

Healthy Living Tips For July

The Month of July has been set aside for *National Social Wellness Month*. Most people are aware that in order to be healthy you have to live a healthy lifestyle; however, very few are aware that being healthy is not just physical exercise and eating well, but it is also your Social Connections and interactions that also play a big role in our overall wellbeing. We all know how much sleep we should get, and to eat properly and exercise,



but how many of us consider doing things to increase our social well being? Here are a few tips try out:

- *Reconnect and talk to a friend, or even better, make a new one or two.*
- *Try a new activity or revive an old interest, we are always happy to have you join us in activities.*
- *Go for a walk, and get some fresh air and sunshine & Vitamin-D People are generally happier when the sun is shining.*
- *Enjoy coffee with a friend.*
- *Try being more compassionate with others; a little consideration goes a long way.*
- *Laugh more, and don't take things too seriously, sometimes laughter is the best medicine.*
- *Ask for help, you never have to feel alone.*

Kirsten Coluccio RN
Director of Resident Services

We hope you follow these Tips and have a Safe Month!



Department Contacts

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ISLAND ASSISTED LIVING

Island Assisted Living Newsletter

July 2022

A Word From your Administrator

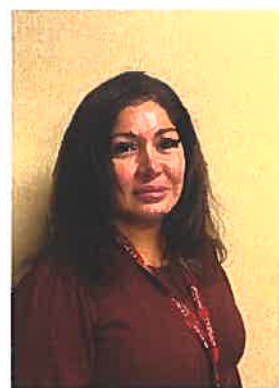


tuned!!

Dana Mori
Administrator

Here at Island Assisted Living we're all so excited that summer is in full swing. This means more outdoor activities and trips for all of our residents. Of course as beautiful as summer afternoons are, we have to always make sure to stay hydrated. We have some pretty exciting stuff that we are planning over the next couple weeks so stay

A Word From Recreation



Tanya Barone
Recreational Director

Now that the warmer weather is finally here, its finally time to go outside and catch a tan. We have a jam packed month filled with tons of trips, activities, entertainers, and so much more!! For those interested in going on our weekly trips, please come down to my office to sign up early. If anybody has any questions don't hesitate to knock on my door. I hope everyone has a fantastic 4th of July and rest of the month.

Happy July Birthday to:

S. Russo	07/7
L. Bush	7/9
R. Pesante	7/9
N. Kallman	7/17
P. Flechner	7/19
D. Winsten	7/19
D. Egan	7/21
A. Tomlinson	7/23
R. Tripodo	7/24
T. Coleman	7/30
S. Velders	7/31

Special This Month

- 4th of July Social in the media room on 07/04 in the Media Room at 1:00 PM
- Entertainment with Carl Jr in the Media Room on 07/05 at 2:00 PM
- Trip to the Malvern Cinema on 07/06 at 11:30 AM
- Fran's Gift of Silver on 07/07 in the Fish Room at 10:30 AM
- Janet's Discounts on 07/12 in the Fish Room at 10:30 AM
- Trip to IHOP on 07/13 at 11:30 AM
- Visit with Deacon Patrick on 07/17 in the Media Room at 1:00 PM
- Women's Group Meeting on 07/17 in the Game Room at 4:00 PM
- Resident Council Meeting on 07/20 in the Media Room at 1:00 PM
- Dori's Vendor Shop on 07/26 in the Fish Room at 10:30 AM
- Trip to the Dairy Queen on 07/27 at 11:30 AM
- Monthly Birthday Party with George on 07/29 in the Media Room at 2:00 PM
- Catholic Rosary & Mass every Tuesday at 9:30 AM in the Media Room
- Communion with Kellenberg every Wednesday in the Media Room at 3:45 PM
- Shabbat Service every Friday in the Media Room at 1:00 PM