



Recipe of the Week:

Snug & Comfort will be posting seasonal health recipes for everyone to give a try every Tuesday, keep an eye out on Facebook and our Blog page for these new seasonal recipes.

Employee of the Month

Ashley Brooks is a warmhearted caregiver who has shown outstanding workmanship and dedication to her many clients. Ashley has been an asset to the Snug & Comfort team since June of 2017.



Fun in the Summer Sun:

After a long winter, seniors are eager to get outdoors and enjoy the summer sun. It's the perfect opportunity to help seniors develop healthy exercise habits.

In fact, the CDC recommends that adults 65+ should get 2.5 hours of moderate activity each week.

Studies also show that exercise mixed with Vitamin D reduces senior depression and anxiety. Here is a few summer activity ideas:

- Gardening
- Taking a walk
- Swimming
- Board games or card game outside
- Host or attend a BBQ or Picnic
- Attend a sporting event



Keeping Safe this Summer:

Here are some guidelines for keeping safe in hot weather:

- Drink Plenty of Liquids
- Wear Appropriate Clothes
- Stay Indoors During Mid-day Hours
- Take it Easy
- Watch the Heat Index
- Seek Air-conditioned Environments
- Know the Warning Signs of Heat-related Illness

For detailed ways on how to stay safe with the summer heat, there will be a blog post this month about summer safty as well as one about fun summer activities to try.

Up Coming Events:

Snug and Comfort is planning to have their first annual client/caregiver appreciation picnic in Mid-July. More information in regard to the picnic's location, time, and details will be provided with in the next few weeks.



Follow us on facebook as well as check out our weekly blog that includes educational information on ageing.



Check us out at:
www.snugandcomfort.com

Facebook
<https://snugandcomfortageingboldly.weebly.com>

