

# CONNECTIONS

FULL SENIOR CARE: REHAB THERAPY, SENIOR CARE & ASSISTED LIVING NEWSLETTER | JUNE 2025

## Happy Father's Day: June 15

Be sure to take a moment on Sunday, June 15 to honor dads, foster fathers, grandfathers, uncles and the other important male role models in your life. Let him know how much he means to you by calling, texting, or visiting. Take him to dinner, nine holes of golf, fishing, or to a movie and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day.

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## A Sweet Bite of Donut History

Did you know there are two doughnut holidays each year? ***That's right— twice the excuse to indulge!*** The first sweet celebration lands on the first Friday in June, and the second is in November. **The June version, known as National Doughnut Day, was started by The Salvation Army as a way to honor the brave “doughnut lassies”—women who fried up doughnuts in service helmets and served them to soldiers during World War I.**

Years later, a new generation of morale-boosting women, known as the American Red Cross “Doughnut Dollies,” continued the tradition by supporting troops during Vietnam.

Over time, “doughnut” has often been shortened to “donut,” thanks to pop culture influences like *The Simpsons* and the ever-popular Dunkin’. And let’s be

honest—whether you’re calling it a doughnut or a donut, we can all agree they’re delicious!

These days, doughnuts have gone beyond simple powdered sugar or cinnamon. Hometown bakeries and specialty shops are dreaming up all kinds of mouth-watering combinations, like key lime pie, mocha crème, or even mango-filled delights. Some are topped with everything from cereal and crushed candy to flavored drizzles and cookie crumbles. But no matter how wild the toppings get, many still believe nothing beats the simple joy of a warm, freshly glazed donut.

With so many delicious options to choose from, what better time to enjoy your favorite than National Doughnut Day on June 6? **Whether you stick with the classics or try something new, there’s a donut out there for you.**



## Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

### Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



# WORD SEARCH

Find and circle the 25 words listed. The words are hidden diagonally, across, and up and down. All words are forward-reading. Good luck!

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

**BASEBALL  
BEACH  
BOAT  
FATHER  
GARDEN  
HEAT  
HYDRATE**

**ICE CREAM  
JUNE  
LEMONADE  
PARK  
PICNIC  
POPSICLE  
RELAX  
SANDALS  
SAND CASTLE**

**SEASHELL  
SHORTS  
SUMMER  
SUNGLASSES  
SUNSHINE  
SWIM  
VACATION  
WATER  
WATERMELON**

