



Tips for Reading More Effectively

Book Lovers Day, August 9, celebrates the joy of reading and encourages people to immerse themselves in their favorite books. It's a perfect occasion to appreciate the magic of literature and discover new stories. Want to become a better reader or enjoy reading even more? Here are few tips for being an effective reader:

Read Regularly: Practice makes progress.

Identify Main Ideas: Focus on key characters and their roles in the plot.

Stay Focused: Concentrate on the text, recapping each chapter before moving on.

Manage Your Time: Set time limits for specific reading tasks.

Reading is a rewarding cognitive activity.

Go grab your favorite book or one from the top of the "to be read" stack and enjoy!



HONORING AND APPRECIATING OUR SENIOR LOVED ONES

Senior Citizen Day, celebrated annually on August 21, is a special occasion dedicated to honoring and appreciating the contributions of older adults. It serves as a reminder to show respect, support, and care for seniors while raising awareness about the unique challenges they may face. On this day, various activities and events are organized nationwide to engage and uplift seniors, including:

- **Community gatherings:** Community centers, retirement homes, and organizations host special events where seniors can socialize, participate in games, enjoy music, and reminisce together.
- **Intergenerational activities:** Activities that bring different age groups together – such as art projects, cooking classes, or

mentoring programs – promote interaction and foster mutual understanding and respect.

- **Volunteer initiatives:** Seniors can get involved in volunteer projects that allow them to use their skills and experience to contribute to their communities. Common examples include tutoring, mentoring, or assisting in local charities.
- **Wellness programs:** Health and wellness activities such as exercise classes, yoga sessions, and educational workshops promote physical and mental well-being for seniors.
- **Family visits or meals:** Whether you simply visit, participate in an engaging activity or share a meal, they are each a great opportunity to enjoy quality time together.

National Lemonade Day: August 20

National Lemonade Day was originally held on the first Sunday in May, but it was recently moved to August 20 as a national event. With its increase in popularity, Lemonade Day has evolved far beyond one weekend, with multiple countries celebrating.

Decades ago, neighborhood lemonade stands used to be fun summertime activities where lemonade sold for approximately 5 or 10 cents per cup. Now lemonade stands can be entrepreneurial endeavors with attractive themed-booths for charity benefits and fundraisers with prices ranging from \$0.50 a cup to over \$2.00! Although prices and purpose of lemonade may have changed over time, memories continue to be made each summer at community stands.

Get creative this summer and try a unique flavor of lemonade by adding seasonal berries, herbs (mint, basil, lavender), or soda water. Or enjoy the original classic flavor with friends and family as you reminisce about your favorite summer memories. Did you ever have a lemonade stand? If so, how much did you sell it for? What did you use your profits for? What kind of lemonade recipe did you use, and was it fresh squeezed?



FIVE WAYS TO HELP YOU RELAX ON RELAXATION DAY: AUG. 15

Feeling stressed, tired, or just having a rough day? On Relaxation Day, August 15, try some of these five simple ways to relax and reduce stress:

Stretching: Lie down or sit comfortably and slowly stretch through your body, holding each stretch for ten seconds, including your face and neck. Yoga or pilates classes, whether in-person or online, are also beneficial.

Deep Breathing: Lie down or find a comfortable position, inhaling deeply through your nose for 5-10 seconds, then exhaling slowly through pursed lips for twice as long. This can help lower heart rate and clear your mind.

Guided Imagery: Close your eyes and imagine a peaceful scene at your favorite vacation spot, focusing on sensory details like warmth and breeze, while practicing deep breathing.

Spa Treatments: Treat yourself to relaxing spa activities such as massages, manicures, pedicures, aromatherapy, or soothing music.



Leisure Time: Unwind with your favorite TV show, movie, or music, and invite a friend or family member to join you for a couple of hours of relaxation.

Find what works best for you and incorporate one or a combination of methods into your daily routine for a happier mind and body!

COLOR ME!:

Coloring isn't just for children – it has been proven to have great benefits for all ages, including stress relief, improving motor control, creativity and increasing concentration. Coloring books targeted towards adults have become a popular trend in our country in the last few years. **On August 2, National Coloring Book Day**, grab some crayons, colored pencils or markers for some relaxing fun!



The S'more: A Classic Summer Treat

To celebrate S'more Day on August 10 and Toasted Marshmallow Day on August 31, treat yourself to a unique spin on a campfire classic: the s'more. Traditionally made with chocolate and toasted marshmallows sandwiched between two graham crackers squares, here are some more ways to enjoy this delicious summer sweet:

Cracker Crumbs: Try Ritz crackers, Biscoff cookies, your favorite homemade cookies or rice cakes.

Go Bananas: Add a few sliced bananas to your S'more.

Spice it Up: Add a sprinkle of cocoa powder,

cinnamon, chili powder or hot honey to your next s'more.

Chocolatey Goodness: Mix and match the chocolate. Try milk chocolate, white chocolate, dark chocolate, sweet German chocolate, or chocolate nut bars.

Candy is Dandy: Instead of a bar of chocolate, substitute salted caramel squares, Reese's peanut butter cups, or York peppermint patties.

Fruit Filling: Try adding apple or cherry pie filling or roasted peach slices with your chocolate and marshmallow fill for a pie-like treat!



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Celebrate The King!

Elvis Week is August 9-17

Elvis Presley, known throughout the world by his first name, is widely regarded as one of the most influential figures of 20th century music and popular culture, and his status as a cultural icon appears strong as ever. 2024 will mark the 47th anniversary of his passing.

Elvis Facts:

- The international superstar was an accomplished and influential artist in several genres of music: rock, pop, country, R&B and gospel.
- Elvis has been inducted into the Rock and Roll Hall of Fame, the Country Music Hall of Fame and the GMA Gospel Music Hall of Fame – the only artist with the distinction of being honored by all three.
- He enjoyed eating peanut butter and banana sandwiches and would often add bacon and grape jelly.



Sources: graceland.com

HAPPINESS HAPPENS MONTH: FOUR SIMPLE STEPS TO HAPPINESS

Every person deserves to be happy, and happiness can be positively influential! The more happy people there are, the more likely they are to inspire others. We owe it to ourselves and society to work on our happiness. Try these four simple steps:

Ready Yourself for Happiness:

Commit to being happy and understand that true happiness comes from within, not from luck, possessions, or lifestyle.

Envision Yourself as Happy:

Each day, imagine yourself laughing, smiling, and relaxing. The more you

visualize happiness, the easier it becomes to feel genuinely happy.

Assume You Will Be Happy:

Choose to be happy by recognizing that there is always something in your life to be grateful for, whether big or small. Show your appreciation and gratitude for increased happiness.

Pursue Your Happiness:

Identify what makes you happy, whether it's a hobby, activity, or spending time with loved ones. Make time for these joy-inducing pursuits, and happiness will naturally follow.



AUGUST – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

ACTIVITY

BOOKS

COLOR

ELVIS

HAPPINESS

KING

LEMONADE

MARSHMALLOW

MUSIC

PRESLEY

READ

RELAX

SENIOR

SMORE

WELLNESS