

Weston's ADC July Communication

We will be closed on July 4th and 5th for the Independence Day Holiday. Have a safe holiday.

How Independence Day is celebrated today.

15,000 fireworks have become a part of a tradition today.

July 4th the Liberty Bell in Philadelphia is tapped (not rung) 13 times for the original 13 colonies.

Lee Greenwood's Patriotic 1984 song "God Bless The USA" gets 25 times more views on July 4th than any other time of the year.

Three Presidents passed away on July 4th. John Adams and Thomas Jefferson passed away on the same day, July 4, 1826. The third President that passed away on July 4 was our fifth President John Monroe in 1831.

July Birthdays

Calvin Coolidge was born on July 4, 1872.

Emma July 16, Happy Birthday

Please help wish Emma a Happy Birthday



Reminders

We supply two snacks and a lunch. We do not supply breakfast.

- Snacks consist of a breakfast bar, pop tart, fruit, etc. not breakfast.
- If your loved ones do not like or can't eat what is on the menu, we do have peanut butter and jelly for an alternative. Please pack something from home if they are unable to eat what we provide.
- Air Conditioners will be on throughout the summer. Please make sure your loved ones have a sweater with their name on it to keep here at the center.
- If you are running late please come before 11am, to not interrupt the serving of lunch.
- We made homemade butter in June and it was a success. We will be making it in July too.



Importance of time outdoors

Boost Creativity and Focus

Reduce Stress

Improve Mood & Self-esteem

Increases Vitamin D Levels

Increase Benefits of Exercise

Improve Awareness and Healing

Research published in the Journal of Aging & Health show that getting outside on a daily basis may help older people stay healthy and

function longer. Research show that gardening can help individuals with dementia and those who have strokes improve social skills and confidence while even increasing mobility and dexterity.



The vegetable plants have been planted and the clients at the Adult Day Center will finish weeding and watering the plants. The folks at the center really enjoy being outside, so we will attempt to spend as much time outside as the weather will allow.

The staff and clients would like to make a special thanks to Joe from the Senior Center for all his help and encouragement with teaching us about gardening. Joe thank you very much. The plants are doing well and we have quite a lot of different plants thanks to Joe. Check out the garden in the courtyard to see the progress.

If you know of anyone that would benefit from attending the Adult Daycare call Lori Servis @ 302-328-6425.