- ACTIVITY
- BOOKS
- COLOR
- ELVIS
- HAPPINESS
- KING
- LEMONADE
- MARSHMALLOW
- MUSIC
- PRESLEY
- READ
- RELAX
- SENIOR
- SMORE
- WELLNESS