

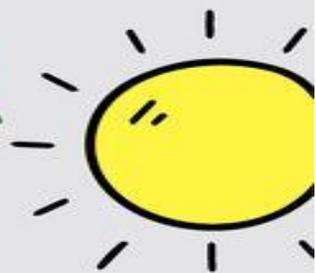
AUGUST 2023

ST. MARY'S INDEPENDENT LIVING EXTENSIONS DAY PROGRAM CALENDAR AND ACTIVITY GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RIGHT OF THE MONTH You have the right to see a doctor when you need to. Your responsibility is to report feeling ill or hurt as soon as possible.</p>	<p> ROSARY MAKERS OF AMERICA</p> <p>arts&crafts</p> <p>Games and Puzzles</p>	<p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>PARK Fitness Activities</p> <p>Literacy Skills & \$Money Management\$</p>	<p> Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>arts&crafts</p>	<p></p> <p>Lilburn Community Garden</p> <p>Games and Puzzles</p>
<p>GOALS</p> <p>Social Skills</p> <p>LIBRARY</p> <p>Charades & Sensory Activities</p>	<p> ROSARY MAKERS OF AMERICA</p> <p>arts&crafts</p> <p>Games and Puzzles</p>	<p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>PARK Fitness Activities</p> <p>Literacy Skills & \$Money Management\$</p>	<p> Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>arts&crafts</p>	<p></p> <p>Lilburn Community Garden</p> <p>Games and Puzzles</p>
<p>GOALS</p> <p>Social Skills</p> <p>LIBRARY</p> <p>Charades & Sensory Activities</p>	<p> ROSARY MAKERS OF AMERICA</p> <p>arts&crafts</p> <p>Games and Puzzles</p>	<p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>PARK Fitness & Fun</p> <p>Literacy Skills & \$Money Management\$</p>	<p> Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>arts&crafts</p>	<p></p> <p>Lilburn Community Garden EMERGENCY PREPAREDNESS Fire Evacuation Drill</p> <p>Games and Puzzles</p>
<p>GOALS</p> <p>Social Skills</p> <p>LIBRARY</p> <p></p> <p>Weight Check</p>	<p> ROSARY MAKERS OF AMERICA</p> <p>arts&crafts</p> <p>Games and Puzzles</p>	<p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>PARK Fitness & Fun</p> <p>Literacy Skills & \$Money Management\$</p>	<p> Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>arts&crafts</p>	<p></p> <p>Lilburn Community Garden EMERGENCY PREPAREDNESS Severe Weather Drill</p> <p>Games and Puzzles</p>
<p>GOALS</p> <p>Social Skills</p> <p>LIBRARY</p> <p>Charades & Sensory Activities</p>	<p> ROSARY MAKERS OF AMERICA</p> <p>arts&crafts</p> <p>Games and Puzzles</p>	<p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>PARK Fitness & Fun</p> <p>Literacy Skills & \$Money Management\$</p>	<p> Social Skills</p> <p>CHAIR CARDIO</p> <p>YouTube Video</p> <p>arts&crafts</p>	<p>Celebrate AUGUST BIRTHDAYS!</p>



SUMMER HEALTH



TIPS & RISKS



SUNBURN¹

Apply sunscreen 30 minutes before sun exposure and reapply every 2 hours and after swimming or sweating.



DEHYDRATION^{2,3}

SYMPTOMS INCLUDE:



CRAMPING



DIZZINESS



DROWSINESS



IRRITABILITY



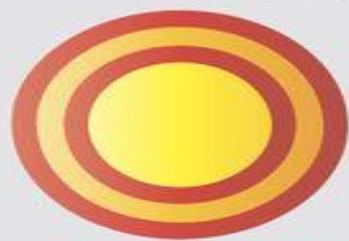
TROUBLE FOCUSING



LYME DISEASE¹

An estimated 300,000 Americans are diagnosed with Lyme Disease each year.

TIP: Avoid unmarked & untended trails to reduce exposure to ticks and always wear insect repellent when outdoors.



POISON IVY OAK & SUMAC⁴

85% of people are allergic to Poison Ivy, Sumac, or Oak. It is the Most common allergy in America, affecting 50 million per year.



EYE SAFETY⁵

Long-term exposure to UV rays may increase risk of cataracts.

Wear UV protective sunglasses & hats to reduce exposure.



TIP: Wear long sleeves and long pants when walking on trails.



TIP: Wear goggles in the pool to avoid irritation from chlorine & bacteria.

[1] Time Com, Best 11 Summer Health Hazards, June 1, 2014. Accessed May 2017. <http://time.com/2866911/best-11-summer-health-hazards/>
 [2] Mind Body Green, 5 Hydration Facts You Need to Know (But Probably Don't), July 3 2013. Accessed May 2017. <http://www.mindbodygreen.com/101/2015-hydration-facts-you-need-to-know-but-probably-dont.html>
 [3] Medicinemed.com, Dehydration. Accessed May 2017. <http://www.medicinemed.com/health/conditions/dehydration.html>
 [4] American Skin Association, Poison Ivy, Sumac and Oak. Accessed May 2017. <http://www.americanskin.org/resources/poisonivy.php>
 [5] Improve Vision Naturally, Those SummerTime Dangers & 6 Ways of Protecting Your Eyes in the Summer. Accessed May 2017. <http://www.improve-vision-naturally.com/protecting-your-eyes-in-the-summer.html>