



# Hearts and Hands Helping Seniors Laurel Area Faith in Action Summer 2025 Edition



## The Silent Struggle of Senior Isolation Why Your Visit Could Make all the Difference

At Hearts and Hands Helping Seniors, we have seen firsthand how something as simple as a friendly conversation can change a life. Too many of the seniors we serve live alone, with limited mobility and dwindling social connections. What may feel like a quiet evening to one person can feel like an endless stretch of loneliness to someone else.

The number of older adults is growing, and many are experiencing social isolation and loneliness. Loneliness and social isolation are different, but related. Loneliness is the distressing feeling of being alone or separated. Social isolation is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.

According to the National Institute on Aging, people who are socially isolated or lonely are more likely to be admitted to the emergency room or to a nursing home. Social isolation and loneliness are also associated with higher risks for:

- \*High blood pressure
- \*Weakened immunity
- \*Cognitive decline

- \*Heart disease
- \*Anxiety
- \*Dementia/Alzheimer's disease

- \*Obesity
- \*Depression
- \*Death

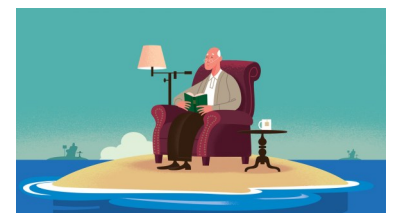
People who are lonely or socially isolated may get too little exercise, drink too much alcohol, smoke, and sleep poorly, all of which can further increase the risk of serious health condition. People who are lonely experience emotional pain. Losing a sense of connection and community can change the way a person sees the world. Someone who is experiencing chronic loneliness may feel increasingly threatened and mistrustful of others. Here is the heartbreaking reality:

- ◆ 34% of adults aged 65+ are considered socially isolated.
- ◆ 43% of seniors report feeling lonely on a regular basis.
- ◆ Isolation increases the risk of dementia by 50%, stroke by 32%, and even hospitalization by 68%.
- ◆ Loneliness has the same negative health effect as smoking 15 cigarettes a day.

These are not just numbers. These are our neighbors...Parents. Grandparents...Veterans...Widows...Friends. Many reading this are affected by this growing social epidemic. We are not an island and we NEED relationships and connections to other people. We all deserve more than silence and solitude.

These statistics provide an alarming prospect for our aging neighbors. But all is not lost. By maintaining and building social connections, one can reduce the feelings of social isolation and loneliness and live healthier and more fulfilled lives. Here are some ways to increase connection and build relationships:

- ◆ Schedule daily time to be in touch with family, friends, or neighbors
- ◆ Attend events and programs at local senior centers, places of worship, libraries and colleges
- ◆ Engage in online classes, lectures, and faith-based or social groups
- ◆ Participate in group exercise classes



- ◆ Volunteer with local organizations
- ◆ Join a support group if navigating grief due to loss of a loved one
- ◆ Talk with clinicians about concerns of social isolation and loneliness

Although loneliness can happen to anyone, seniors are particularly prone to feeling alone and socially isolated. Seniors who live alone, those with disabilities, veterans, and other groups can be especially plagued by feeling of isolation. Regular and consistent contact is important. In-person visitation is wonderful and can be a game changer in most cases.

Can you imagine not seeing a familiar face for days? No one to talk to. No one to laugh with. No one to ask you how you are really doing.

Now imagine the light in someone's eyes when a Friendly Visitor knocks on their door. A friend, someone to talk with. A person that cares about you. Someone to share a smile, a laugh, and maybe even a tear. But most importantly someone that is saying by their mere presence that you matter!

Hearts and Hands Helping Seniors has had a "Friendly Visitor" program for many years. Unfortunately, COVID changed the social landscape in which we all live. But as we are working in the post-pandemic world, we are seeing the devastating effects of social isolation.

We are looking for caring individuals who can spare just one hour a week—or even once a month—to visit with a local senior. No chores. No driving. Just being present. As a Friendly Visitor Volunteer, you'll offer the kind of companionship that makes a lasting impact. Whether it is sharing stories, playing cards, watching a favorite show, or just sitting together in quiet connection—your presence helps someone feel seen, valued, and remembered.

One of our recipients shared this about their friendly visitor volunteer, "It's the only visitor I have all week. When they come, it feels like I'm alive again."

Friendly Visitors often tell us they get just as much from these visits as they give. One of our volunteers shared with us, "I thought I'd be the one doing the giving, but I always leave with a full heart." It is a chance to form a new friendship, slow down, and connect with someone who truly appreciates your time. You do not need to be a counselor or a caregiver—just someone willing to show up with a kind heart and listening ear. We provide orientation, match you based on shared interests, and offer ongoing support. You choose how often and when to visit. Flexibility is built in.



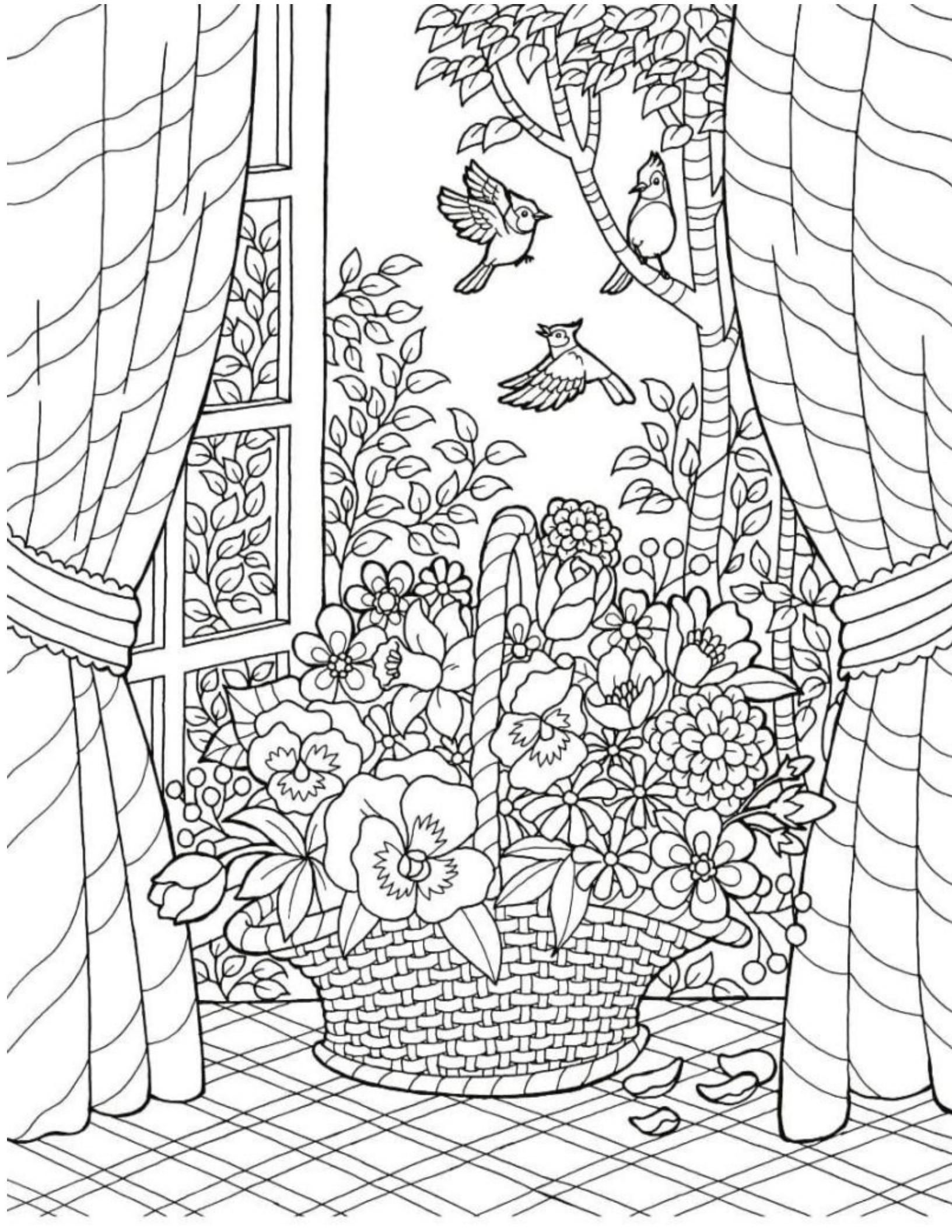
### **Are You Ready to Make a Difference?**

If you believe in the power of human connection, we would love to hear from you. Whether you are retired, working, a student, or simply have a bit of time to give—you can help end loneliness one visit at a time. Your time and presence could be the highlight of someone's week. You do not have to fix anything—you just have to care. Think about becoming a Friendly Visitor: One Hour. One Conversation. Two Lives Changed.

Grace and peace,

*Amy*







# SUMMER WORD SCRAMBLE

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# WE LOVE OUR VOLUNTEERS

**Hearts and Hands Helping Seniors, LAIVC** (formerly Laurel Area Faith in Action) is now working in our 24th year of service to our aging neighbors. We could not do anything without our wonderful dedicated volunteers. Without the work our volunteers do year round, there is no way that we would be getting ready to celebrate 25 Years in 2026.

The benefits of engaging in volunteerism is not only for the recipients, but also for the volunteers as well. Let us look at “Five Ways Volunteering is Good for You” as we explore the feel-good benefits of helping others.

You know that volunteering helps people in need but did you know that it can help you too? It’s been scientifically proven that volunteering helps your wellbeing, both the physical and mental.

Volunteering offers benefits to people of any age, according to a blog on the Volunteers Hub. Volunteering as a family can help children learn about helping others in their community and to be more empathetic. Teens and young adults can gain new perspectives and the skills needed for college and beyond. We offer opportunities to work together as a family during our fall leaf raking as well as our holiday project deliveries.

Adults can connect with causes they are passionate about. Seniors who volunteer are able to get out in the community and to have a sense of purpose. We all need to feel needed, and volunteering is the answer to this want of humanity. This helps combat social isolation and loneliness, many times for everyone involved. We like to remind people that volunteering changes two lives at a time.

While many people volunteer on Good Deeds Day or a company mission project, you do not have to wait until these events to begin to reap the benefits of becoming a volunteer.

Here are five feel-good benefits of helping others.

## 1. **Being generous increases happiness**

People who give their time or money are happier and healthier than people who do not, according to a news release from the University of Sydney in Australia. In fact, “Volunteering keeps you in a positive mood and can help lift you out of a negative mood,” Dr Rebecca Pinkus, lecturer in psychological statistics, said in the news release. That’s because helping others triggers the feel-good neurotransmitters oxytocin and vasopressin from what is called the reward pathway of the brain.

Being empathetic increases the level of oxytocin in your blood and that makes it much more likely that you will continue to be generous.

## 2. **Increases life satisfaction**

Satisfaction with life is related to living a life with purpose and meaning. This is backed up by the OECD Better Life Index – founded in 2011 by the Organization for Economic Co-operation and Development – which identifies wellbeing across countries. The index found that volunteers tend to have more satisfaction in their lives because of their interaction with other people and by achieving goals.

## 3. **Promotes a sense of belonging**

Volunteering is a way to promote strong social networks and communities. This occurs because of what is known as prosocial behavior, when you are helping others by volunteering or donating. Helping others connects you to your community and builds positive relationships with others. This is especially meaningful for both teens – who are finding their way – and seniors.

Volunteers are 29 percent less likely to feel disconnected from their peers, according to The Volunteers Hub, and 35 percent of volunteers say that socialization is a big part of why they are volunteering.

## 4. **Gives you a sense of purpose**

When you are having a positive impact on the world, you feel happier and more engaged. There’s no better way to do this than by volunteering. When you do hands-on work, you can see the impact you are making. It is much more satisfying to give time rather than just writing a check. Giving people a sense of purpose can help reduce mental health illnesses, like depression and PTSD.

## 5. **Could improve physical health**

Helping others could also improve your physical health including lowering blood pressure, reducing stress, and chronic pain, according to Harvard University. When we are helping others we are more likely to feel good about ourselves which is, not surprisingly, a positive contributor to mental health. According to a study published by Mayo Clinic Health System, mental and physical health are highly correlated so when we are psychologically well, we are also more likely to be physically well.

People volunteer for different reasons, yet all volunteers share a common desire to make the world a better place.

Are you interested in becoming a volunteer? There is a wide variety of opportunities. Check out our website and download a volunteer application. This is the first step in making a difference in the lives of our aging neighbors as well as our communities.

**Volunteering is a work of heart!**



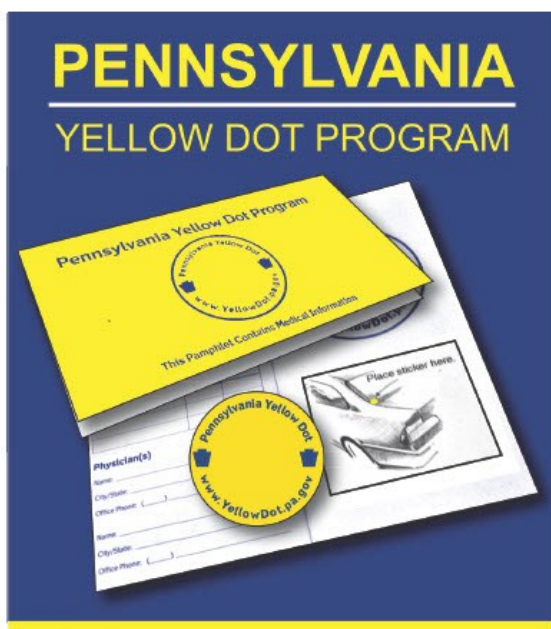
## Yellow Dot Program

**Helps people in traffic crashes or emergencies when they cannot speak for themselves!**

As the summer season approaches, it means increased traffic on the roadways. This increases the likelihood of being involved in some kind of emergency while on the roads. The Yellow Dot Program helps people in traffic crashes or emergencies when they can't talk. The Yellow Dot Program helps you get the right emergency care in your time of need after a traffic crash.

Placing a Yellow Dot decal in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need. This program is a shared effort between PennDOT, the state departments of Health and Aging, the Pennsylvania State Police, the Pennsylvania Turnpike Commission, first responders, and local law enforcement.

Simply follow the instructions below in the "How to Participate" section, to ensure that your summer travel remains safe and sunny with the help of the yellow dot.



Pennsylvania's Yellow Dot Program was created to assist citizens in the "golden hour" of emergency care following a traffic crash when they may not be able to communicate themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure that you receive the critical medical attention you need.

The program is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging; the Pennsylvania State Police; the Pennsylvania Turnpike Commission; and first responders and local law enforcement.



pennsylvania

### How the Program Works

Participants complete a personal information portion in the booklet, which includes the participant's name, contact information, emergency contact information, medical history and medications, allergies and the participant's doctors' contact information. A photo – showing only the participant's head and shoulders – is then taped on the spot allocated in the booklet.



The yellow dot decal provided in the program kit is placed in the lower left corner of the vehicle's rear window. The top of the sticker should be no higher than 3.5 inches from the bottom of the window. This decal alerts first responders that vital information can be found in the vehicle.



Place the completed information booklet, with the attached picture, into the vehicle's dashboard glove compartment.



### How to Participate

For more information on Pennsylvania's Yellow Dot Program or to request a kit, visit [www.YellowDot.pa.gov](http://www.YellowDot.pa.gov). You can also call the PennDOT Sales Store at: 717-787-6746.



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# HUGE

# SUMMER

## WORD SEARCH PUZZLE

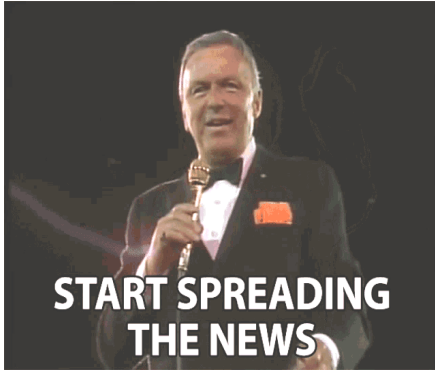


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The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.





If you are a member of an organization, club, church, or business and would like for Hearts and Hands Helping Seniors, Laurel FIA to come and speak to your group, please reach out to us at 724-539-4357 or email us at [faithinaction@msn.com](mailto:faithinaction@msn.com).

We would be delighted to come and share opportunities for volunteerism, services provided for our recipients, and other ways to support the much needed missions and work of Hearts and Hands Helping Seniors, LAIVC. We look forward to hearing from you soon.

**Stay safe during the summer heat!**



## How to Prevent Dehydration

- Start the day with a glass of water
- Drink when you are thirsty
- Keep a water bottle with you at all times
- Drink more water while exercising.
- Drink more water in hot weather.
- Drink more water when you are sick
- Drink electrolytes when needed.
- Eat food with a high water content



### Are you facing a **REQUIRED MINIMUM DISTRIBUTION** from your retirement accounts?

If you have ever wanted to make a significant difference in the life of an aging neighbor, there is no better time than now. Support the mission of Hearts and Hands Helping Seniors, LAIVC and save money! Talk with your financial advisor about the possibility of **saving on taxes, avoiding capital gains**, or even building a legacy through giving your **annual required minimum distribution** or setting up **planned legacy giving from your estate to LAIVC**.

These planned Gifts are donations made through donors' estate or financial plans. They are deferred gifts that are received once the donor's will has been executed. These gifts help secure the future of the nonprofit and often provide tax benefits to the donor's estate.

Take steps today to **make a difference** now and for the future. Talk with your financial planner or estate attorney today. Feel free to give us a call with any questions.





## 2025 Calendar of Opportunity

### Fall Flannel Frolic Fundraiser:

September 1, 2025 Raffle Ticket sale begins  
September 1, 2025 Event Sponsorship mailed  
September 15, 2025 Community Benefit Bingo, LIVE! Casino  
November 7, 2025 Fall Flannel Frolic Fundraiser Finale Feast  
Volunteer Appreciation Dinner "We Love Our Volunteers"  
September 11, 2025 @ St. Vincent Grove  
October, 2025 Required Minimum Dist./ End of Year Mailing  
November, 2025 Fall Leaf Raking  
December, 2025 Distribution of Holiday Project

\*Please feel free to contact the office if you have any questions.



**2026 25th Anniversary Celebration Begins!!!**



Visit our website for more  
information at  
[www.Laurelfia.org](http://www.Laurelfia.org) or scan  
the QR code

## Donor Bill of Rights

We all receive so many requests for donations each year. It is difficult to decide which organization to support. We want to ensure that you have full confidence when donating to Hearts and Hands Helping Seniors—Laurel Area Faith in Action. We want to share with you the Donor Bill of Rights we live by when making decisions for our organization.



1. To be informed of the organization's mission, of the way the organization intends to utilize donated resources, and of its capacity to use donated resources for their intended purposes.
2. To be informed of the identity of those serving on the organization's governing board, and to expect the board to exercise prudent judgment in its stewardship responsibilities.
3. To have access to the organization's most recent financial statements.
4. To be assured their gifts will be used for the purposes for which they were given.
5. To receive appropriate acknowledgment and recognition.
6. To be assured that information about their donations is handled with respect and with confidentiality to the extent provided by law.
7. To expect that all relationships with individuals representing organizations of interest to the donor will be professional in nature.
8. To be informed whether those seeking donations are volunteers or employees of the organization.
9. To be ensured that their name and information included in mailing list will not be shared.
10. To feel free to ask questions when making a donation and to receive prompt, truthful and forthright answers.

**In short: be scrupulous!**



LAIVC is a United Way Partner Agency and has received a grant from the Non-designated Community Impact Fund. **LAIVC designation #1462314.**

LAIVC is an independent 501 C 3 nonprofit corporation. Our Tax Exempt number is 20-438-0836. The official registration and financial information may be obtained from the PA Department of State by calling toll-free within PA 1-800-732-9999.

## Blueberry Banana Smoothie: A vacation in a glass!



This smoothie is a perfect way to bring a little bit of vacation to your everyday. The combination of blueberries and bananas creates a sweet, creamy, and refreshing drink. Here's a simple recipe for a delightful Blueberry Banana Smoothie, with variations to truly capture that vacation vibe:

### Ingredients:

- **Blueberries:** 1 cup, fresh or frozen (Frozen berries result in a thicker, colder smoothie, which is ideal for a summer day.)
- **Banana:** 1 ripe banana, fresh or frozen (Frozen bananas provide extra sweetness and creaminess.)
- **Milk:** 1 cup milk of your choice (e.g., almond milk, cow's milk, or oat milk)
- **Ice (optional):** 1/2 cup, for a colder and thicker smoothie

### Instructions:

1. **Combine Ingredients:** Add the blueberries, banana, and milk to a blender.
2. **Blend:** Blend until smooth and creamy.
3. **Add Ice (optional):** If you prefer a colder smoothie, add the ice and blend again.
4. **Serve:** Pour into a glass and enjoy immediately.

### Tips for an extra smooth experience:

- **Use Frozen Fruit:** Frozen blueberries and bananas will create a thicker, frostier smoothie.
- **High-Powered Blender:** A high-powered blender is ideal for achieving a super creamy texture, especially with frozen ingredients.
- **Adjust Consistency:** If the smoothie is too thick, add more milk or water to reach your desired consistency.

Enjoy your delicious and refreshing Blueberry Banana Smoothie! It's a simple way to whisk yourself away to a vacation state of mind, even on a busy day.

## How to Freeze Whole Bananas!

Don't want to take the time to slice bananas? Bananas can be frozen whole, or in halves.

1. Remove the peel and cut banana in half crosswise.
2. Transfer the banana to a lined baking sheet in a single layer.
3. Freeze until firm, approximately 2 to 3 hours.
4. Transfer the bananas to freezer bag or container, removing as much air as possible from the bag or container. Return bag to the freezer until ready to use.









## Hearts & Hands HELPING SENIORS

**People are the most important ingredient in Hearts and Hands Helping Seniors recipe for success.** We could not be here in our **24th year** without the care and dedication of our recipients, volunteers, board, donors, and staff. **Thank you** to everyone who continues to provide time, talents, and treasures to Hearts and Hands Helping Seniors, LAIVC, ensuring that help continues to be only a phone call away.



### Statistics January 1, 2025 to June 16, 2025

New Recipients: 12  
New Volunteers: 6

Total Recipients: 332  
Total Volunteers: 243

Recipients Deceased: 9  
Volunteers Deceased: 2

Hours of Service: 3,378  
Number of Services: 2,276

#### Donations:

2025 Spring Appeal \$ 5,620.00  
General Support \$12,235.00  
Grants \$35,000.00  
Total \$52,855.00

Total Needed for Budget: \$63,800.00  
Donations to date: \$52,855.00  
Deficit Amount: \$10,945.00



**Do you believe** that our aging neighbors should be able to **remain in their homes**? Without the services provided by Hearts and Hands Helping Seniors, LAIVC, this would not be possible for many seniors in our community. Do you want to join others who ensure that these services will be available?

**You can make the difference now and into the future.** Through your support you can be an essential part of Hearts and Hands Helping Seniors, LAIVC. Imagine the transformation you can make by giving.

Donations can be made by mail to: **Hearts and Hands Helping Seniors, LAIVC**  
**PO Box 854**  
**Latrobe PA 15650**



Scan QR Code  
for Website  
[Laurelfia.org](http://Laurelfia.org)

You can also make donations on our website. We fundraise with Zeffy (as our credit card processing platform) to ensure 100% of your donation goes to our mission! During the payment process you will be asked if you would like to make a contribution toward the platform. You can choose \$0 or make a small contribution to keep this platform free for nonprofits.

For your convenience, you can now set up **recurring donations** through Zeffy to provide ongoing support to Hearts and Hands Helping Seniors. We thank you for your donation!



## HAVE SOME SUMMER FUN!!!

Summertime offers a variety of fun and engaging activities for older adults, promoting physical and mental well-being. These include outdoor activities like gardening, walking clubs, and water exercises, as well as indoor options like crafting, reading clubs, and virtual tours. Social activities like picnics, outdoor concerts, and game nights can also enhance their summer enjoyment.

### Outdoor Activities:

- ♦ **Gardening:** Enjoy gentle exercise, fresh air, and the satisfaction of watching plants grow.
- ♦ **Walking Clubs:** Social and physical activity, perfect for enjoying indoors or out.
- ♦ **Aquatic Exercises:** Swimming or water aerobics offer low-impact exercise options.
- ♦ **Outdoor Games:** Bocce ball, bean bag toss, horseshoes, or even playing cards or other games outdoors can be fun and increase socialization.
- ♦ **Picnics:** Enjoying meals outdoors with friends and family is a classic summer activity. Remember food safety to keep the fun going.
- ♦ **Local Sightseeing:** Explore local attractions, museums, or historical districts. Take in the natural splendor of local parks.
- ♦ **Farmer's Markets:** A great way to enjoy fresh produce, socialize, and support local businesses.
- ♦ **Bird Watching:** A relaxing activity that can be enjoyed in parks, backyards, and even from your porch or balcony.
- ♦ **Photography:** Capture summer moments with a camera, exploring local sights, or taking scenic drives. Most people have a camera with them at all times included with their cell phone.
- ♦ **Attend Outdoor Concerts or Plays:** Enjoying arts and culture in a beautiful outdoor setting. Many towns have free entertainment scheduled. Just bring your chair and beverage and enjoy!
- ♦ **Fishing:** A relaxing activity that can be enjoyed alone or with companions. Not only can you enjoy nature, but bring home fresh fish for dinner.
- ♦ **Metal Detecting:** A fun and engaging activity that combines exercise with a treasure hunt.

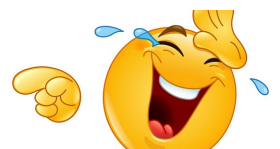
### Indoor Activities:

- ♦ **Arts and Crafts:** Stimulates creativity and provides a therapeutic outlet.
- ♦ **Summer Reading Clubs:** Engaging in discussions about books, facilitates increased cognitive activity, and fosters social interaction.
- ♦ **Virtual Tours:** Explore favorite travel destinations, museums, or historical sites from the comfort of home. Simply allow GOOGLE to be your guide.
- ♦ **Culinary Classes:** Learn new recipes and enjoy the fruits and flavors of your lessons.
- ♦ **Movie Nights:** Enjoy the classic films or new releases in a comfortable setting.
- ♦ **Group Board Games:** A fun way to socialize and exercise the mind.
- ♦ **Knitting, Crochet, or quilting:** Create beautiful items while engaging in a relaxing activity.
- ♦ **Visit Local Theaters:** Enjoy local arts and culture.
- ♦ **Host Luncheon or Ice Tea Party:** Socializing and enjoying good company. Make it a covered dish for everyone to share.

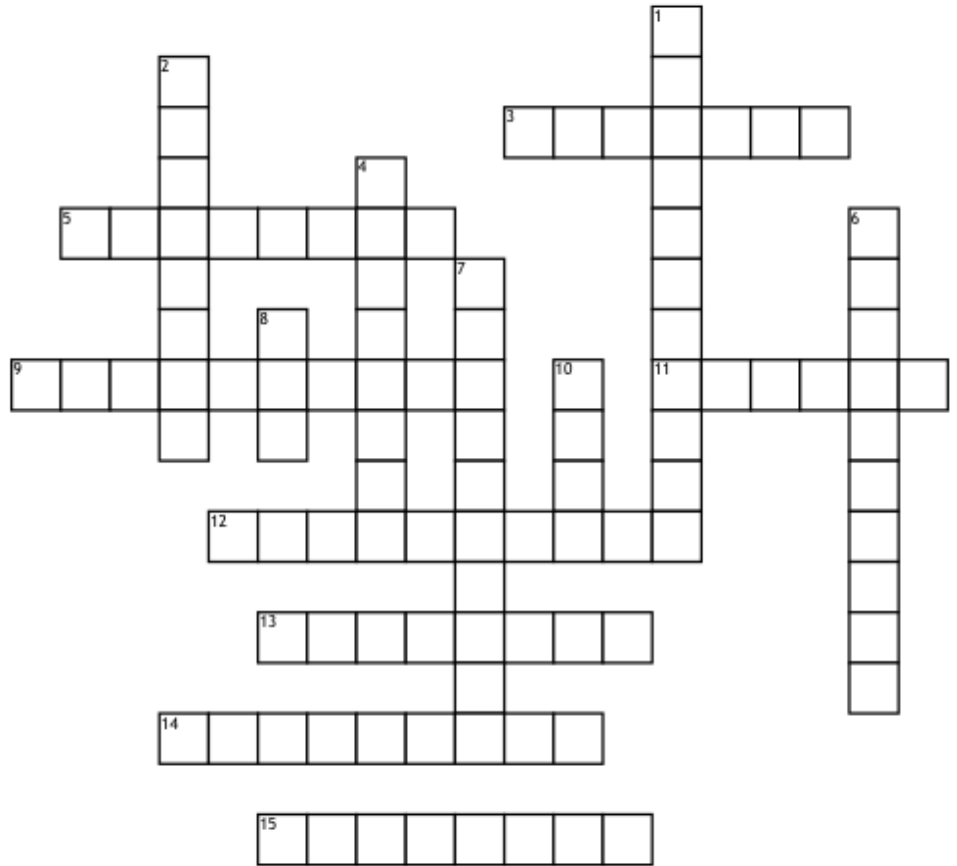
### Safety Precautions:

- ♦ **Stay Hydrated:** Drink plenty of fluids, especially during warmer weather.
- ♦ **Wear Sunscreen and Protective Clothing:** Shield skin from harmful UV rays.
- ♦ **Avoid strenuous activity during peak heat:** Wait for cooler hours for outdoor activities.
- ♦ **Be Aware of Heat Exhaustion and Heat Stroke Symptoms:** Seek help if needed.
- ♦ **Consider the Impact of Medications on Sun Exposure:** Consult with a doctor or pharmacist if necessary.

Have fun. Get together with others. But most importantly,  
do not forget to **LAUGH!!!**



# Summer Vacation



## Across

3. on the water activity  
 5. holiday away with your family  
 9. the opposite of being stressed out  
 11. sport with a kick  
 12. Don't forget to wear your \_\_\_\_\_ when going in a boat

13. pack up the car with your family to go on a \_\_\_\_\_.  
 14. sun protection  
 15. A summer activity that helps you keep cool

## Down

1. don't forget to pack your \_\_\_\_\_ when going to the beach  
 2. treat to keep cool

4. another treat to keep cool  
 6. green and red fruit helps you keep cool  
 7. build it in the sand  
 8. darkening of the skin  
 10. Go to this green area to play with your friends



## The Girl and the Ice Cream Truck



A girl sits at her bedroom window, looking down at the street.  
She is waiting for summer!



She wants to eat ice cream and go swimming. She wants picnics and strawberries.

She is tired of winter jackets and gloves. She is tired of grey skies and snow.  
Her mother says that summer is far away. Her father is grumbling about the forecast of two more inches of snow.



Still, she sits at the window, waiting for some sign that summer has arrived. Just then, she sees an ice cream truck driving down the street. "An ice cream truck! That MUST mean it is summer now!" she squeals.

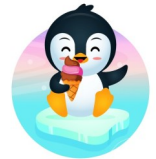
She runs to her closet and puts on her bathing suit and her summer hat. She runs down the stairs and out the door and ...CRUNCH! She looks down and sees her bare feet...in the ice and snow.



"But...but...I saw an ice cream truck!" she says, confused. She looks up just in time to see the ice cream truck turn the corner and pull into the auto repair shop.

### MORAL OF THE STORY

**Do not draw a conclusion based on a single observation;  
one ice cream truck does not make a summer!**



## FIVE REASONS WHY WE SHOULD NOT JUMP TO CONCLUSIONS

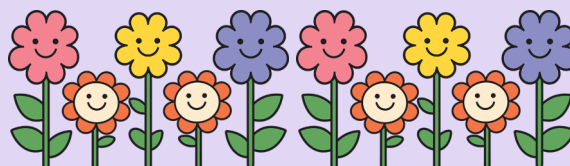
1. Judgement may be flawed.
2. We cannot appreciate what others are going through if we are myopic in our view.
3. What we focus on, festers in our minds.
4. Live and let live.
5. Don't judge a book by its cover. Not everything is as it seems.



### Kindness By Laura Jaworski

Spread a little kindness,  
Sprinkle as you go.  
Send it out into the world,  
Watch it ebb and flow.

Plant a kindness garden,  
The more seed that you sow  
You will find that your own happiness  
Will grow, And grow, And grow!!!



## What do we do!



Recipients 60 years and older who reside in Latrobe, Unity Township, Ligonier, Ligonier Township, Derry and Derry Township may receive program services for an average of two hours per week. All services are provided free of charge and may include the following by screened and trained volunteers:



**TRANSPORTATION**—Receive escorted rides to the doctor, store, and other destinations.  
\*Service is dependent upon volunteer availability and traveling distance.

**CORRESPONDENCE AND REFERRAL ASSISTANCE**—Get help with completing forms, writing letters, and referrals for services.



**TELEPHONE REASSURANCE**—Receive a friendly phone call from a volunteer because everyone needs a friend!

**HANDYPERSON**—Get assistance with special projects for yard work (does not include weekly maintenance, light plumbing, and more...



**TECHNOLOGY ASSISTANCE**—A volunteer will help you set up your cell phone, computer, internet, or TV.

**GROCERY SHOPPING**—A volunteer will go grocery shopping and deliver groceries for you. \*Please call for service details. Conditions apply.

**FRIENDLY VISITOR**—Coming soon

WE ARE HERE  
TO HELP



**WE ARE HERE TO HELP!** Hearts and Hands Helping Seniors (LAIVC) is a wonderful resource that is available to YOU free of charge! We are here to help and willing to assist you. Each person holds a piece to the puzzle of life. **Please do not be shy, even if you just have questions about the program.** You may not need services now, but someday you may...so please do not hesitate to reach out and inquire about our program.



Please know that for the safety of volunteers and recipients, LAIVC does not provide anything medical or handle medications. Additionally, we do not provide cleaning services. Available services are subject to volunteer availability.

Nonprofit Organization  
U.S. Postage PAID  
Latrobe, PA  
Permit No. 59

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