











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CC - Computer Center 2nd Flr CGR - Card &amp; Game Room LB - Library in Front Entry FL - Florida Room beside GR GR - Great Room PDR - Private Dining Room WC - Wellness Center - Lower Level</p>						<p><b>1</b> National Pen Pal Day</p> <p>7:00 pm Rummikub Night - GR</p>
<p><b>2</b> National Bubba Day</p> 	<p><b>3</b> World Bicycle Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>2:00 pm Movie Time - GR 6:30 pm Poker Group-CGR</p>	<p><b>4</b> Old Maid's Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Allied Band Exercise &amp; Ask a Nurse - GR</b></p> <p>1:00 pm Shopping Trip Outing 3:30 pm Hand &amp; Foot - GR 7:00 pm Game Time - GR</p>	<p><b>5</b> Hot Air Balloon Day</p> <p>Continental Breakfast in GR 7:30 am - 10:00 am</p> <p>10:30 am Line Dancing - GR 1:30 pm Mahjong - GR 4:00 pm Short Story Time-GR</p>	<p><b>6</b> National Eyewear Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>1:00 pm Shopping Trip Outing 6:30 pm Mahjong - GR 6:30 pm Poker - CGR</p>	<p><b>7</b> Donut Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p>2:00 pm Movie Time - GR</p>	<p><b>8</b> Belmont Stakes Day</p> <p>7:00 pm Rummikub Night - GR</p>
<p><b>9</b> Donald Duck Day</p> 	<p><b>10</b> Ball Point Pen Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:15 am Freedom Home Care Exercise Class - GR</b></p> <p><b>11:00 am Freedom Presentation</b></p> <p>2:00 pm Movie Time - GR 6:30 pm Poker Group-CGR</p>	<p><b>11</b> Cotton Candy Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Allied Band Exercise &amp; Ask a Nurse - GR</b></p> <p>1:00 pm Shopping Trip Outing <b>2:00 pm Bingo - GR</b> 3:30 pm Hand &amp; Foot - GR 7:00 pm Game Time - GR</p>	<p><b>12</b> Loving Day</p> <p>Continental Breakfast in GR 7:30 am - 10:00 am</p> <p>10:30 am Line Dancing - GR 1:30 pm Mahjong - GR</p>	<p><b>13</b> Roller Coaster Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>1:00 pm Shopping Trip Outing 6:30 pm Mahjong - GR 6:30 pm Poker - CGR</p>	<p><b>14</b> Flag Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p>2:00 pm Movie Time - GR <b>5:00 pm Resident Dinner</b></p>	<p><b>15</b> National Prune Day</p> <p>7:00 pm Rummikub Night - GR</p>
<p><b>16</b> Father's Day</p> 	<p><b>17</b> Root Beer Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>2:00 pm Movie Time - GR 6:30 pm Poker Group-CGR</p>	<p><b>18</b> National Splurge Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Allied Band Exercise &amp; Ask a Nurse - GR</b></p> <p>1:00 pm Shopping Trip Outing <b>2:00 pm Birthday Party - GR</b> 3:30 pm Hand &amp; Foot - GR 7:00 pm Game Time</p>	<p><b>19</b> World Sauntering Day</p> <p>Continental Breakfast in GR 7:30 am - 10:00 am</p> <p>10:30 am Line Dancing - GR 1:30 pm Mahjong - GR 7:00 pm Starlight Needlework-GR</p>	<p><b>20</b> World Refugee Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>1:00 pm Shopping Trip Outing 6:30 pm Mahjong - GR 6:30 pm Poker - CGR</p>	<p><b>21</b> Summer Solstice</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p>2:00 pm Movie Time - GR</p>	<p><b>22</b> World Rainforest Day</p> <p>7:00 pm Rummikub Night - GR</p>
<p><b>23</b> National Hydration Day</p> 	<p><b>24</b> Faerie Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>2:00 pm Movie Time - GR 6:30 pm Poker Group-CGR</p>	<p><b>25</b> National Catfish Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Allied Band Exercise &amp; Ask a Nurse - GR</b></p> <p>1:00 pm Shopping Trip Outing <b>2:00 pm Bingo - GR</b> 4:00 pm Hand &amp; Foot - GR <b>7:00 pm Left-Right-Center - GR</b></p>	<p><b>26</b> National Canoe Day</p> <p>Continental Breakfast in GR 7:30 am - 10:00 am</p> <p>10:30 am Line Dancing - GR 1:30 pm Mahjong - GR</p> <p><b>6:30 pm Variety Show - GR</b></p>	<p><b>27</b> PTSD Awareness Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>1:00 pm Shopping Trip Outing 6:30 pm Mahjong - GR 6:30 pm Poker - CGR</p>	<p><b>28</b> Paul Bunyan Day</p> <p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>1:00 pm Book Club - PDR</b></p> <p>2:00 pm Movie Time - GR</p>	<p><b>29</b> Armed Forces Day</p> <p>7:00 pm Rummikub Night - GR</p>
<p><b>30</b> Log Cabin Day</p> 	<p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>2:00 pm Movie Time - GR 6:30 pm Poker Group-CGR</p>	<p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Allied Band Exercise &amp; Ask a Nurse - GR</b></p> <p>1:00 pm Shopping Trip Outing <b>2:00 pm Bingo - GR</b> 4:00 pm Hand &amp; Foot - GR <b>7:00 pm Left-Right-Center - GR</b></p>	<p>Continental Breakfast in GR 7:30 am - 10:00 am</p> <p>10:30 am Line Dancing - GR 1:30 pm Mahjong - GR</p>	<p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>10:30 am Freedom Home Care Exercise Class - GR</b></p> <p>1:00 pm Shopping Trip Outing 6:30 pm Mahjong - GR 6:30 pm Poker - CGR</p>	<p>Continental Breakfast in GR 7:30 am - 10:30 am</p> <p><b>1:00 pm Book Club - PDR</b></p> <p>2:00 pm Movie Time - GR</p>	<p>7:00 pm Rummikub Night - GR</p>

## Benefits of Sunshine & Fresh Air

Research shows that spending time out in nature is good for our bodies, minds and spirits. An article from Harvard Health Publications titled "A prescription for better health: go al fresco," as well as studies published in the Journal of Environmental Psychology, acknowledge the value of spending time out in the sunshine. Proven benefits include:

1. Higher Levels of Vitamin D – Direct sunlight is our bodies' main source of Vitamin D. Even just a few minutes of sun exposure a day can help increase your levels of Vitamin D, which has been known to help fight off osteoporosis, cancer and depression.
2. Potential for Faster Healing – Spending time in the sun could help you get over an illness or injury faster. Studies show that those exposed to more natural light have quicker recoveries and experience less pain than those who were exposed to artificial light.
3. Increased Physical Activity – When we're outdoors, we're more likely to engage in physical activities than when we are stuck indoors. Walking, cycling, gardening and other recreational activities work to keep us at optimal physical health.
4. Breaks Through Boredom – Going outside can get your brain moving, too. Even if you simply sit outside or take a short stroll, the sensory stimulation that nature provides eliminates boredom.
5. More Social Opportunities – Outdoor space allows seniors more opportunities to do things with others. In turn, spending time with other people boosts self-esteem and positivity, and it can keep us from feeling lonely and out of touch, which could lead to depression.
6. Better Sense of Overall Health – Psychological studies link time spent out in fresh air and sunshine to a greater sense of vitality. Not only does being outside benefit you with more energy throughout the day, but vitality helps our bodies become more resilient to physical illness.
7. Greater Feelings of Happiness – We have a natural connection to living things. When we're out in nature, it's easy to feel like we belong in our environment and foster a sunny disposition. As said in an article by the University of Rochester, "Being outside in nature makes people feel more alive."

The Wellness Center is a service offered to every resident at The Homestead, to help monitor basic health vitals as well as to answer minor health questions. So please visit Nurse Karen or Ron at the Wellness Center every Tuesday morning between 9:30 to 11:30 am.

[www.alliedcarehomehealth.com](http://www.alliedcarehomehealth.com) or office# 847-296-9955

## Living with Forgetfulness?

Do you know a friend or loved one suffering from dementia and/or unable to remembering things? We all forget things from time to time, but with a memory loss issue or just old age, it may become part of an everyday routine. Most of us have way too many things on our plate, even if you are retired!

At **Freedom Home Care**, we have put together some tips to help with forgetfulness and better maintain your independence or assist a friend in doing so.

First, an old-fashioned checklist is a great way to remind yourself, a friend or loved one to remember what needs to be done. It also is a great way to feel accomplished at the end of the day when you have completed those tasks!

Another place where forgetfulness can rear it's ugly head, is managing medication. A leading cause of seniors ending up in hospital is forgetting to take medication or doubling up because one forgot that they took their meds and they take them again.

Using pill planners, getting medication pre-packed, or the new smart phone/tablet applications now available can be essential tools to help keep you and your medications organized. There are many pill reminder applications available to download on a smartphone, tablet, or even some televisions that might be a good idea to consider. Medication reminder apps are easy to set up and go a long way in giving an extra hand.

Remembering to properly turn off the stove/oven each time a meal is done is another tip for a friend or loved one to remember. If they still love to cook, have a friend or caregiver with them so they can help remind you or your loved one to turn everything off finished.

Last but not least, locate important documents and take copies so you do not forget them, and always have a backup. If you have a friend or loved one that cannot remember where their important documents are, this is a great way to not risk them being lost or forgotten.

We hope these tips help you, a loved one, or a friend to be better organized!

[www.freedomhomecare.net](http://www.freedomhomecare.net) or call 847-433-5788