

DOOR DOOR

The Arbors at Amherst

JULY 2020



Above: We are excited to finally go outside again and take in the sunshine . It feels like we have some level of “normal” back. Socializing, at a safe distance of course, with friends we haven’t seen in a while is a morale booster for sure.



We are continuing to monitor the progression of the current status of the pandemic and the guidelines put in place by the CDC and the Governor.

We are continuing with all precautions with regard to preventing the spread of the COVID-19 virus within our community, and will keep you updated on changes as they occur.

Staying healthy is our goal!

Happy Fourth of July!

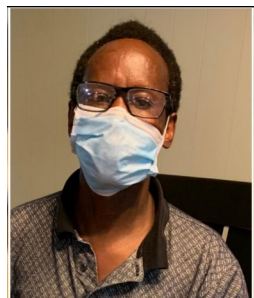
“One flag, one land, one heart, one hand, one nation evermore!”
-Oliver Wendell Holmes (1809-1894)


“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 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.

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Above: To all of our smile bringing life saving rockstars who live to heal and love to encourage; They're kind of a big deal! We want to acknowledge ALL of our RCAs and thank them for their tireless commitment to making all our lives just that much better every day. We appreciate everything you do and we THANK YOU 

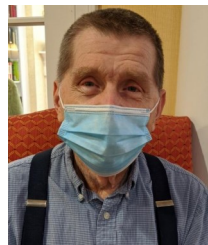
"DAD; A SON'S FIRST HERO, A DAUGHTER'S FIRST LOVE"

Our Arbors Dads, and Dad surrogates, were honored with a special card and tasty sweet treats in the morning, and celebrated with root beer floats in the afternoon. Although we were unable to enjoy our usual social get-together this year, many of our dads connected with their family via a "porch visit" or a "virtual visit" and enjoyed a little extra pampering and attention.

Thanks to the men that set a solid example of guiding structure, love, and support



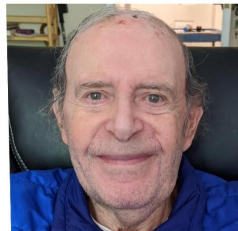
"As a parent, you need to relax and stay calm. Just stay out of trouble"
- Bill, dad of 3.



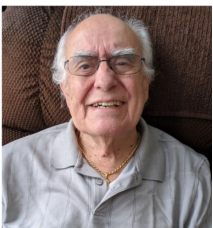
"Kids make a family fun and memorable"
- Fred, dad of 2.



"Success as a parent is watching your own children parent"
- Herbert, dad of 3.



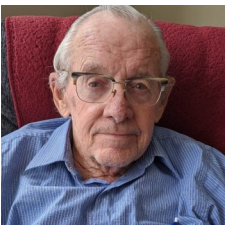
"Children are heavens blessings. They are truly to be cherished"
- Bernard, dad of 3.



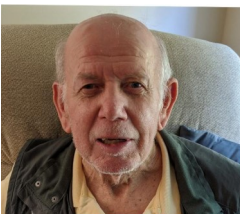
"Take care of your children and enjoy them while you can...time really is short"
- Cam, dad of 2.



"An active home is a happy home. I was lucky, we didn't have any real big problems. Time passes by so rapidly. I love having a big family"
- Fred, dad of 8.



"Some of my fondest memories involve being outdoors working with my kids. The time goes by so quickly..."
- Duane, dad of 2.



"I can still remember the day each one was born, so small and perfect. It's nice to watch my children grow and have children of their own...it just keeps going"
- Ervin, dad of 3.

UNSCRAMBLERS:

SWIKFEROE

LAMYFI GRAHSENGIT

LONAWREMET & SEIHNUSN

AZLY MURSME SYDA

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!



Happy Birthday

7/6 Karin B.

7/7 Phil D.

7/14 Phyllis D.

7/19 Emy D.

7/20 Marion B.

UNSCRAMBLER ANSWERS:

FIREWORKS

FAMILY GATHERINGS

WATERMELON & SUNSHINE

LAZY SUMMER DAYS

Birthstone - Ruby

(Centered Mind)

Flower - Larkspur



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.