



EXECUTIVE DIRECTOR

Mary Ellen Terardi

Many times I will share with you events and happenings in our small town of Clinton. This month brings a fun family event on August 24th. The Clinton Summer Fest & Fireworks. The Clinton Chamber of Commerce works hard all year to find sponsors to host the most amazing fireworks display on the shoreline. This is a great way to end the summer and celebrate as a family. The Fireworks are released at the Town Beach at the end of Waterside Lane. The gift to us at Ocean Meadow is that you can sit on the front porch and see them clearly. There are food trucks, live music and lots of fun for the kids at the Town Beach and behind the Clinton Town Hall. Also, as a family member of a resident here, you are more than welcome to park your car and walk to the town beach or Town Hall for the event. If you would like to park your car in our lot, you must sign up for a spot. You will receive a ticket to put on your dashboard, otherwise all other unmarked vehicles will be towed. Parking spots are on a first come first serve basis. If you have any questions, please do not hesitate to reach out to me. Happy end of Summer!

Mary Ellen

UPCOMING EVENTS

*Chamber of Commerce
Concerts August 1st and
8th*

*Clinton Summer Fest
August 24th*

*Hawaiian Luau
August 28th*





Nursing Department

Joan.reynolds@oceanmeadowSL.com

National Eye Exam Month – August 2024

This August, observe National Eye Exam Month by learning about ways to keep your vision clear and healthy. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.



Millions of us need help

It's estimated that around 12.2 million Americans need vision correction.

Don't forget about your kids

Somewhere around half of all children under the age of 12 have never had their eyes checked.

The eyes have it

While it takes some time for most parts of your body to warm up to their full potential, your eyes operate at 100% at all times.

Eyes require enormous cerebral power

Seeing is such a big part of everyday life that it requires about half of the brain to get involved.

Eyes can be fixed

Most vision problems worldwide are avoidable or curable.





Director of Marketing and Admissions, Service Coordinator

Erin Soucy

As we step into August, let's savor the last days of summer by enjoying the sunshine and fresh air! As we age, our bodies may have a harder time regulating temperature, making older adults more susceptible to heat-related illnesses such as heat stroke and dehydration during the summer months. Consider providing your loved one with some lightweight, breathable clothing, a wide brimmed hat, and sunscreen so they can enjoy the outdoor patios with us.

While many of our folks love their fuzzy socks—lightweight cotton socks are preferred for these hotter months! Amazon has great options with built in gripper dots on the bottom. I hope you all are enjoying your summer! Feel free to reach out at erin@oceanmeadowSL.com if you have any concerns.

Erin

friends

SMILE+



HAPPY BIRTHDAY

Happy Birthday to the following Residents!

- Pauline W August 9th*
- Adrenne L August 20th*
- Jackie G August 24th*



WELCOME

*Welcome to our New Residents!
Barbara C and Liz C*



We Hope You Have A Wonderful Day!

Activity Director

Debbie Williams

Hello families,

Just a reminder to check out our Activities calendar and join us for one of our live music shows during the week. We always love having the "Back Porch Pickers" come every other Friday, as well as a different selection of entertainers that come to perform for your loved one. Also, we would still love to have some of your favorite recipes that your loved ones used to make, so that our chef's here can cook it here for everyone to enjoy! Bring them by on your next visit.

Debbie



Director of Dining Services

Cheryl Douglas

Eat This, Not That!

9. There's a reason students give apples to teachers



Ever curious as to why students have always gifted apples to teachers? It's because from the 16th century, teacher's salaries were so low, student's families would compensate for that by providing them apples, which were a common crop during this time period.

10. Bugs could be lurking in your food



Your favorite foods contain bug fragments! The FDA allows trace amount of bug parts in everyday items!

Enjoy some heart healthy Peaches!!



Health benefits of Peaches

- They are a moderate source of potassium, which is an important nutrient to help control blood pressure.
- They contain soluble fibre that helps stabilize blood sugar & keeps cholesterol levels in check.
- They also contain insoluble fiber that aids in digestion & helps prevent constipation.
- The plant-based polyphenols & prebiotics that are found in peaches can decrease inflammation.
- They also contain antioxidants, including Vitamin C, polyphenols & carotenoids that boost your immune system.

