

MEMORIAL DAY

ESTABLISHED AFTER THE CIVIL WAR BY UNION VETERANS AND NAMED
DECORATION DAY
1st celebrated at Arlington National Cemetery on
MAY 30th 1868

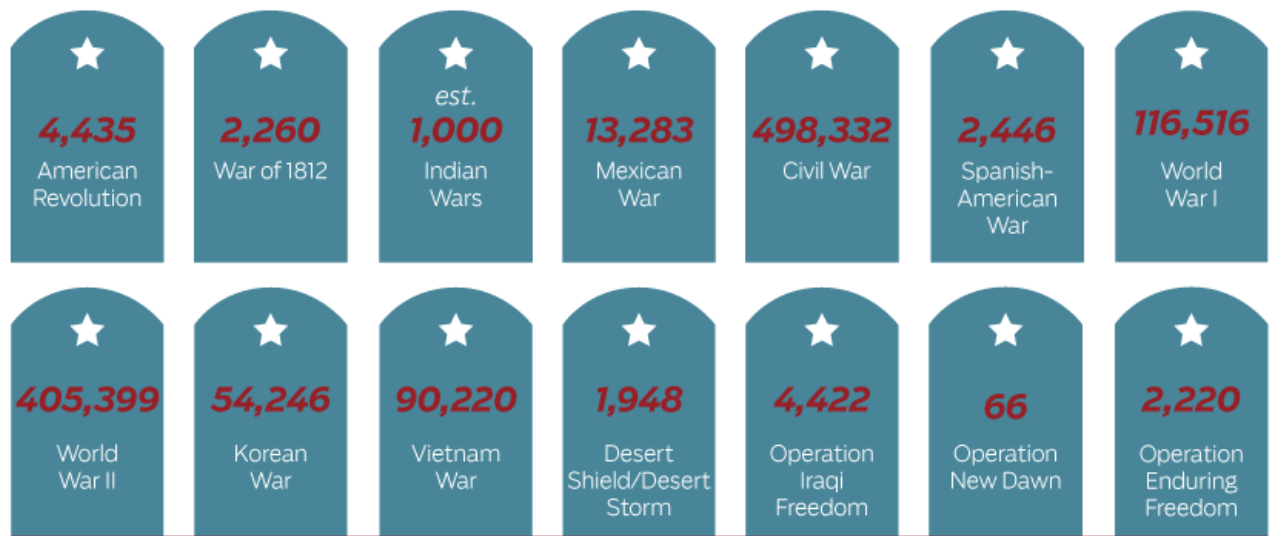
Waterloo, N.Y. is considered to be the birthplace of **MEMORIAL DAY**

1971 Year that Memorial Day was established as an official holiday
NOW CELEBRATED ON THE LAST MONDAY IN MAY

IN 2010, CONGRESS PASSED AND THE PRESIDENT SIGNED AN ACT CREATING A
NATIONAL MOMENT OF REMEMBRANCE
WHICH ENCOURAGES PEOPLE TO STOP AT 3 P.M. FOR A MOMENT OF SILENCE

Memorial Day pays tribute to those

U.S. SERVICE MEMBERS WHO LOST THEIR LIVES



1,196,793 Total war casualties, over 300,000 of which are buried at Arlington National Cemetery in Washington, D.C.

An average of **28** burials occur each weekday at Arlington – **6,900** annually

220,000
FLAGS PLANTED AT ARLINGTON FOR MEMORIAL DAY IN 2012

3rd U.S. ARMY INFANTRY REGIMENT, OR THE "OLD GUARD," HAS PLACED FLAGS ON ARLINGTON GRAVES SINCE 1948



Care Planning for COVID-19

A family caregiver already has a very difficult job. There is so much to do for your elderly loved one, especially for those with difficult chronic conditions such as Alzheimer's disease. At the same time, you still have to handle all the other family and work responsibilities in your life. And you have to care for yourself, too. Now pile on the Covid-19, the lifestyle changes it demands and the health risks it creates. So you add extra handwashing and disinfecting, face masks and social distancing to your care regimen.

Here's one more thing to do. Plan a course of action if your loved one shows symptoms of the virus. Think about how you will quickly set up an area for quarantine so you and others do not get infected while still providing needed care. Also, know when you should contact medical professionals and be ready to support their efforts...just in case.

What is a care plan?

During the COVID-19 crisis, having a care plan is an important part of emergency preparedness. A care plan is a document that sums up a person's health conditions, lists current treatments and requirements, and contains key personal data. The plan should include information on:

- Health conditions.
- Current medications and therapies.
- Healthcare providers.
- Emergency contacts.
- Caregiver resources.

Having a care plan ready in a health emergency can save critical time while helping medical personnel to be aware of the patient's needs and provide the best possible care. To make the care plan process easier for you, the CDC offers a couple of forms in which all you have to do is fill in the blanks.

Villas at Water Run Activity Calendar - May 2020

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