



NEWSLETTER

June 2024

Adult Medical Daycare

Seinor Center Plus

Dementia Care



Welcome to the June Edition of our Worldshine Newsletter!

At Life Enrichment, your loved one will benefit from meaningful programs, quality health care, and opportunities for socialization.



240-422-7166



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110 Thomas Johnson Dr Suite 150,
Frederick, MD 21702



Please visit our website for a digital version of the newsletter

We are excited to announce an upcoming special event at our adult daycare center!

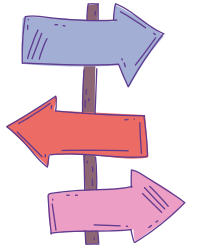
SPECIAL EVENTS

UPCOMING
EVENTS

**6/1 Saturday
Music Performance
by TACY**



**Every Saturday
9:45am
*Field Trip/
Super Bingo**



**6/14 Friday
Father's Day Dads
Competition**

Shopping Days

6/4: Walmart

6/11: Gabe's

6/18: Dollar Tree

6/25: H-Mart



**6/20 Thursday
Hair Cut Service**



**6/26 Wednesday
Summer Citrus
Fruit Bouquet**



Recurring Activities

Every Monday: Painting Class

Every Thursday: Tai Chi Class & Bingo

Every Friday: English & Chinese Classes



**ALL ACTIVITIES
ARE SUBJECT
TO CHANGE**

• Check with the calendar



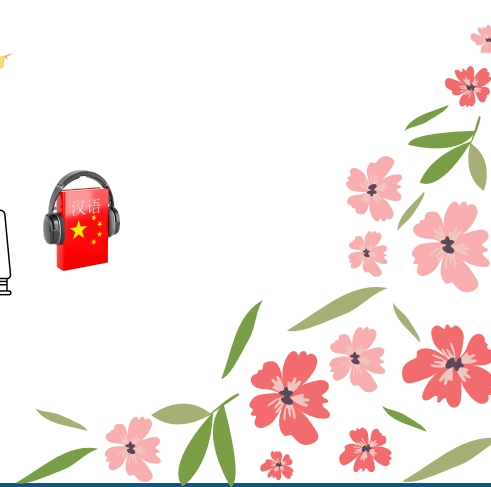
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MON TUE WED THU FRI SAT



Healthy Tips



Berries

They are in season and at their best this time of year, so eat them up! Eating berries in the summer is a delightful way to enjoy the season while reaping numerous health benefits. Here are some reasons to include berries in your summer diet and tips on how to enjoy them:

Health Benefits of Berries

1. Rich in Antioxidants:

- Berries like blueberries, strawberries, raspberries, and blackberries are packed with antioxidants, which help protect your cells from damage by free radicals.

2. High in Vitamins and Minerals:

- Berries are excellent sources of vitamins C and K, manganese, and fiber. These nutrients are essential for maintaining a healthy immune system, promoting skin health, and supporting digestive health.

3. Hydrating and Refreshing:

- Berries have high water content, which helps keep you hydrated during the hot summer months.

4. Low in Calories:

- Berries are naturally low in calories, making them a perfect snack for those looking to maintain or lose weight.

5. Anti-Inflammatory Properties:

- The phytochemicals in berries have anti-inflammatory properties that can help reduce the risk of chronic diseases.

Tips for Enjoying Berries in the Summer

1. Fresh and Raw:

Enjoy berries fresh and raw for a quick, nutritious snack. They are perfect for snacking on the go or adding to your lunchbox.

2. Smoothies:

Blend a mix of berries with yogurt, milk, or a plant-based alternative for a refreshing and healthy smoothie.

3. Salads:

Add berries to your salads for a burst of sweetness. They pair well with leafy greens, nuts, and a light vinaigrette.

4. Desserts:

Use berries as a natural sweetener for desserts. Top your yogurt, ice cream, or cakes with fresh berries.

5. Homemade Popsicles:

Freeze a blend of berries with juice or yogurt in popsicle molds for a cool, refreshing treat.

6. Infused Water:

Add berries to your water or sparkling water for a delicious and visually appealing beverage.

7. Breakfast:

Include berries in your breakfast routine by adding them to cereal, oatmeal, or yogurt parfaits.

8. Preserves and Jams:

Make your own berry preserves or jams to enjoy the taste of summer all year round.



Tips for Selecting and Storing Berries

1. Choose Wisely:

When buying berries, look for ones that are firm, plump, and brightly colored. Avoid berries that are mushy or have mold.

2. Storage:

Store berries in the refrigerator and wash them just before eating to extend their shelf life. For longer storage, consider freezing them.

3. Freezing Berries:

To freeze berries, spread them out on a baking sheet and freeze until solid. Then, transfer them to a sealed bag or container. This method prevents them from sticking together.

Incorporating berries into your summer diet is not only delicious but also a fantastic way to boost your health. Enjoy the vibrant flavors and numerous benefits that these small, yet powerful, fruits have to offer!



Eating healthy fruits is particularly beneficial for seniors, offering a wide array of health advantages that support aging bodies and promote overall well-being.



June Birthdays



May this birthday bring you lots of amazing moments
and wonderful memories



Madeleine



Josephine



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Fun moments!





Love moments!



HAPPY Mother's DAY



If you have any questions or require additional information, please don't hesitate to contact our friendly staff

Front Desk: 301-378-2950

- General inquiries
- Attendance updates

Nursing: 240-928-0041

- Health updates
- Medication management

Social Work: 240-422-7166

- Refer a friend/family
- Application inquiries
- Medicaid assistance

Transportation: 301-338-1461

- Pick-up and drop-off
- Transport to appointments, grocery shopping, etc.

Stay Connected

Follow us on social media to stay updated on the latest happenings, view event photos, and engage with our vibrant community.