

Laurels - August 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Christine Vacanti, Director: 814-849-4131	1		2		3	
					4	
					5	
					6	
				7		
	8		9		10	
		10:30am	11	12	13	
		14	15	16	17	18
				19	20	
				21	22	23
Senior Citizen Day				24	25	26
				27		
28	29	30	31	Jawco Representative will be conducting fire extinguisher expectations. Time/Date TBD The Laurels will have an open house on Thursday, August 11 from 3pm-5pm and Saturday, August 13 from 10am-12pm.		
			1pm			
			Nat'l Beach Day entertainment/lunch wear fun beach attire			
						

Nat'l Cookie Day
Chocolate Chip
Treat Delivery



Nat'l Potato Day



12:00pm
potato skins
clubhouse

Purple Heart Day

Purple Heart Day is observed on Aug. 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.

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. The Purple Heart is now also given to persons who are injured, wounded or died while a prisoner of war.



Laurels August 2022



Staying hydrated is a big part of staying healthy. It promotes improved skin, cardiovascular, muscle, joint, and kidney health. It will assist in temperature control, energy levels, and weight loss. Water is vital for cleansing the body and transporting nutrients and minerals. It is very hot out this summer, which means you need to drink more water to stay hydrated!



NO SMOKING

For the safety of our residents, there is a strict **no smoking** policy. This includes in the building, on campus, in the parking lots, and in vehicles anywhere on the property.

COVID-19 PREVENTION

COVID-19 most commonly spreads between people who are in close contact through respiratory droplets or small particles produced when an infected person coughs, talks, or breathes. Growing evidence shows that droplets can remain suspended in the air and travel distances beyond six feet, according to the CDC. Indoor environments with poor ventilation increase the risk of transmission.

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Cover your mouth and nose with a mask when in public settings or around others.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

The Laurels took a field trip to Clear Creek State Park on 6/24/22. A special thank you to Suzann Rensel for coordinating the "Sustainability Fair". The highlights were the electric cars, bicycles and the newest in solar energy. It was great information on how people are working for a healthier world. We also celebrated World Music Day. Entertainer Diane Marino who is a music specialist performed for some of the Laurels residents on 6/21/22.



NO LITTERING

We pride ourselves in keeping our facilities looking clean and beautiful. Please properly dispose of any garbage or masks in our provided trash bins.