



SENIORS DIG IT! Gardening Provides A Wide Variety Of Incentives & Benefits

There's no doubt about it. House plants and gardens are popular with seniors. They enjoy the process of caring for flowers, vegetables, plants, bushes and trees. They take joy in watching these gifts of nature grow and flourish. And they take pride in presenting the fruits of their labor for all to see.

There are many reasons why seniors gravitate toward indoor and outdoor gardening. Of course, the pleasures of sight and smell come immediately to mind. There's the activity, the learning process and the sense of accomplishment. And there also seems to be a number of motivating factors on a subconscious level.

Gardening is a very doable activity for elders because it can take many forms. Some people like to work up a sweat digging in the dirt. Some may prefer to prune a bit or cut flowers for the vase. Others may prefer to watch things grow and turn on the sprinkler.

Studies have shown that just looking at trees and plants can reduce stress, lower blood pressure and relieve the tension in muscles. Horticultural therapists, yes there is such a profession, have discovered that for elderly patients, gardening can stimulate the senses. That, in turn, can revive memories and connections to the past. Add to that, the process provides a form of emotional expression and release. And it can help seniors connect with the people around them by creating a common bond.

It seems that whether they realize it or not, our elders garden for their own good. In general, it's an activity makes them feel better. The activity can brighten the day and improve one's mood on a not-so-good day. And there are many more pluses that come along with tending to plants.



UPCOMING EVENTS/REMINDERS

Residents get together for a birthday party on the first Monday of each month. The following residents have volunteered to provide cake for the designated months:

September: Patty Balocco October: John & Kathy Clark
November: Vonalee Allegretto December: Joan Armanini

Everyone is welcome to attend.

Upcoming Events:

BINGO: Thursday 9/2/21, Thursday 9/9/21, Tuesday 9/14/21, Thursday 9/23/21, & Tuesday 9/28/21 at 2:00pm.

Apartment Inspections- September & October (if necessary), we will be doing our annual apartment inspections for 2021. We did not have any inspections in 2020 due to COVID. September calendar will include the schedule & it will also be posted on the bulletin board in the Community Center.

Reminders:

- Windows need to be accessible
- Pull cords in bathroom & bedrooms need to be accessible & cords hanging on the floor
- Nothing** is to be stored in your furnace & hot water tank area
- Fire stops on your range hood need to be on the hood
- Apartments need to be safe, free of clutter, & clean environment

Topic of Interest

Picnic at the Gazebo- Hamburger & hot dog sliders will be provided. Bring your favorite covered dish to share. Please indicate what you covered dish you are bringing. Sign-up required. 9/2/2021 at 12:30pm.

911 Remembrance Day- Please remember the valiant men and women who lost their lives at the time of the attack and those who risked their lives to help, save, and rescue the survivors on September 11, 2021. A group of local citizens from Elk, Jefferson & Clearfield counties formed a choral group to commemorate this date in song, instrumental music, and poetry. Please consider attending on Saturday, September 11 in Brockway. More details to follow.

American Legion Day- September 16, 2021. Please take a few minutes to read the attached flier.

"Paparazzi" Jewelry- Come to the Community Center Saturday, 9/18/21 at 1:00 pm for a jewelry party. All pieces are \$5 each. Bring a friend!

Fun & Games at the Gazebo- 9/23/2021. Come & join in for a little fun and a treat before Bingo.

National Good Neighbor Day is September 28, 2021. Why not take the "Good Neighbor Pledge." I pledge to be the "good neighbor". With the goal of becoming a more connected and caring community, I will be a person who lives with kindness and concern for my neighbors. I will take the first step by connecting with neighbors and introduce myself. I will practice the "good neighbor mindset" to make connections, invitations, stay aware, and be available to my neighbors. Good neighbors make great neighborhoods.

Puzzle Time

- January 71313
- February 82382
- March 53113
- April 54203
- May 35113
- June 46203
- July 47113
- August 68313

⚡ Find the number for
September = ? 😞 😞

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