



Happy Birthday

Residents

Bruce Preston.....7-9
Jane Metz.....7-25

Staff

Alexa Monroe.....7-6
Irene Smelser.....7-12
Ashley Jordan.....7-18
Jeannie Tippett.....7-19
Nikki Moore.....7-22
Jacob Alsberry.....7-22
Michelle Gyamfi.....7-22
Joe Ward.....7-23
Kathy Foster.....7-26
Taelor Sponsler.....7-27
Troy Darr.....7-30
Ashley Keister.....7-30
Angela Bywaters.....7-31

July Birthstone
Ruby

July Flower
Water Lily, Delphinium,
and Larkspur

Greetings from Daryl, Vicki, and Aron,

July is “**Summer Safety Month**” and we are sharing some tips to help senior adults stay healthy when it is hot outside. The summer months are a time of fun and relaxation for many, but they can be a source of stress for seniors and their caregivers. As we age, our bodies change in ways that make us more sensitive to summer’s heat and humidity. In fact, according to a Duke University study, more than 80% of heat-related illnesses and deaths occur in people over the age of 60. In this month’s Newsletter, “Nurses’ Advice” will share information about heat-related illnesses and sun protection, while “Activity Corner” will offer safe ways to exercise outdoors and the importance of staying hydrated. Here are some other tips to help you and your loved ones enjoy the season.

Prevent trips and falls. People usually think about falls during the winter when it is icy outside. In summer, seniors are spending time outdoors in unfamiliar terrain, so be careful. Uneven patio pavers, outdoor rugs, slippery pool decks, and sandy beaches can all cause seniors to lose their balance. Make sure seniors wear their eyeglasses and hearing aids and use their walking devices when outside. Keep your yard and patio well-lit and seniors should always wear comfortable and well-fitting shoes.

Follow COVID-19 protocols. After staying home for much of 2020, many seniors are now fully vaccinated and excited about seeing family and friends. Keep in mind the pandemic is far from over and not everyone is vaccinated. In addition, chronic conditions such as Chronic Obstructive Pulmonary Disease (COPD) and Congestive Heart Failure (CHF) increase the likelihood of severe infection, though the risk is lessened if a person is vaccinated. Try to avoid gatherings if any guests are currently ill and attend events outdoors if possible.

Stay in touch. Summer calls for being vigilant in looking out for your older loved ones. Check to see if windows, fans, and air conditioners are in good working condition. Check by phone at least once a day, especially if there are power outages due to a storm. Give a neighbor a spare key in case of emergencies. Keep a list of important phone numbers (primary care physician, pharmacy, neighbors, and family members) for your senior loved one to easily access.

Giving your aging loved one a little extra TLC will ensure everyone can enjoy the **summer** while **staying safe** and healthy.

“Offering Something DIFFERENT in Senior Living”

Activity Corner

Independence Day will be celebrated with the James Wood II Chapter Sons of the American Revolution followed by a patriotic sing along with Ruth from Activities. Summer wouldn't be summer without a picnic and carnival (pictures to follow in the August newsletter). A couple of new and fun activities are soap making, and a puppy party to celebrate the Dog Days of Summer!

Mid-July is the beginning of Summer Olympics. We plan to have our own Olympics with "not so competitive" activities and Gold, Silver, and Bronze awards will be given at our closing ceremony. Residents will not only have fun but get some healthy exercise. We also must not forget to stay **hydrated while being active**.

Red, white, and blue will be the theme throughout the month for our baking sessions, arts and craft projects, and resident socials.

Nurses' Advice

As we age, our physiology changes in ways that boost sensitivity to summer's heat, humidity and sun exposure. To prevent dehydration, make sure to drink plenty of water before heading outdoors.

1. **Boost hydration** -- Seniors are more susceptible to dehydration because they don't sweat or recognize thirst as effectively as they used to, and also many take diuretics (also known as water pills).

2. **Slather on sunblock** -- Purchase a sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays. Wear loose, light-colored clothing, which will help make you feel cooler and more comfortable, as well as provide additional protection from the sun.

3. **Know when to stay inside** -- On very hot days, it's best to limit outdoor time to early in the morning or later in the evening after the sun has set.

4. **Keep medications up to date and properly stored** -- Carry a list of medications, including dosages and frequency. Many medications degrade at temperatures over 86°F, making them less effective.

By following these tips, you and your loved ones can enjoy the *Summer Sun Safely!*



1. **We Didn't Actually Declare Independence on the 4th of July.** It is widely believed that America declared their independence from Britain on July 4, 1776. However, the official vote actually took place two days before and the "Declaration" was published in papers on July 4.
2. **The Designer of the 50-Star Flag Lived in Lancaster, Ohio.** In 1958, a history teacher made a class assignment to redesign the national flag as both Alaska and Hawaii neared statehood. **Robert G. Heft, who was 16 at the time, designed a new flag** using the old 48-star flag and \$2.87 worth of blue cloth and white iron-on material. Heft was one of thousands to submit a flag design but he was the only person who actually stitched together a flag and shipped it to D.C. His design became the official flag in 1960.
3. **Americans Will Enjoy 150 Million Hot Dogs During the 4th.**
4. **Only Two Men Signed the Declaration of Independence on July 4, 1776. Charles Thompson and the infamous John Hancock were the only two men who actually signed the Declaration of Independence** on July 4, 1776. The other 54 delegates signed over the course of the next month.
5. **The Average Age of The Signers Was 45 Years.** Of the 56 signers, the **youngest signers, Thomas Lynch Jr. and Edward Rutledge of South Carolina, were only 26.** However, Benjamin Franklin of Pennsylvania was the oldest signer at 70 years old.
6. **Americans spend more than \$1 billion on fireworks each year.** Fireworks is an American Tradition Dating Back to 1777. Fireworks date back as a tradition of Independence Day as early as the first anniversary in 1777. John Adams wrote in a letter to his wife, Abigail, that he wanted Independence Day to be **celebrated with pomp, parade, shows, and "illuminations."**
7. **Thomas Jefferson, 82, and John Adams, 90, both died on July 4, 1826** within five hours of each other on the 50th anniversary of the signing of the Declaration of Independence.
8. **July 4th was not deemed a federal holiday until 1870, nearly 100 years after the nation was founded.**

Resident Snapshots



Father's Day —
Honoring all fathers of HSSL with a special luncheon



Summer Fun —
Maria Coby enjoying the
Shenandoah River State Park



Veterans Lunch —
Frank, Dick, Orivel, & Sydney



Arts & Crafts —
Irene, Dotsy, Winona & Stephanie
decorating flower arrangements



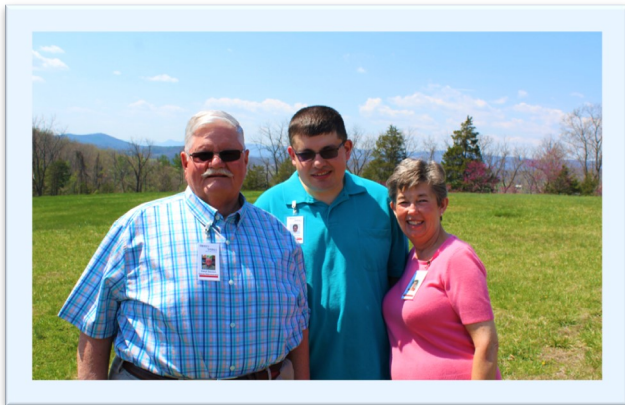
Hydration—
Franklin Stricker with a refreshing lemonade shake



The James Wood II Chapter S. A. R.
Commemorating Flag Day



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Chef's Table

Controlling Food temperatures while enjoying a picnic or cookout on a hot summer day. Rates of food poisoning increase in summer months because bacteria grow faster in warmer weather. Eating food left in the **Danger Zone** (40°F to 140°F) for too long can make people sick. A few safety tips:

- **Cook meat thoroughly.** Use a food thermometer to make sure meat is cooked hot enough to kill bacteria. You can't tell just by looking at it. (145°F for beef, pork, fish; 160°F for hamburgers and ground meat; 165°F for chicken or turkey).
- **Clean hands and produce.** Wash produce thoroughly and make sure hands are clean before handling any food AND after touching raw meat, poultry, or seafood. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Put cooked meat on a clean plate.** Keep raw meats, poultry, and seafood away from cooked and ready-to-eat foods and drinks.



Musings from Mazie



Cheers to the Dog Days
of Summer!

— Mazie