



ADMINISTRATOR'S NOTES

As we start July, we just want to take a moment to wish you a happy Independence Day! We'll be celebrating with a special lunch and hope you can attend. If you'd like to join our residents and loved ones for lunch, please call ahead and let us know so that we can reserve a place for you. Lunch will be \$5.00, payable before or at lunch. Please RSVP to Rachel at rlayne@flowermoundalf.com or 972-539-9444.

Our annual Gorgeous Grandma event will be held on July 26. Our residents look forward to this special event every year, and other "grandmas" in the community are welcome to join in the fun. This is a free event and includes make-up, hair styling, massages, photos and more.

Please call Rachel if you and/or anyone you know would like to participate. The more, the merrier! Since we are now in the summer months, please remember to take precautions to stay safe. Always drink a lot of water, and take a bottle of water with you when you are traveling or on outings to stay hydrated. Also, be sure to use sunscreen, hats, protective clothing and insect repellent when you are outside to avoid sunburns and insect bites.

I just wanted to remind you about the following:

1. If you refer a friend to Flower Mound Assisted Living, you and your friend will both each receive a \$500 discount off one month's rent.

2. Remember to sign in and out at the desk by the front door when leaving the property.
3. Rent is due by the 5th. Please remember to drop off your rent check before the 5th to avoid late charges. If you have not already signed up for our automated payment method and would like to do so, please contact the front office for more information.

If you have any questions or need assistance, please stop by the front office. We're always ready to help! We wish you a happy summer and 4th of July!

UPCOMING EVENTS

July 4th, 12:00pm:

Join us for our Independence Day lunch!

July 11th, 11:15am:

Dress up like a cow and join us for a free lunch at Chick-fil-A.

July 25th, 12:00pm:

Ladies bring your red hats for our Red Hat lunch.

July 26th, 1:30pm:

Join us for our annual Gorgeous Grandma make-over day.

July 30th, 1:00pm:

Come make cheesecake for National Cheesecake Day.

To R.S.V.P. or to request more information please contact Rachel.

Welcome New Staff

Flower Mound has gone through some staffing changes in June. Please give a warm welcome to Bianca, Kayla, Alexzandria, Hannah and Elizabeth. We are excited to have you all part of our team.

July is UV Safety Month: Five Ways To Protect Yourself From UV Rays

Overexposure to ultraviolet sunlight (UV rays) is believed to be the dominant external factor in a person's development of skin cancer. To protect yourself from UV rays, you may lower your risk for skin cancer by following these five steps:

Avoid Direct Sun Exposure:

Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm). This is the time when UV rays are most intense. Plan your schedule to avoid outdoor activities during these hours. Also, be aware that sand and snow reflect sunlight, so if you're at the beach or a ski resort, direct sunlight can bombard you from every direction with UV rays.

Cover Yourself: When out in the sun, keep your skin covered. Wear long sleeves and long pants if possible. Wearing a hat with a 3 to 4 inch brim all around is preferable. This will guard your neck and cheeks from dangerous prolonged exposure. Also note that dry, dark-colored garments offer the best protection.

Use Sunscreen Properly: You should always use sunscreen when enduring prolonged exposure in the sun. Find a sunscreen with a Sun Protection Factor of at least 15 and read the directions for proper application. The higher the SPF, the higher the protection you will receive against dangerous sunburns. However, sunscreen does not offer "bulletproof" protection,

and UV rays can penetrate water, so just because you feel "cool" in the water doesn't mean you're protected from sunburn.

Use Sunglasses That Block UV Rays:

Make certain your sunglasses can block UV rays to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%. Never assume that darker lenses equal increased protection. UV rays are blocked by a chemical applied to the lenses.



Stay Away From Tanning Beds:

It is a myth to believe that tanning beds and sunlamps are free of harmful UV rays. They can significantly increase your risk of developing skin cancer in the long-term. Health professionals advise their patients to avoid them.

By implementing these five steps in your daily routine, you can significantly decrease your risk of developing skin cancer, while maintaining a healthy lifestyle that allows for proper exposure to the sun. Another important step in prevention of skin cancer is routine examination by a doctor. If skin cancer is detected early, then your odds of survival are markedly increased.

ACTIVITY HIGHLIGHTS



Welcome Michael!

Flower Mound would like to introduce our new Health Services Director, Michael Masci. We are excited to have him here and to have his support.

Michael is originally from Philadelphia, Pennsylvania. He has also lived in North Carolina and California before moving to Texas in 2015. Michael is a former Marine and graduated from CNI College of Nursing in Orange County, California. Please help us welcome him to our community by attending our next family night in August.



JIW Moment

We had a great time at our Memorial Day Lunch! None of this would not have been possible with out the help of our sponsors. Texas Home Health provided decorations Kindred at Home provided decorations and cotton candy Hospice Plus provided brownies Total Hospice Palliative Care provided paper products and watermelon Thank you all for your sponsorship!

FLOWER MOUND ASSISTED LIVING

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OUR STAFF

ADMINISTRATOR

Nita Collins

MARKETING DIRECTOR

Sandy Rasberry

DIRECTOR OF HEALTH SERVICES

Michael Masci

MAINTENANCE DIRECTOR

Nicco Rios

DIETARY MANAGER

Mark Derichsweiler

ACTIVITY DIRECTOR

Rachel Layne



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JULY – WORD SEARCH

F	P	X	W	M	I	F	O	A	W	V	B	L	U	E
I	J	N	J	O	K	E	S	H	A	P	P	Y	I	A
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W	W	U	E	L	F	H	E	A	T	N	C	N	D	X

BLUE
BURGER
FIREWORKS
FRIENDSHIP
HAPPY

HEAT
INDEPENDENCE
JOKES
JULY
PROTECTION

RED
RIDDLES
SUMMER
SUNBURN
WHITE