

July 4th word search

J O X U Z T Y Q V G X F Z J B V L J E J
K G Q X H D A J Q L T Q X S A W L P C U
D U I G N I D N U O F R W R Q G X S J W
Y F N M E J E Y I A P K K I P R X L T A
T L I I U A C A T A T F E M V N Y J G S
Y P C R T M N H C T K J I U A N J D Z G
J B M O D E E R F I U L J T O B J M U U
I N A K Y R D Q I Y T G I S I Q Z L Y W
U F R R S I N S F X C O B N H Y E K A S
W J F H H C E N T E N N I A L V V S D P
D E L G N A P S R A T S K R O W E R I F
P A B S T N E F L X T K F E T L K N L H
L G T S O P D A L I B E R T Y A B X O I
Q P Q P I C N I C M F T S E P O P N H I
K U U R L T I A J C U S M V H W O P O L
O C T Q H Q W V X H Q K Z I I R E A Q D
J S M E H F H S I C Q U Z T Y F W P V Q
V Q M G U Z D C U C S F N S P G Y J J N
X N W I N U H R B W B M N E S B K J U E
B M E X H R J K Z D N P S F I C R G Z Q

words to find

AMERICAN
FATHERS
FOUNDING
HONOR
NATIONAL ANTHEM
STARS
UNITED STATES

CENTENNIAL
FESTIVE
FREEDOM
INDEPENDENCE DAY
PATRIOTIC
STRIPES
VETERANS

CIVIC
FIREWORKS
HOLIDAY
LIBERTY
PICNIC
STAR SPANGLED

by Amy Mascott of teachmama.com for Scholastic

WRC
EST1890

MHC Memory
Support
July 2020

Tickle your Funny Bone

Chuckles, Giggles, and A Belly Laugh are Good for your Health

"Always laugh when you can. It is cheap medicine." That's a quote from the 19th century British poet, Lord Byron. Medical science in the 21st century is taking him up on his advice. It is becoming more and more common for doctors to recommend this "funny" medicine that is free...and has no negative side effects.

Medical and psychological research are now taking laughter seriously and studying its benefits in people of all ages. One such study was conducted at the University of Maryland School of Medicine. They found that people with heart disease are 40% less likely to laugh (even in positive situations) than people without heart disease. Laughter seems to protect the heart, although they don't know how at this point.

A hearty response to humor may have other benefits, as well. Maybe that's why Milton Berle felt "Laughter is an instant vacation."

BENEFITS

Humor, and its resulting laughter, make you feel good on 3 levels - emotional, cognitive, physical. Here are some of the ways in which a good belly laugh may pay off.

- Lowers blood pressure and improves circulation.
- Boosts the immune system.
- Relaxes muscles.
- Massages the major organs in the body.
- Reduces stress and anxiety, while helping to cope with scary and unpleasant situations.
- Relieves pain, distress and grief.

Show Me the Funny

You can improve your sense of humor. Increased exposure is the key. Focus on placing yourself into more experiences that will make you laugh.

- Watch funny movies/TV shows and read funny books. Include a humor break in every day.
- Socialize with funny people and those who see the bright side of things. On the other side of the coin, avoid the negative types.
- Look for (and laugh at) the absurd and silly things that happen in everyday life.
- Share your fun. If you hear a joke you like, tell it to others. If remembering jokes is not your forte, write it down and practice telling it so you get the timing right.

McKinley Health Center Memory Support Activity Calendar - July 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1		2		3		4	
						9:30 AM	Patriotic Craft	9:30 AM	Snoozelen	10:30 AM	Patriotic Videos	9:30 AM	Reminisce
						10:00 AM	Short Stories	10:00 AM	Peaceful Music				
						10:15 AM	Outdoor Strolls	10:15 AM	All About Scents			3:30 PM	Activity Visits
						3:30 PM	Snoozelen	3:30 PM	Water Gun Battles				
						4:15 PM	Dramatic Reading	4:00 PM	Oldies Music	4:15 PM	Dramatic Reading		
5		6		7		8		9		10		11	
10:15 AM	Hymn Sings	11:00 AM	Let's Go Fishing	9:00 AM	Church with Ray	9:30 AM	Music-N-Motions	9:30 AM	Balloon Ball	9:30 AM	Coloring Circle	9:30 AM	Reminisce
				9:45 AM	Gospel Music	10:00 AM	Sing The Next Line	10:00 AM	National Sugar Cookie Day	10:00 AM	Relaxation Music		
		3:30 PM	Outside Fun	10:15 AM	Pretty Nails	10:30 AM	Water Painting	10:30 AM	Oldies Music	10:30 AM	Short Stories	3:30 PM	Activity Visits
				3:30 PM	Outdoor Strolls	3:30 PM	Name The Scene	3:30 PM	Chat Time	3:30 PM	Outdoor Strolls		
				4:15 PM	Dramatic Reading	4:00 PM	Cheerful Chats	4:00 PM	Name That Tune	4:15 PM	Dramatic Reading		
12		13		14		15		16		17		18	
10:15 AM	Hymn Sings	10:00 AM	Finish The Phrase	9:00 AM	Church with Ray	9:30 AM	Paint Your Name	9:30 AM	Snoozelen	9:30 AM	Peaceful Music	9:30 AM	Reminisce
		11:00 AM	Dining Room Music	9:45 AM	Gospel Music	10:00 AM	All About Horses	10:00 AM	Relaxation Music				
		4:00 PM	Poetry Readings	10:15 AM	Pretty Nails	10:30 AM	Short Stories	10:15 AM	All About Scents	3:30 PM	Outside Fun	3:30 PM	Activity Visits
		4:30 PM	Chat Time	3:30 PM	Parachute Ball	3:30 PM	Snoozelen	3:30 PM	Courtyard Chats	4:15 PM	Dramatic Reading		
				4:15 PM	Dramatic Reading	4:00 PM	Peaceful Music	4:00 PM	Outdoor Games				
19		20		21		22		23		24		25	
		9:30 AM	National Pennsylvania Day	9:00 AM	Church with Ray	9:30 PM	Target Toss	9:30 AM	Music-N-Motions	10:00 AM	Laughter is the Best Medicine	9:30 AM	Reminisce
		10:00 AM	Beach Ball Toss	9:45 AM	Gospel Music	10:00 AM	Name The Car Logo Game						
11:15 AM	Devotionals	10:30 AM	Room Visits	10:15 AM	Pretty Nails	10:30 AM	Reminisce					3:30 PM	Activity Visits
		3:30 PM	Cheerful Chats	3:30 PM	Ball Toss	3:30 PM	Snoozelen	3:30 PM	Outdoor Strolls	3:30 PM	Outdoor Strolls		
		4:00 PM	Outdoor Strolls	4:15 PM	Dramatic Reading	4:00 PM	Relaxation Music			4:15 PM	Dramatic Reading		
26		27		28		29		30		31			
10:15 AM	Hymn Sings	10:00 AM	Ball Toss	9:00 AM	Church with Ray	9:30 AM	Travel The Country	9:30 AM	Dice Game	9:30 AM	Serenity Day		
		10:30 AM	Room Visits	9:45 AM	Gospel Music	10:00 AM	Name That Tune	10:00 AM	Snoozelen	10:00 AM	Piano Music		
		3:30 PM	Outdoor Strolls	10:15 AM	Pretty Nails	10:30 AM	Name The Place	10:30 AM	Relaxation Music	10:30 AM	Short Stories		
		4:00 PM	Courtyard Chats	3:30 PM	Outdoor Strolls	3:30 PM	Chat Circle	3:30 PM	Courtyard Chats	3:30 PM	Outdoor Strolls		