

# DOOR TO DOOR

The Arbors at Amherst

JULY 2019



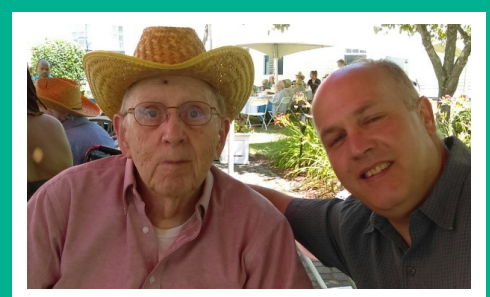
Above: The power of music!

## Happy Fourth of July!

“One flag, one land, one heart, one hand, one nation evermore!”  
- Oliver Wendell Holmes (1809-1894)

“When an American says he loves his country, he means not only that he loves the New England hills, the prairies glistening in the sun, the wide and rising plains, the great mountains, and the sea. He means that he loves the inner air, an inner light in which freedom lives and in which a man can draw the breath of self-respect.”  
- Adlai Stevenson (1900-1965)

Independence Day celebrates the Declaration of Independence adopted by the Continental Congress in Philadelphia on July 4, 1776. It was first celebrated with festivities including cannon shots, music, fireworks, and parades in Philadelphia. In 1941, Congress declared it a federal holiday.



## SUMMER PICNIC

Friday, July 12th

11:00am - 2:00pm

Invite your family and  
Friends to share in  
the fun!

Great Food, Great  
Music, Great  
Company, Great Fun!



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## THE JAPANESE STUDENTS VISIT WAS A GREAT SUCCESS

What a pleasure it was to spend the afternoon with 30 sixth grade students, and their chaperones, from the Doshisha Elementary School in Kyoto, Japan. They entertained us with songs, dances, and some history on their school then we broke up into smaller groups and enjoyed individual visits with the kids. We learned about their homes, their families, and their favorite things. There was much stories and laughter and new friendships were formed. We bid them safe travels with individual “American” goodie bags and a fond Arbors farewell. What a wonderful experience!





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## HAPPY ANNIVERSARY

Congratulations to Nancy and Paul who celebrated their 66th Wedding Anniversary last month. They state the secret to a long, happy marriage is “being laid-back, patient, kind, and keeping a sense of humor”.



**Left:** “Reading Aloud” is a wonderful way to spend an afternoon relaxing with friends. We share favorite poetry, short stories, and any articles of interest. Watch your calendars, and stop in and join us. A guaranteed good time!



**Above:** Our Men’s Lunch last month was a great success with almost 100% attendance. Unfortunately, due to the weather, we were unable to grill outdoors but we took our festivities up into the great room and had a wonderful time enjoying a variety of pizza, salad, beer, wine, soda, great conversation, a few laughs, and finished it off with key lime pie. Looking forward to our next get-together!

### UNSCRAMBLERS:

SWIKFEROR

LAMYFI GRAHSENGIT

LONAWREMET & SEIHNUSN

AZLY MURSME SYDA

### National Ice Cream Month

In 1984, Ronald Reagan designated July as National Ice Cream Month, and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by 90% of the nations population.

The U.S. ice cream industry generates more than \$21 billion in annual sales and provides jobs to thousands. About 9% of all the milk produced in the U.S. is used to make ice cream, contributing significantly to the economic well-being of the nations dairy industry. Eat on!

# DOOR DOOR

July Is...

National Parks & Recreation Month,  
National Blueberry Month, Cell  
Phone Courtesy Month, National  
Hot Dog & Baked Beans Month,  
and Social Wellness Month!

## Welcome Home New Residents

Ray M. (Apt. 200)

Stanley M. (Apt.240)

**Birthstone - Ruby**

**(Contented Mind)**

**Flower - Larkspur**

## Happy Birthday

7/1 Norma L.

7/12 Linda B.

7/19 Emy D.

A big **THANK YOU** goes out  
to **Katherine S.** (Apt 108) for  
helping keep our grounds  
clean by picking up any  
trash she encounters  
during her daily walks.

## UNSCRAMBLER ANSWERS:

**FIREWORKS**

**FAMILY GATHERINGS**

**WATERMELON & SUNSHINE**

**LAZY SUMMER DAYS**

If there is a particular subject,  
or topic, you would like to  
explore during our  
“Discovery...” activity; please  
add it to the “Discovery Ideas”  
form on the bulletin board in  
the activity room. It can be  
ANYTHING from a person,  
place, or thing! We will  
discover it together!

**Foot Clinic**

**7/6**

**Hairdresser**

**Tuesdays**

## To Your Health...

**Dehydration** is ranked in the top ten most frequent reasons for hospitalizations. The **hydration** status of a person refers to their body water balance. Dehydration occurs when we don't have enough fluid in our bodies.

Many older people have problems with dehydration as the ability to feel thirst lessens as we age, meaning we need to drink more water. In the aging process, our bodies start losing muscle and gaining fat. Muscle holds water but fat does not, so as we age our body water decreases. Medications that increase urination or help constipation can also cause dehydration.

**Tips for staying hydrated:** \* Don't wait until you are thirsty to drink; by this time you are already dehydrated. \* Carry a water bottle with you and drink from it regularly. \* Drink at least eight cups of water every day. \* Keep a full water bottle in the refrigerator and drink from it every time you open the refrigerator. \* Drink extra in extreme heat to replace water lost from sweating. \* Start and end each day with a cup of water. \* Do not replace water with alcohol or caffeinated drinks. \* Know the symptoms of dehydration.

**Symptoms of dehydration:** Drink water. \* Thirst

\* Dry mouth \* Dark yellow urine \* Fatigue \* Irritability

**Life threatening symptoms:** Notify Nurse right away!  
\* Dizziness \* Feeling of blacking out when sitting up or standing \* Confusion \* Muscle weakness or cramps  
\* Sunken eyes \* Low blood pressure \* Increased heart rate