



Lorien Bel Air  
August 2019



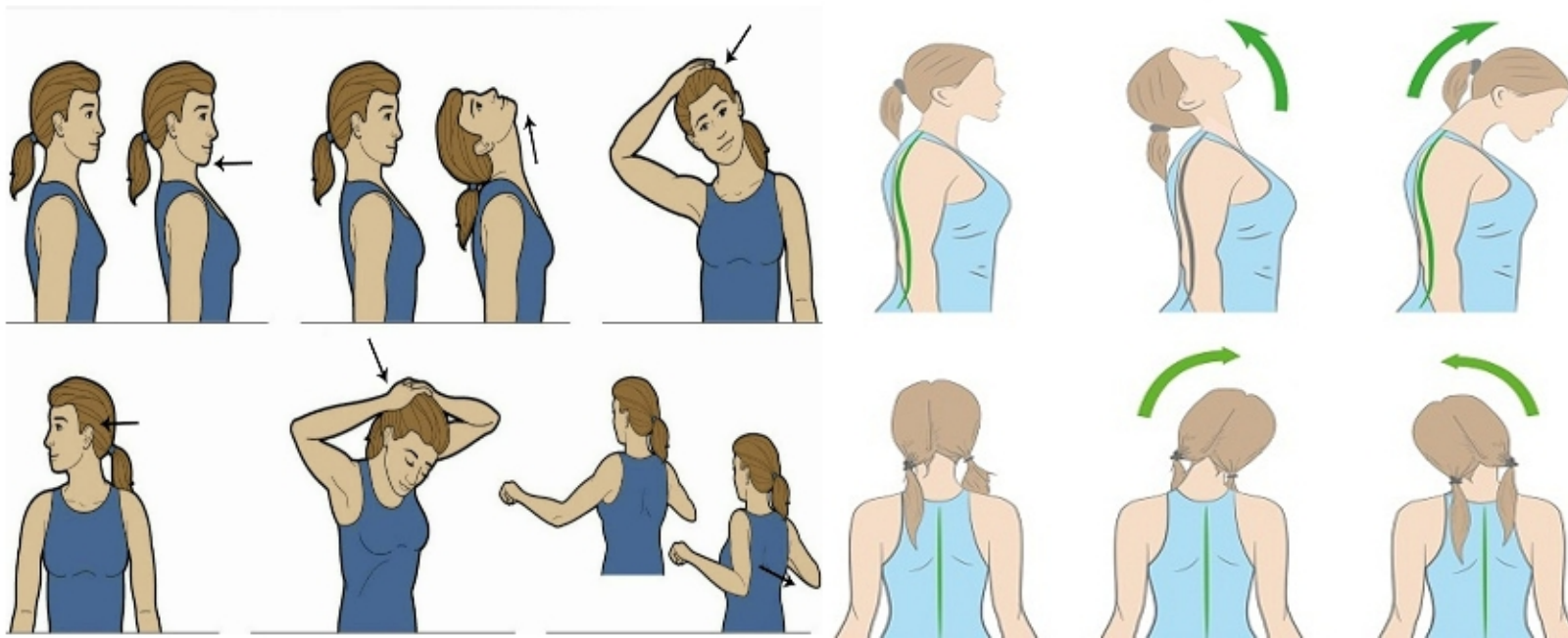
# What Is Muscle Tension?

It is an often **painful sensation of the muscles** being tight or strained in various parts of the body.



## Exercises to Cure Neck Muscle Tension

Neck muscles play an important role in the human body and can become tense or sore, especially for those who spend a lot of time sitting stationary. Fortunately, there are stretches you can do to relieve and prevent neck muscle tension.



# August is Medical Alert Awareness Month

## What are Medical Alert ID Tags?

Medical alert identification tags are worn as a bracelet, necklace, or on clothing by someone who has a health condition that may need immediate medical attention. The ID tag alerts emergency responders, medical providers, or law enforcement personnel in the event that the individual is unable to communicate.



## Who Needs a Medical Alert ID Tag?

Individuals who have a medical problem or condition that cannot be easily seen or recognized should have a medical alert identification tag. The tags alert emergency personnel and health care providers of the medical condition when the person cannot speak for themselves due to unconsciousness, shock, loss of speech, hysteria, or delirium. People with heart conditions, diabetes, severe allergies, and epilepsy should have medical ID tags.

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About 1 in 5 Americans has a special medical condition



- 25.8 million Americans have diabetes, or 8.3 percent of the total population

- As many as 15 million Americans have food allergies, with children making up 8% and adults 4%.

- About 600,000 Americans die of heart disease each year, causing 1 in every 4 deaths.



# Eat Your Colors

Eating a rainbow of colorful fruits and vegetables gives your body a health boost. Each color helps your body in different ways, so eat a variety of colors every day!

## Red

fruits and vegetables contain antioxidants that help to keep your heart healthy and lower your risk of certain types of cancer.

## Yellow and Orange

fruits and vegetables contain beta-carotene, which is an antioxidant that helps support a healthy immune system, good vision, clear skin, and bone health.

## Green

fruits and vegetables are packed with powerful antioxidants and nutrients. Lutein helps keep our vision clear and our skin healthy. Indoles in broccoli, cabbage, and kale help protect against certain types of cancer.

## Blue and Purple

fruits and vegetables are rich in antioxidants that help improve memory while keeping our hearts healthy and lowering the risk of certain types of cancer.

## White

fruits and vegetables contain pigments which may help lower cholesterol and blood pressure, as well as reduce the risk of heart disease and cancer.

## Easy Ways to Enjoy More Fruits and Veggies!

- Buy time-saving produce like pre-washed salad greens and baby carrots.
- Add sliced cucumbers, tomato slices, peppers, and avocado to a sandwich.
- Choose main dishes that feature vegetables like stir-fry, pizza, or fajitas.
- Top cereal, yogurt, or oatmeal with your favorite kind of berry or sliced bananas.
- Snack on carrots, celery, broccoli, sweet peppers, and grape tomatoes dipped in hummus.
- Keep dried fruit or canned fruits in juice for a handy snack that needs no refrigeration.
- Enjoy a bowl of veggie soup like tomato, butternut squash, lentil, or minestrone.



# Highlights



## Senior Olympics 8/12-8/16

Volleyball Target Toss  
Obstacles FRISBEE  
Dance Weight Lifting  
Shot Put Corn Hole  
BOWLING Basketball

## Special Dates

8/2 Ice Cream Sandwiches  
8/3 Watermelon Day  
8/4 Cookie Day  
8/5 Resident Council  
8/6 Root Beer Float Day  
8/8 Frozen Yogurt Day  
8/9 Book Lover Day  
8/10 S'more Day  
8/17 Honey Bee Day  
8/20 Lemonade Day  
8/21 Senior Citizen Day  
8/26 Popsicle Day  
8/27 Banana Day  
8/30 Luau Day  
8/31 Trail Mix Day

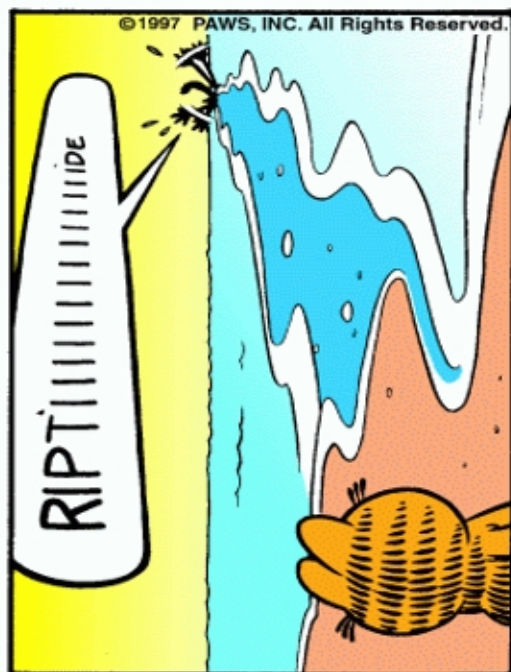
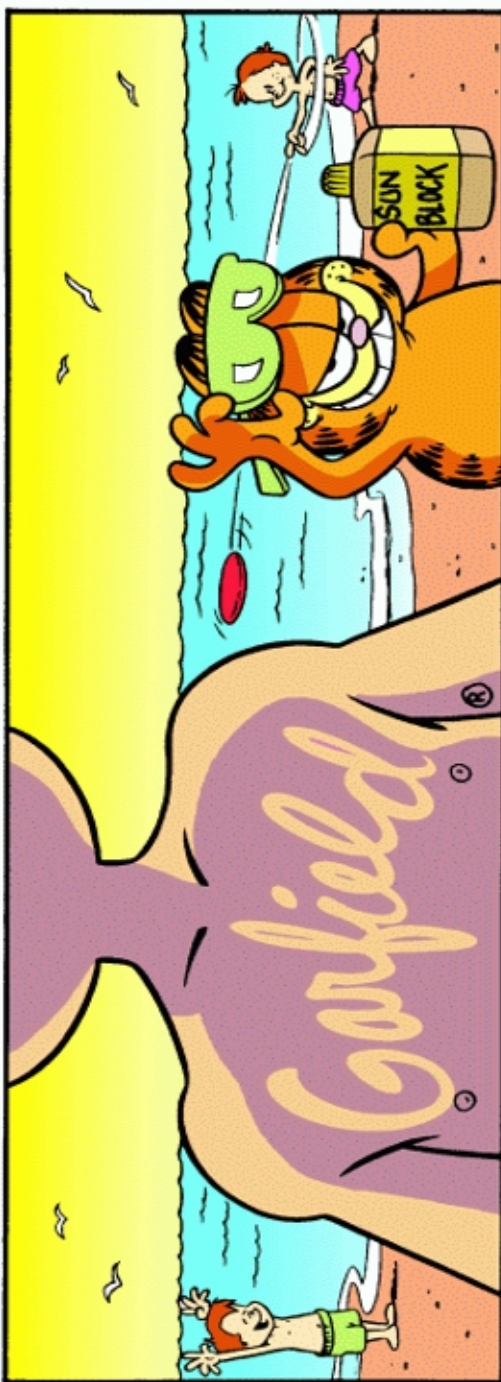
## Pets On Wheels Visits

8/4 Snickers  
8/6 Jack  
8/7 Bethanie  
8/11 Gwynn & Rosible  
8/13 Ava  
8/14 Taz  
8/20 Jack  
8/27 Ava  
8/28 Taz



**SENIOR FITNESS**  
**Testing**  
**Thursday, 8/15**









# BEACH WORD SEARCH

DRNEAMESMLSBTBE  
 RRTAHBAELSIUN  
 SSACCIUERERKUEE  
 NEXULIHCLZFISBG  
 LBSBGS LTSSBNNGSH  
 BAOSA ESEAIOINCI  
 MACEAAFN PJAZIKY  
 TJSICLDIWGRCHLG  
 LNWDPA GVLQDZTAV  
 XLNTLOWNPVPRAWN  
 GAUSXIRWUHVXBDT  
 SKLGFM LTXSHEVRM  
 NOITACAVWAVESAN  
 PCDNSEBTPYXWSOJ  
 QBD CGRSZWL BDRBL

Bathing Suit  
 Bikini  
 Boardwalk  
 Lifeguard

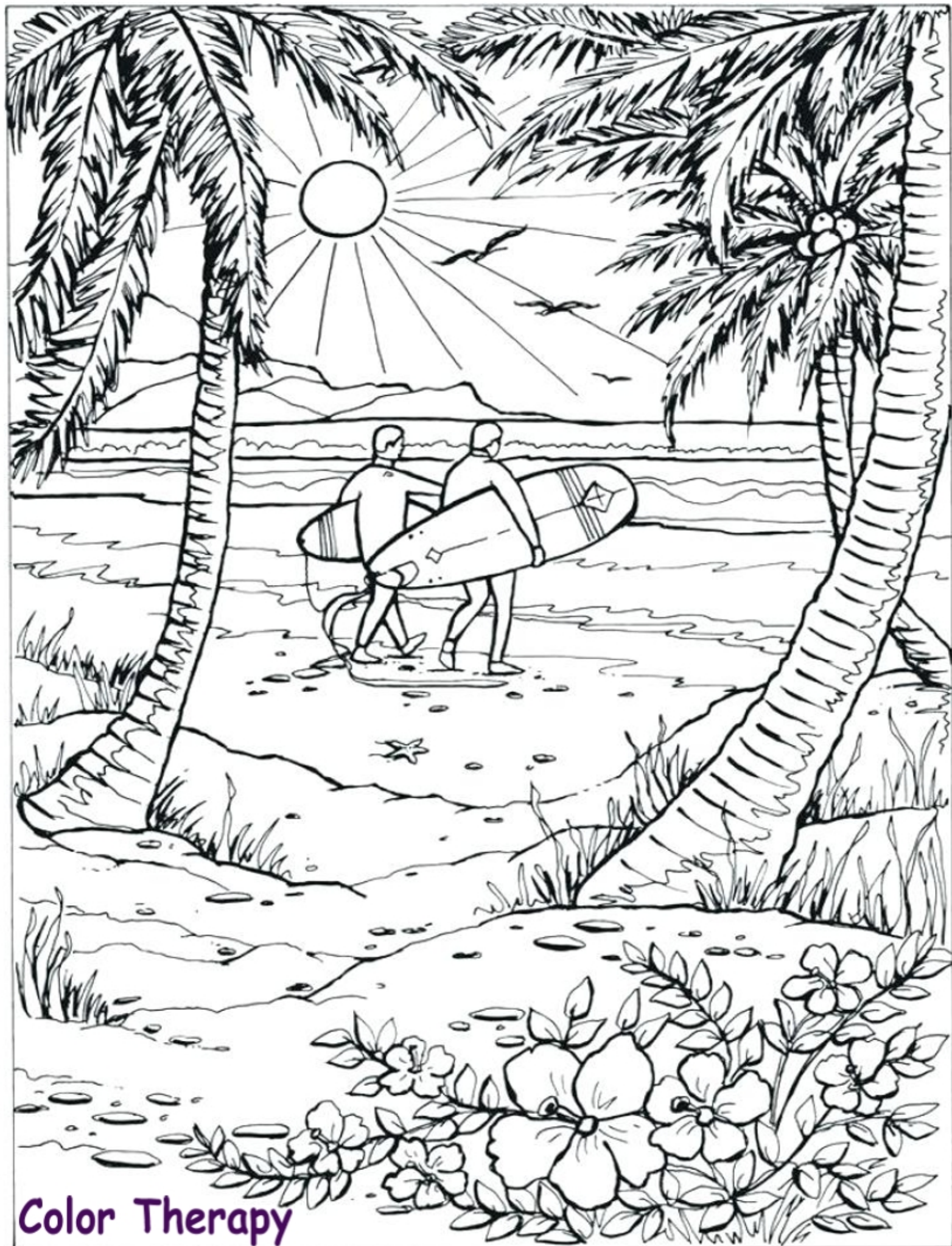
Pelican  
 Sailboat  
 Sandals  
 Sand Castle

Scuba  
 Seagull  
 Seashell  
 Sunglasses

Surfboard  
 Tropical  
 Vacation  
 Waves







Color Therapy





# August

## 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

reminders