

# Laurels Monthly Activity Calendar - August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2		3		4
	3pm Chair Yoga clubhouse		10am Sit & Be Fit with Bailey clubhouse			
	Christine - Vacation					
8		9		10		11
	3pm Chair Yoga clubhouse	9:30am Coffee Chats celebrating berries outside/clubhouse		10am Sit & Be Fit with Bailey clubhouse		
		 <b>BERRY MONTH</b>				
		Happy Birthday Larry McCauley!				Happy Birthday Joyce Johnston!
15		16		17		18
	3pm Chair Yoga clubhouse					
						19
						20
						11:30am Villages/Laurels BBQ Outside/Entertainment
						
22		23		24		25
	3pm Chair Yoga clubhouse		Nat'l Sponge Cake Day Delivery TBD			
						
29		30		31		
	3pm Chair Yoga clubhouse	9:30am Monthly Breakfast Social				
			Celebrating the waffle outside/clubhouse			

\*Calendar subject to change\*

VIP

PASS

WRC

EST 1890

YOU ARE INVITED TO



Win, Brew, and Food Walk  
at WRC Center for Senior Living

\$15

Saturday, August 14, 2021  
4- 8 PM

133 Laurelbrooke Drive, Brookville

Live entertainment, all-you-can-eat food and tastings  
Present this ticket to purchase admission or visit [www.wrc.org](http://www.wrc.org)  
USE DISCOUNT CODE: K8SCOTTVIP

## Health & Wellness



### HAVE ANOTHER DRINK...OF WATER *Staying Hydrated Is Important To Staying Healthy*

There is no doubt about it. We need water to live. The clear fluid that comes from the tap is a key component in the make up of every human body. As a matter of fact, about 60%-70% of the weight of the typical adult comes from water. (For a baby it's about 75%.) However, water does much more than take up space and add weight to a person. It plays a critical role in many of the internal workings of the body. This involvement causes water quantity to deplete as it is used and excreted. It also makes it critical to take in water on a regular basis in order to maintain the proper fluid balance necessary for good health. This is especially true for seniors. They have smaller amounts of water in their bodies, with less than 50% of their body weight coming from this fluid. Yet, the body's demands are still there. And these demands can be escalated by illness. So seniors - drink up!

#### WHY WE NEED WATER

Water has many more purposes than just the quenching of our thirst. Just for starters, it helps maintain the health and integrity of every cell in the body. Here are some of its other functions.

- Helps regulate body temperature.
- Carries waste and toxins from the body.
- Involved in the process of lubricating and cushioning the joints. It also acts as a shock absorber for the eyes and the spinal cord.
- Plays a vital role in the chemical processes that allow the body to digest, absorb, transport and utilize nutrients.
- Prevents constipation.
- Maintains the volume of the blood so it will flow through the circulatory system.
- Keeps mucous membranes moist. Includes those in the mouth, nose and lungs.
- Provides moisture to the skin.

## JULY RESIDENT SPOTLIGHT: ANNETTE MINICH

Four-and-a-half years ago when Ralph and Annette Minich moved from their home in the country to the Laurels, their property had the typical plantings of evergreens and Bradford pear trees similar to the other homes there. Today, there is evidence of the tender loving care of someone who enjoys gardening. Annette has added shrubs and trees and filled an assortment of planters with well-fed geraniums. She claims she "plays at gardening" but, like most gardeners, finds wandering among the things she's planted a pleasant thing to do. The Brookville Area Garden Club is pleased to select Annette Minich the Gardener of the Month for June.



## PURPLE HEART DAY August 7



Purple Heart Day is observed on August 7 each year and is a time for Americans to remember and honor the brave men and women who were either wounded on the battlefield, or paid the ultimate sacrifice with their lives. Purple Heart Day is also known as National Purple Heart Day, Purple Heart Recognition Day and Purple Heart Appreciation Day.

The Purple Heart has a long list of criteria for eligibility, but in general it may be awarded to members of the Armed Forces of the United States who have been wounded, killed in action, or have died or may die from wounds received in any action against the United States, action with an opposing armed force, the results of any hostile "foreign force" and many other situations where men and women in uniform may find themselves under attack. In general, the Purple Heart is awarded for injuries sustained because of enemy attack. Injuries sustained for other reasons not related to things "not caused by enemy agents" are generally not acceptable as grounds for receiving the Purple Heart, though friendly fire injuries do qualify as long as the friendly fire was intended for the enemy. The Purple Heart is now given to persons who are injured, wounded or died while a prisoner of war (POW).

Purple Heart Recipients can join The Military Order of the Purple Heart (MOPH) which was formed in 1932. It is composed exclusively of men and women who have received the Purple Heart and is the only veterans service organization with only "combat" veterans as members. It's estimated that more than a million Purple Hearts have been awarded and there are about 45,000 MOPH members today.

#### Why is the Purple Heart Purple?

One contemporary interpretation of the color of the Purple Heart is that the color represents the blood of all those who have made sacrifices in war, but traditionally the color is thought to represent the courage of those who serve. The original color of the Badge of Military Merit was purple, so it is logical that when the Purple Heart was created to celebrate George Washington's bicentennial, the original color of the medal he created would be used to honor his memory.

