



Message from Jennifer Lightfoot, Program Manager

Nice Weather - The nice weather is here, the tables and chairs have been set up in the garden areas. We would like to encourage you to sit with your loved on in the Courtyard or Therapeutic garden as these are areas that are safe for all residents. Please do your best to refrain from sitting on the front porch as many of our residents are not able to be out there due to safety concerns however, when they see other people sitting out there they do not understand why they cannot be there too. If you need assistance finding any of these garden areas, please don't hesitate to ask.

Sun Safety!

We are asking families to check to make sure your loved one has a hat to wear outside through the summer months to protect them from the sun. If you bring a new hat in, please mark it with your loved ones name or ask a staff member to do so. Staff will apply sunscreen as needed to those residents that enjoy sitting in the sun.

4 Tips for Choosing Sunglasses

Numbers matter. When shopping for sunglasses, look for labels that say the lenses block out 99% to 100% of UV radiation. Make sure they block out both UVA and UVB rays.

Fit matters. Poorly fitted sunglasses may not provide enough protection. You may be less likely to wear glasses that feel awkward or uncomfortable. And when glasses are too small or too large, they may let in light from the sides. Athletes have the right idea with wraparound sunglasses.

Lenses matter. Polarized lenses deflect glare but don't offer UV protection. Lenses made from real glass provide little protection at all. Your best choice these days? Polycarbonate plastic lenses. These tougher lenses provide adequate UV protection and are sturdier than other varieties. Photochromic lenses are also a good option because they block glare and UV radiation while maintaining visual sharpness.

Functionality matters. Options exist for those who have a hard time wearing sunglasses. If you wear eyeglasses, try prescription sunglasses, tinting for your eyeglasses, or clip-on lenses with UV protection. New contact lenses are available with enhanced protection, but sunglasses should still be worn.

Our deepest sympathy is extended to the families of Dorothy S. Glenn P. Don C.



Family Council Meeting No Meeting this Month

SPECIAL EVENTS

- Aug. 4th Ice Cream in the Garden
Aug. 8th Lemonade in the Shade
Aug. 9th Ice Cream at the Beach
Aug. 16th Birthday Party
Aug. 17th Ice Cream at the Beach
Aug. 17th Ron Allin
Aug. 22nd Resident Council
Aug.25th Ice Cream at the Beach
Aug. 31st Jim Ashby
Aug.31st Ice Cream at the Beach