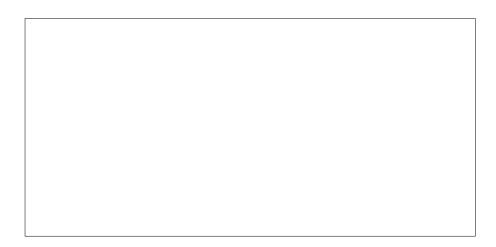


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Executive Director: Joni Shale Wellness Director: Shyanne Long, Sheila Vadney

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Stamp

Our mission is to create and sustain comfortable, caring environments for those who depend on us.



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All About UV Safety: Summer Skin Protection Tips

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

• Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



days, and they can reflect off of water, snow, sand, and cement.

- Apply a generous amount of broadspectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of next and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
- Dress in protective clothing, such as a longsleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
- Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
- Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
- Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.









Special Moments





Happy Birthday to our Staff & Residents:

Lorene: July 4th Mary : July 8th Donald: July 10th Michael : July 11th Rita: July 11th Francis: July 11th Ashley : July 17th Patricia : July 18th Joanna : July 21st

Our Executive Director's Corner

Dear residents, family members, and friends,

With Independence Day approaching my thoughts have drifted to a person's individual independence and how as we age we lose independence.

Losing one's independence is not only a physical process, but an emotional one as well. As mobility and other factors that facilitate the ease of every day life start to fail, individuals must adjust not only to struggling to complete day-to-day tasks but depending on others to help them as well.

By coping with the loss of independence, individuals can lead fulfilling and happy lives. If you are dealing with the loss of independence, or know someone who is, the following tips can help in coping process:

Ask for Help - Asking for help can often create intense feelings of guilt and shame. For this reason, most people who require help do not ask for it.

However, the people you ask for help from will likely be more relieved that you are asking instead of risking injury than feeling put-out by lending a hand. It is important to establish your support system and allow your-self to be comfortable asking for assistance.

Avoid Isolation - When dealing with pain or an injury, it is easy to become isolated within the home and fearful of going out in the world. Whether it be shame or fear of further injury, individuals who have lost their independence tend to stay home where things are familiar and safe. Isolation will lead to depression and a severe sense of loneliness. It's important to reach out to others socially and maintain connections with friends and family.

You can also fight loneliness by finding new hobbies or reigniting your passion for old ones. Find a circle of people that share your interests and make the effort to socialize with them.

Address the Depression - The end result of loss of independence, no matter the age of the individual, is often depression.

Recognizing the signs of depression is an important first step in addressing the issue. Some of these symptoms include:

- Withdrawal
- Isolative behavior
- Irritability
- Lack of motivation
- Loss of appetite and/or sleep
- Feelings of worthlessness

If you feel you are experiencing depression, make an appointment with your health care provider immediately to discuss treatment options.

Here is looking forward to a wonderful summer and maintaining independence!

Warmly,



Staff Spotlight: Michael W

Michael is our team member if the month! He is an amazing Med-Tech on the Farmington Square team.

Michael enjoys being outside in nature. He also likes going to new places to do some sightseeing. Michaels favorite genre of music is metal. He also enjoys spending his down time reading and spending time with his friends.

We are so glad you are a part of our team Michael!



Resident Spotlight: Pat T

This month we are honoring Pat as our resident of the month!

Pat loves being outside in nature. She also loves gardening.

Pat used to be the manger of a Asante lab. She is a huge Dodgers Fun! She has three sons and a niece. Her favorite foods includes popsicles, big macs and fried shrimp. She also loves spending time with her family.

We love having Pat here at Farmington Square!

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