

Lorien Bel Air

July 2022



4th OF JULY INTERESTING FACTS

DID YOU
KNOW?



On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress.



Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.



The Declaration of Independence was signed by 56 men representing the 13 colonies. The moment the declaration was signed it marked the beginning of all-out war against the British.



The first signature on the Declaration of Independence was John Hancock's. The myth is that he wrote his name large so that King George would be able to read it without his glasses.



In 1870 the Congress made the 4th of July an unpaid holiday for federal employees. In 1941, Congress declared 4th of July a paid federal holiday.



Independence Day became a federal holiday in 1870.



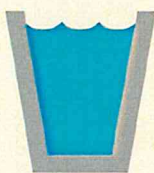
Today, the 4th of July is a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag.

4th of JULY SAFETY

HEAT-RELATED ILLNESS

STAY HYDRATED

- Drink more than 8 ounces a day
- Drink even when you're not thirsty
- Avoid alcohol, coffee & soft drinks



APPLY SUNSCREEN

The sun is the strongest between 10 a.m. and 4 p.m.
Reapply sunscreen often
Stick to SPFs between 15 and 50+



WEAR YOUR SHADES



Sunglasses must block 99 to 100% of UVA/UVB rays



MOST AT RISK



Adults over 65 and children under 4
Those w/existing medical conditions

GRILL SAFETY

in a 5-year period



8,900 house fires

160 injuries

118 mil. in damages

10 deaths

KEEP GRILL:

- AWAY FROM STRUCTURES
- IN WELL-VENTILATED AREA
- AWAY FROM CHILDREN & PETS

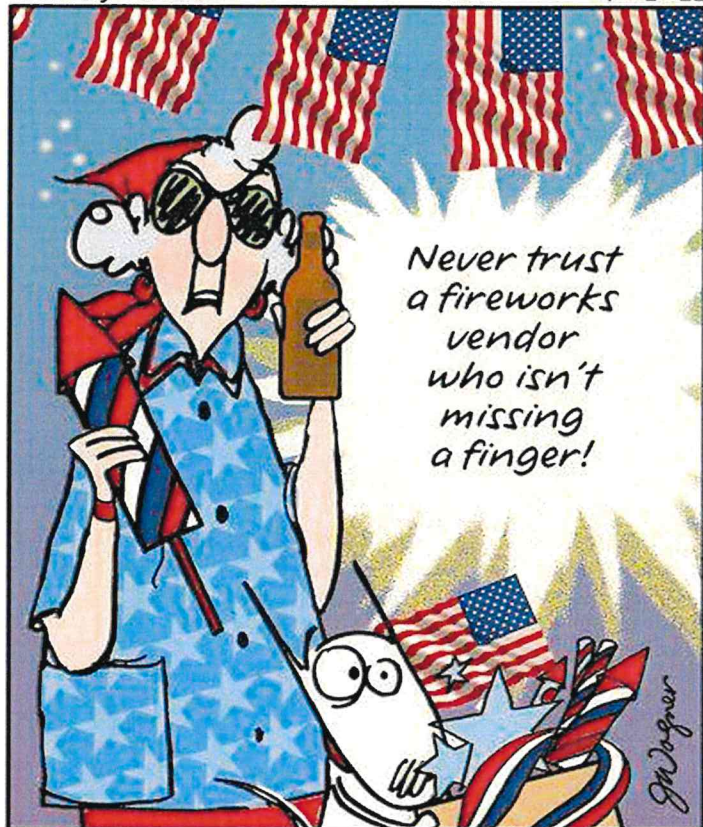
Fireworks Safety

NEVER allow children to play with or ignite fireworks

KEEP a bucket of water or hose nearby

MAKE sure fireworks are legal in your area

MORE THAN 14,000 4TH OF JULY FIREWORKS EXPLODE
ACROSS THE NATION EACH YEAR



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4th of July Humor

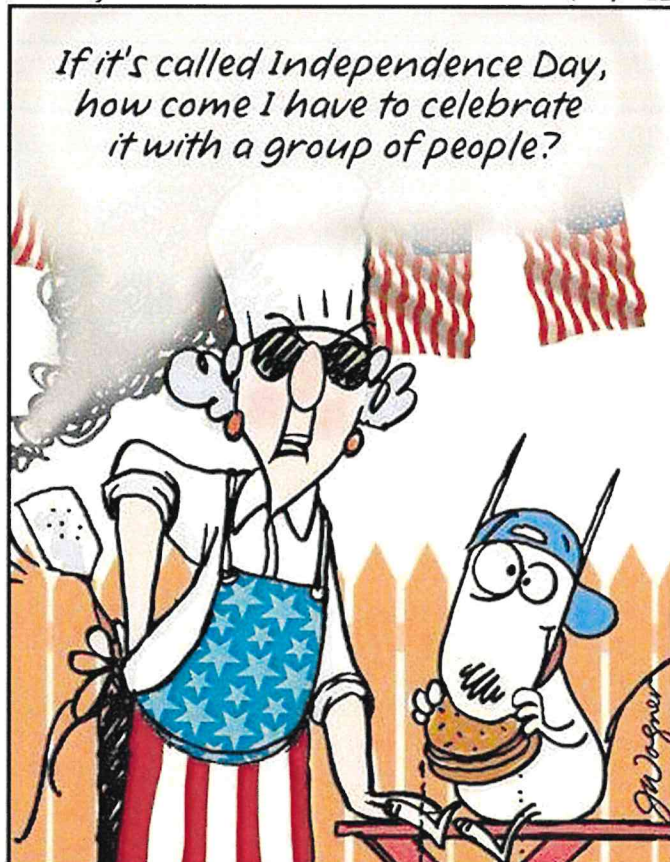
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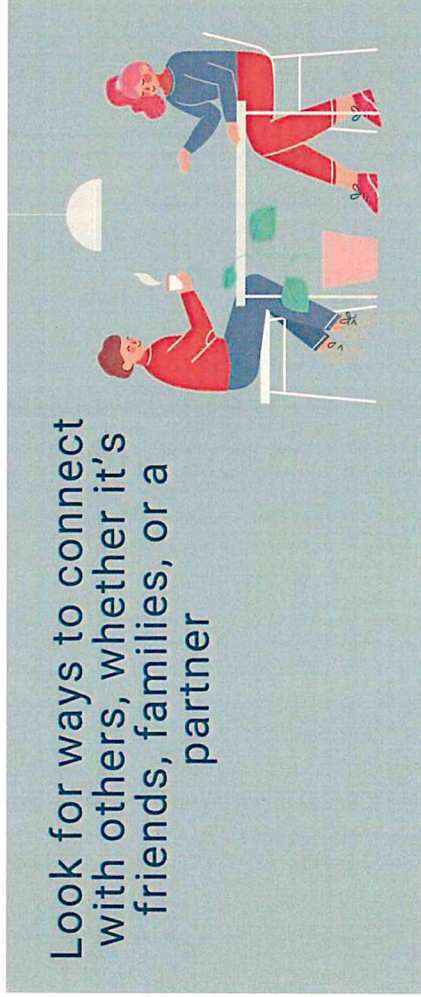
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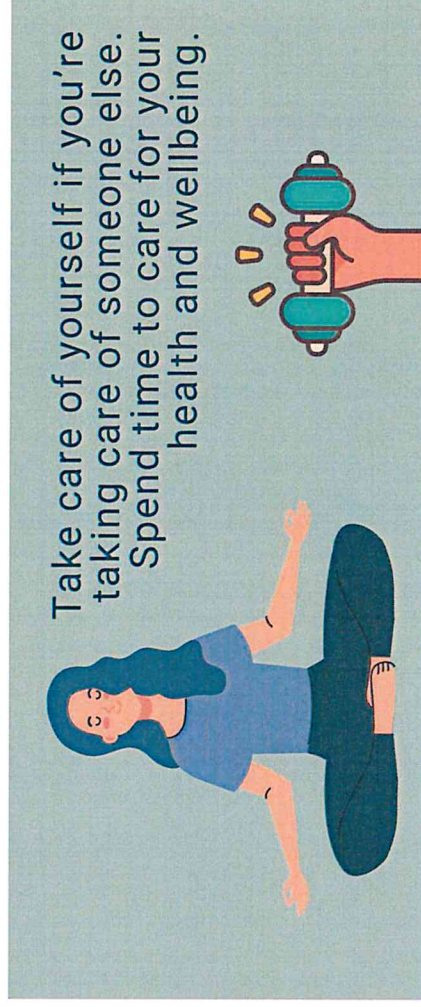
HOW TO IMPROVE SOCIAL WELLNESS

SOCIAL
WELLNESS
MONTH
JULY 2021

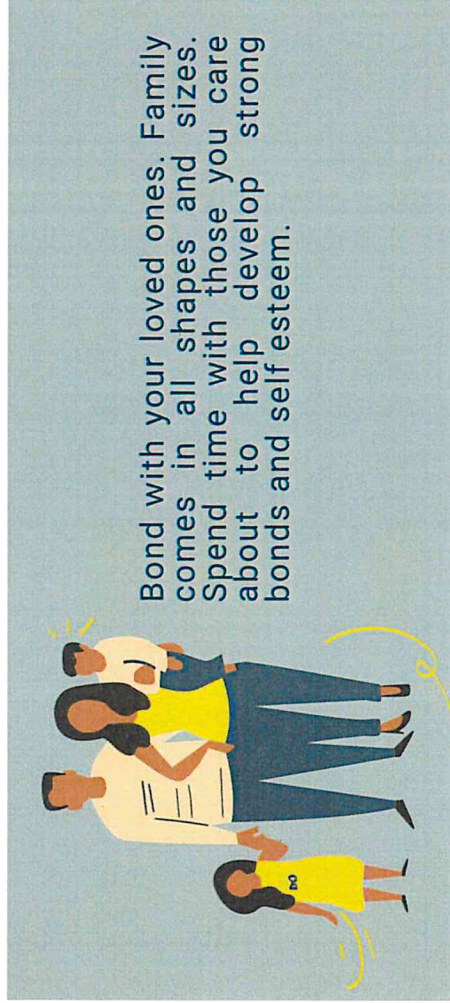
Look for ways to connect
with others, whether it's
friends, families, or a
partner



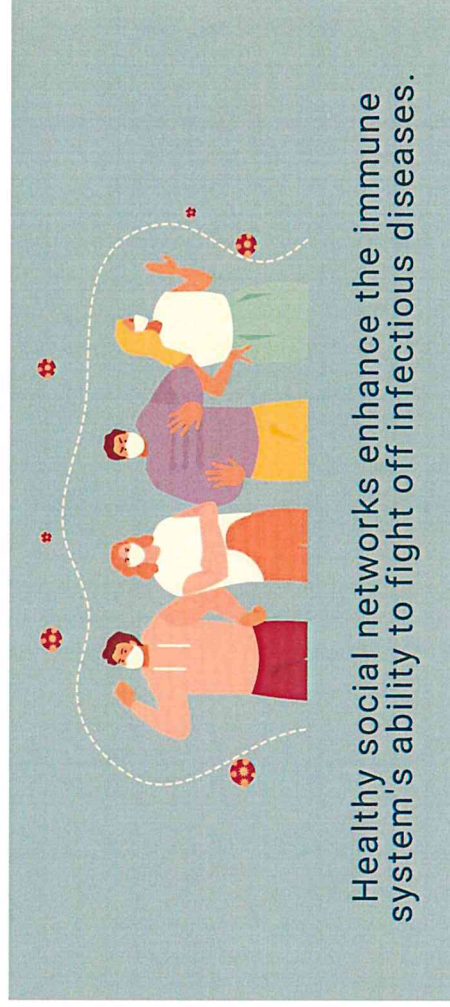
Take care of yourself if you're
taking care of someone else.
Spend time to care for your
health and wellbeing.



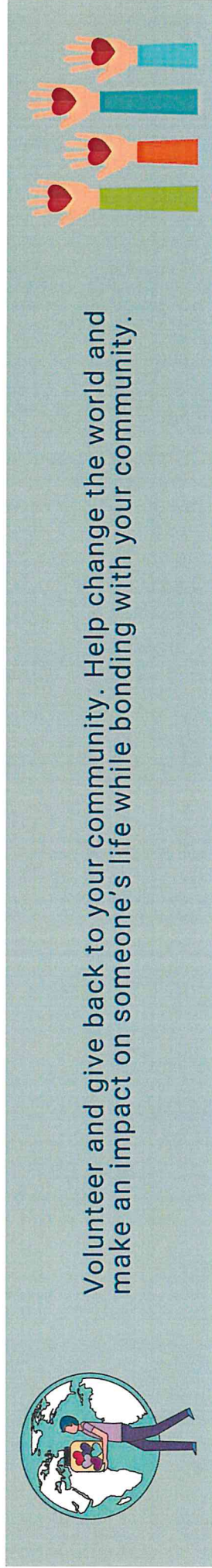
Bond with your loved ones. Family
comes in all shapes and sizes.
Spend time with those you care
about to help develop strong
bonds and self esteem.



Healthy social networks enhance the immune
system's ability to fight off infectious diseases.



Volunteer and give back to your community. Help change the world and
make an impact on someone's life while bonding with your community.





July is UV Safety Month

Pocket Nurse
Medical Supplies for Education and Simulation™



54%

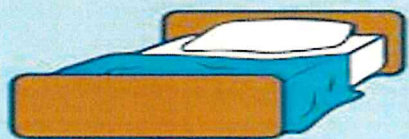
of adults have light-colored eyes (blue, hazel, or green). Light-colored eyes are more photosensitive.

OTHER THINGS THAT AFFECT PHOTOSENSITIVITY:

- Cataracts and cataract surgery
- Photosensitizing drugs, including certain antibiotics and some birth control medications
- Retin-A skin cream

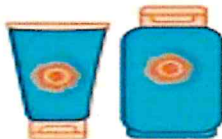
CHILDREN AND UV EXPOSURE:

THE GOOD NEWS:



Being outdoors and exposure to UV light can help children sleep better at night and reduce the risks of being nearsighted.

THE BAD NEWS:



While **74%** of parents make their children wear sunscreen, — ONLY —



32% make them wear UV-protected sunglasses.

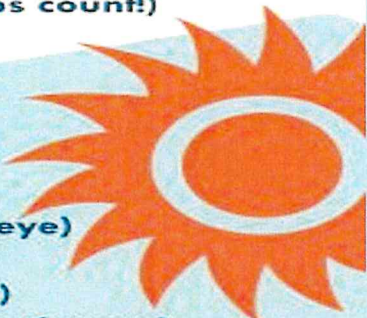
TIPS FOR SAFETY IN THE SUN



- Choose sunglasses labeled UV400 or 100% UV protection
- Wear broad-brimmed hats (baseball caps count!)
- Never look directly at the sun

OVEREXPOSURE TO UV RAYS CAN CAUSE:

- Cataracts (cloudiness of the lens of the eye)
- Eye cancer (uveal melanoma)
- Photokeratitis (temporary sun blindness)
- Pterygium (aka surfer's eye, a growth on the eye)



July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Morning 9:30 Zumba 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour With Lynn Evening 5:30 Sing Along (3 rd)	2. Morning *Sweet Tea Cart 10:00 Word Game Afternoon 1:30 Matinee *Bingo Handout

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. Morning *Hot Chocolate Cart *Question Ball Afternoon 1:30 Emmorton Baptist Church Service 3:00 Reminisce	4. Fourth of July Morning 10:00 AL Resident Council 10:30 Independence Jeopardy 11:00 LTC Resident Council Afternoon 2:00 Fourth of July Courtyard Variety Show With Watermelon Slices	5. Beauty Shop Morning *Lemonade Cart *Visits (3 rd) 10-11:30 Store (AL) 11:30 Fried Chicken Lunch <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Courtyard Time	6. Beach Umbrella Day Morning 9:45 Beach Ball Volley 10:30 Sand Castles Afternoon 1:30 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)	7. Snow Balls Morning *Chocolate Milk Cart *Nail Fun (AL) 10-11:30 Store (3rd) Afternoon 1:30 Music with Chris 2:30 Courtyard Time With Snowballs (AL) 3:30 Courtyard Time With Snowballs (3 rd) Evening 5:30 Nail Fun (3 rd)	8. Morning 9:30 Zumba 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour With Lynn Evening 5:30 Sing Along (3 rd)	9. Morning *Sweet Tea Cart 10:00 Word Game Afternoon 1:30 Matinee *Bingo Handout Evening Art Therapy

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10. Morning *Hot Chocolate Cart *Question Ball Afternoon 1:30 New Covenant Church 3:00 Reminisce Evening Cards (3 rd)	11. Morning 9:45 Step Aerobics 10:30 Guess Who 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Game Night (AL)	12. Cow Day Beauty Shop Morning *Strawberry Milk Cart *Visits 10-11:30 Store (AL) 11:30 Alfredo Lunch In <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Courtyard Time Evening 6:00 Men's Club with Roy	13. French Fry Day Morning 9:45 Hot Potatoes 10:30 French Fry Taste Test Afternoon 1:30 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)	14. Shark Day Morning *OJ Cart *Nail Care (AL) 10-11:30 Store (3rd) Afternoon 1:30 Music With Danny 2:30 Courtyard Shark Trivia (AL) 3:00 Making Cookies Social (3 rd) 4:00 Courtyard Shark Trivia (3 rd) Evening 5:30 Nail Fun (3 rd)	15. Morning 9:30 Zumba 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour With Lynn Evening 5:30 Sing Along (3 rd)	16. Morning *Sweet Tea Cart 10:00 Word Game Afternoon 1:30 Matinee *Bingo Handout

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17. Morning *Hot Chocolate Cart *Question Ball Afternoon 1:30 Emmorton Baptist Church Service 3:00 Reminisce	18. Listen Day Morning 9:45 Step Aerobics 10:30 Name That Sound 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Game Night (AL)	19. Beauty Shop Morning *Lemonade Cart *Visits (3 rd) 10-11:30 Store (AL) 11:30 Sweet & Sour Chicken Lunch In <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 2:30 Relaxation & Records (3 rd) 3:00 Courtyard Time	20. Lollipop Day Morning 9:45 Volleyball 10:30 Lollipop Social & Fun Facts Afternoon 1:00 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)	21. Junk Food Day Morning *Chocolate Milk Cart *Nail Fun (AL) 10-11:30 Store (3rd) Afternoon 1:30 Music With Vince 2:30 Junk Food In The Courtyard (AL) 3:30 Junk Food In The Courtyard (3 rd) Evening 5:30 Nail Fun (3 rd)	22. Morning 9:30 Zumba 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour Evening 5:30 Sing Along (3 rd)	23. Morning *Sweet Tea Cart 10:00 Word Game Afternoon 1:30 Matinee Movie *Bingo Handout Evening Art Therapy

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24. Amelia Earhart Day Morning *Hot Chocolate Cart *Airplane Trivia Afternoon 1:30 Saint Frances Church Service 3:00 Amelia Earhart Reminisce Evening Cards (3 rd)	25. Morning 9:45 Step Aerobics 10:30 Price Is Right 11:30 Dining Room Music With Tom (AL) Afternoon 12:00 Hallway Music With Tom (3 rd) 1:30 Music Social 2:00 Bingo Evening 5:30 Game Night (AL)	26. Coffee Day Beauty Shop Morning 9:30 Iced Coffee Cart *Visits (3 rd) 10-11:30 Store (AL) 11:30 Shrimp Salad Lunch <i>(advance sign up)</i> Afternoon 1:30 Ice Cream 2:30 Scenic Trip (3 rd) 3:00 Courtyard Time Evening 6:00 Men's Club with Roy	27. Morning 9:45 Volleyball 10:30 This Day In History Afternoon 1:00 Music Social 2:00 Bingo Evening 5:30 Warm Cookies (AL)	28. Nature Day Morning 10:00 OJ Cart 10:30 Nail Fun (AL) 10-11:30 Store (3rd) Afternoon 1:00 Scenic Trip (AL) 1:30 Music With Carl 2:30 Courtyard Time (AL) 3:00 Making Cookies Social (3 rd) 4:00 Courtyard Time (3 rd) Evening 5:30 Nail Fun (3 rd)	29. Morning 9:30 Zumba 10:00 Bingo Afternoon 1:30 Explore The World 2:00 Happy Hour With Lynn Evening 5:30 Sing Along (3 rd)	30. Morning *Sweet Tea Cart 10:00 Word Game Afternoon 1:30 Matinee Movie *Bingo Handout

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31. Morning *Hot Chocolate Cart *Question Ball Afternoon 1:30 Mount Zion Church Service 3:00 Reminisce						

JULY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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31						