



# Laurel Area Faith in Action

## Summer 2023 News



**Summer is the season that reminds us to practice the pause and enjoy life!**

Summer is a time that is full of outdoor pleasures, such as the feeling of the sun and wind on your face. The season contains a kind of happiness born out of escapes of any kind. It tastes of fresh vegetables and fruit so wonderful and sweet that the thought alone makes your mouth water.

Summer is a wonderfully kinetic time, a season of youthful memories of time spent swimming or spending time with family and friends around the campfire. It is also a time that encourages dancing under sprinklers, awing at the sparklers, and enjoying the stars as we celebrate all that this wonderful season has to offer us. However, summer also is the time to do as little as possible. Summer is the season to just...be!

Let the summer sun encourage you to not worry about getting to every item on the never ending to-do list. 'Tis the season for relaxing in a hammock, sipping iced tea or lemonade, and just enjoying this glorious time to reconnect with nature. Dig in and make some new memories, even if your plans are no more ambitious than to take a nap, read outside, sleep in a tent or float in a pool. Not everyone can afford sailing trips and elaborate vacations, but many of summer's greatest pleasures are simple and inexpensive. Studies have established a direct correlation between mental health and nature. The more we connect with what is outside, the more content we become on the inside.

Time shifts in the summer. Long hours of daylight mean more daytime to enjoy doing more of everything or to enjoy doing nothing at all. Breakfast time shifts later as the morning meal is accompanied by the singing of the birds and the gentle buzzing of the bees. Dinners and bedtimes are pushed later as the events of the day are so engaging that we simply cannot tear ourselves away. Ice cream trucks, popsicles, as well as toasted marshmallows become part of our summer menu.

Summer is not only a season, but it is a state of mind. Summertime memories are some of the deepest memories we have, it is usually a major player in the highlight reel of our childhood. Can you remember the anticipation of the bell ringing at the end of the school year, and the beginning of summer vacation? Waiting for the magical evenings of catching lightening bugs, hearing the peepers chirping in the pond, and jumping into the local swimming hole. Memories such as these can bring a smile to your face and a song to your heart. Dipping your feet into a pan of cool water can transport you back to those days of splashing the days away. That taste of white-house cherry ice cream, or orange sherbet whisk you back to the days of turning the handle of the ice cream freezer in eager anticipation of the yummy treat.

Each of us can return to the childhood memories of summer. Live each season to the fullest. Stop and breathe in the fresh air after the rain, stop and smell the flowers, enjoy the delicious vegetables and fruit. In the summer, get outside, commune with nature, embody freedom and chase happiness like a puppy chasing its tail. Live your life remembering what fun summer can be. May your summer be filled with warm and happy times.

Wishing you a happy and healthy summer full of grace and peace,

*Amy*



## We Ran for the Roses

Laurel Area Faith in Action held our annual community celebration on Thursday, May 4th at the Fred Rogers Center. This year's theme was the Kentucky Derby. We had a wonderful time of food, fellowship, generosity and beautiful singing entertainment by Victory Brinker! Together, with over 75 guests, we celebrated all that our organization was, is and will become as we continue to focus on **service, volunteerism** and **community**. We shared a highlight presentation, *Help and Hope for the Local Aging Population*, which included video of recipients, volunteers and community supporters. It really captured the heart of our organization, and you can view it on our website's homepage by visiting [www.laurelfia.org](http://www.laurelfia.org) and scrolling down to click on "Hear From Recipients, Volunteers And The Community." Thank you to the following event sponsors:

- WINNER'S CIRCLE:** McFeely-Rogers Foundation, Quatrini Law Group
- GET DOWN & DERBY:** Valley School of Ligonier
- DERBY DARLING:** Aggressive Grinding Services, Mullen Refrigeration Service Inc., Robindale Energy, St. Michaels of the Valley Episcopal Church and Westmoreland Federal Savings
- CROWD FAVORITE:** Area Agency on Aging, Carclo Technical Plastics, Hartman-Graziano Funeral Home, Henry Croft VMD, Latrobe Dairy Queen, Lesco FCU, Marie Zanotti, Naser Foods, Saint Vincent College & Sean Kertes County Commissioner



# Essential Summer Safety Tips for All Ages



**1. Be prepared for anything by checking the weather before you head out.**

The weather can be unpredictable. Know the approximate temperature so you can dress accordingly. It is also good to know what the UV index will be.

This indicates how much ultraviolet radiation is expected from the sun.

The higher the UV index, the more at risk you are of sun damage.

**2. Lather on sunscreen anytime you are outdoors.**

Sunburn is a common summer injury, but frequent exposure to the sun can also lead to skin cancer. Wearing sunscreen is one of the best summer safety tips to ensure you stay healthy now and in the future. The American Academy of Dermatology recommends that people of all ages use sunscreen that offer broad spectrum protection against both UVA and UVB rays, is water and sweat resistant, and has an SPF of 30 or higher. For best protection, you should apply a shot glass sized amount of sunscreen 30 minutes before going outside, and reapply every two hours or sooner, especially if you are sweating or swimming.

**3. Wear the right clothing and accessories.**

Where you are going should affect what you choose to wear. Many people wear less clothing in the summer sun, but it is a good idea to opt for more skin coverage when possible. Light-colored and lightweight clothes can help reflect the sun, keeping you cool and safe. You should also wear a hat that has a UPF rating and is wide-brimmed, protecting the face and neck. Sunglasses offer important eye protection from the sun. We often think about sunglasses as a fashion accessory, but they are actually a very important tool for minimizing long-term vision problems. It is recommended to choose shades that provide 99-100% UVA and UVB protection.

**4. Pack a refillable water bottle and first aid kit.**

Staying hydrated is extremely important, especially with increased outside activity. Drink plenty of fluids. Do not wait until you are thirsty to drink, as that is a sign that you are already low on fluids. Avoid sugary or alcoholic drinks which can actually cause you to lose more fluid. Do not forget to keep your pets hydrated too, giving them plenty of fresh water and shade. It is also a good idea to pack a small first aid kit to keep with you. You can purchase a small pre-assembled kit at most stores.

**5. Be vigilant about water safety.**

Water safety is not just at the pool or beach. The majority of drownings for children between one and four actually happen during non-swimming times, somewhere there is a fountain, pond, or even a baby pool. Drowning can be triggered by getting even a teaspoonful of water in the lungs.

**6. Know the risks and signs of heat exhaustion.**

Heat related illnesses, like heat exhaustion or heat stroke occur when the body cannot properly cool itself. During extreme heat, a person's body temperature can rise faster than the body can cool it down. Older adults, young children, and people with chronic illness are at the highest risk of heat exhaustion, although it can happen to anyone. Warning signs may include dizziness, muscle cramping, weakness, fatigue, confusion, heart palpitations, and nausea. If you notice any of these warning signs and generally feel unwell, go indoors immediately if possible. Rest in a shady or air-conditioned place, drink water, and blot your skin with cool water to help lower your body temperature. If symptoms do not improve, call 911.

**7. Never leave your pets or children unattended in a car.**

It only takes about two minutes to heat up to lethal levels, so it is critical that you never leave a young child or animal alone in your vehicle at any time.



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

United Way  
of Westmoreland County



## Calling all Poets!!!



We would love to publish your poetry in our newsletter. If you are a poet and know it, please send your prose to us via email to [faithinaction@msn.com](mailto:faithinaction@msn.com) or via USPS to Laurel Area Faith in Action, PO Box 854, Latrobe, PA 15650. All entries will be read by our panel of judges, and the winner will be published in our newsletter.

Ready, set, write!

**GOLDEN SUN**

Great, glorious, golden sun,  
Shine down on me today.  
You are the life of all this earth,  
You and your magic ray.  
You are the life of bird and plant,  
All must depend on you.  
Shine down, great sun, the whole day long!  
Shine from the heaven's blue.  
And I will welcome your golden rays,  
For you mean life to me,  
And you mean happiness and health,  
Strength and energy.  
Shine down, great sun, on flower and on field,  
And never say goodbye.  
Forever and ever give us your light  
From out the wide, blue sky.  
BY LENORE HETRICK

## Sugar Free Lemonade



### Ingredients

6 ½ cups water

1 ½ cups freshly squeezed lemon juice (approximately 12 lemons).

Can also use unsweetened lemon juice

### Instructions

1. In a pitcher, combine all ingredients and stir to combine.
2. Serve over ice. Enjoy!!

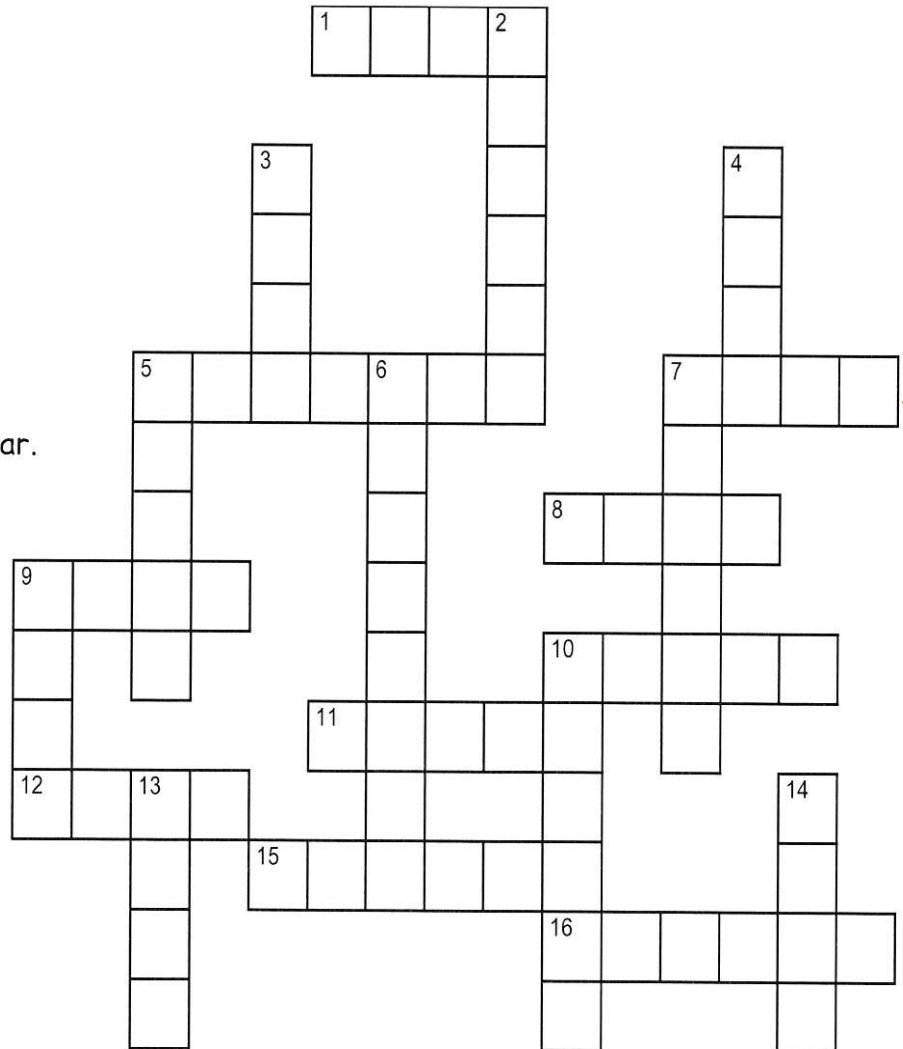


### Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

### Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



### Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM





# GIANT Summer Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Air Conditioner  
August  
Backpacking  
Barbecue  
Barefoot  
Baseball  
Beach  
Berries  
Boat  
Camp  
Canoe  
Daisy  
Dive  
Fan  
Fins  
Firefly  
Fishing  
Flip Flops  
Flowers  
Fourth of July  
Frisbee  
Fruit  
Garden  
Grass  
Heat  
Hike  
Holiday  
Hot  
Humid  
Ice Cream  
July  
June  
Lemonade  
Lightning  
Mosquito  
Muggy  
Ocean  
Outdoors  
Park  
Picnic  
Play  
Pool

O	S	E	N	U	J	T	M	G	O	E	B	A	S	E	B	A	L	L	F	V	A	Q
B	U	O	E	U	N	L	R	E	N	O	I	T	I	D	N	O	C	R	I	A	K	Q
X	N	O	L	E	M	R	E	T	A	W	A	R	M	P	Q	Q	H	S	R	C	A	H
B	S	Y	T	O	W	E	L	T	F	O	I	Q	E	F	E	B	K	W	E	A	M	P
V	C	V	S	F	O	U	R	T	H	O	F	J	U	L	Y	R	V	I	F	T	V	A
H	R	B	A	C	K	P	A	C	K	I	N	G	E	I	A	G	T	M	L	I	R	K
P	E	U	C	E	G	N	I	H	S	I	F	M	L	P	D	X	G	S	Y	O	E	G
I	E	J	D	K	L	F	S	C	W	W	O	S	R	F	I	E	V	U	U	N	D	S
T	N	S	N	I	F	N	P	A	N	N	I	E	U	L	L	R	Y	I	M	G	N	W
P	O	J	A	H	V	B	V	G	A	I	T	M	G	O	O	E	T	T	S	H	U	C
C	R	E	S	T	E	E	R	D	G	A	C	N	O	P	H	B	Y	A	K	I	H	A
R	E	R	O	H	S	A	E	S	W	A	I	E	A	S	H	O	R	T	S	M	T	F
E	T	H	U	P	S	C	T	M	N	N	R	K	C	O	Q	O	P	A	A	T	L	U
L	L	F	T	S	R	H	E	O	T	N	E	D	S	R	E	U	C	E	B	R	A	B
K	E	R	D	H	E	U	E	H	O	D	C	M	E	R	E	A	I	T	E	B	W	Q
N	W	I	O	T	W	M	G	A	E	F	R	T	H	N	E	A	P	T	L	Z	T	E
I	S	S	O	S	O	I	E	P	R	B	E	X	I	O	A	T	M	I	O	Y	G	L
R	A	B	R	K	L	D	U	U	O	E	A	R	D	Y	P	E	A	W	R	A	V	C
P	I	E	S	A	F	A	I	U	M	R	T	R	A	S	F	J	C	W	Y	S	R	I
S	L	E	V	A	R	T	D	L	'	R	I	N	B	B	R	Q	Q	O	P	W	K	S
I	I	A	R	W	N	Z	S	N	S	I	O	F	J	J	G	T	V	Z	C	H	U	P
Q	N	J	Y	S	I	A	D	G	A	E	N	N	Y	U	Y	L	Q	H	N	L	O	O
J	G	G	E	C	I	T	S	L	O	S	U	M	M	E	R	O	A	D	T	R	I	P

Popsicle  
Recreation  
Relax  
Rest  
Road Trip  
S'more  
Sailing  
Sandals  
Sandcastle  
Seashore  
Shorts  
Solstice

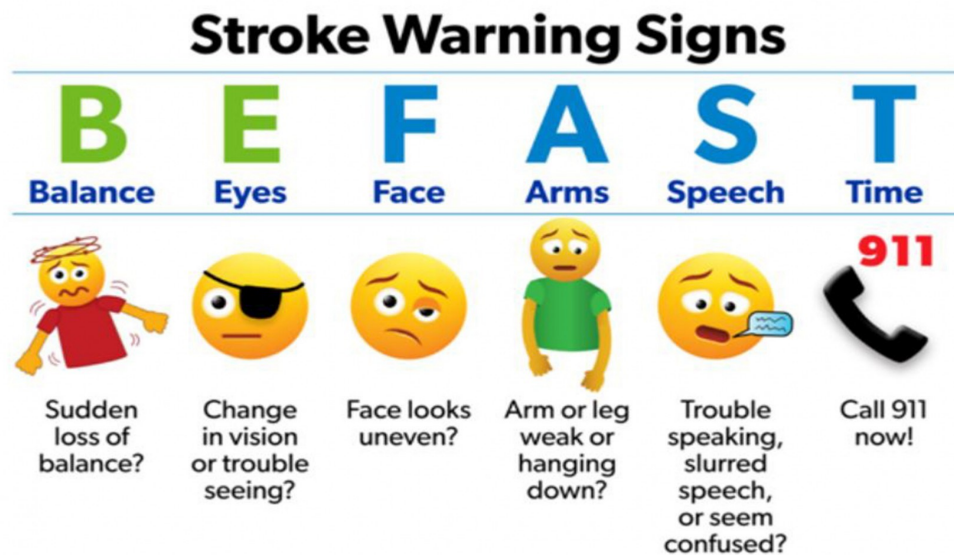
Sprinkler  
Summer  
Sun  
Sunscreen  
Swelter  
Swim  
Swimsuit  
Tan  
Tent  
Thunder  
Towel  
Travel

Trip  
Vacation  
Visit  
Voyage  
Warm  
Watermelon  
Waterpark  
Waterski  
Waves



## HOW TO RECOGNIZE THE SIGNS AND SYMPTOMS OF A STROKE!

The National Stroke Association seeks to help people recognize when a stroke is occurring. Every minute that passes while someone is having a stroke, 1.9 million brain cells are lost. Knowing the telltale signs of a stroke is critical to getting immediate medical attention. Time is brain!!! Know the signs and symptoms of a stroke. Remember B...E...F...A...S...T!

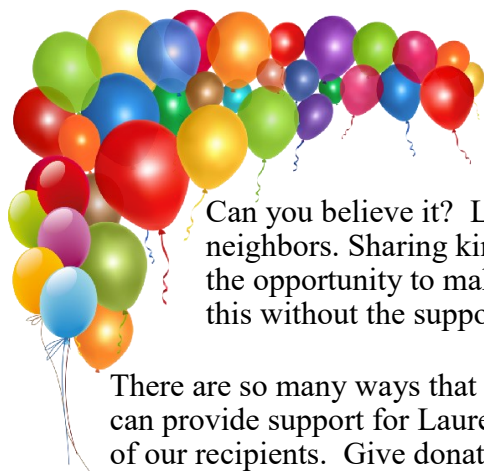


### We Need Your Help!!!

Laurel Area Faith in Action needs your help. We are trying to get the word out in our neighborhoods about who we are and what we do. Even though we have been serving our aging neighbors for 21 years, some people still do not know about our wonderful non-profit. We would love the opportunity to come and speak at any of your group meetings, church events, school events or any other gathering to share the opportunities available through Faith in Action. We have opportunities for volunteerism as well as receiving services.

Please contact the office to arrange for us to meet with your group. Our telephone number is 724-539-4357 or you can email [Faithinaction@msn.com](mailto:Faithinaction@msn.com).





## **We Are All Grown Up**

Can you believe it? Laurel Area Faith in Action is celebrating 21 years of serving our aging neighbors. Sharing kindness and showing compassion to FIA family. We are so grateful for the opportunity to make a difference in the lives of local seniors, but we could not do any of this without the support of our volunteers, donors and community partners...

### **THANK YOU!!!**

There are so many ways that you can support our program. Here are some of the ways in which you can provide support for Laurel Area Faith in Action. Volunteer your time to provide assistance to one of our recipients. Give donations, both monetary and non-monetary options. Set up Laurel Area Faith in Action as beneficiary to life insurance, or as designated payee on retirement plan disbursements. Feature us in your publication such as newsletter or web page. Share our social media posts on facebook and soon share information about our podcasts. Sponsor a LAFIA program or event. Invite us to speak at your event, meeting, or church service. Offer a community outreach opportunity or organize a service project. These are just a few ideas, and we welcome your suggestions to help our recipients and our program thrive.

Thank you from the bottom of our hearts for your continued support, generous gifts, and heartfelt prayers. Together we can continue to move mountains for many years to come.



### ***Our Mission***

***To enhance the quality of life for persons 60 years and older who reside in the Greater Latrobe Area, Unity Township, Ligonier and Derry areas by providing companionship and assistance.***

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

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