



NEWSLETTER

— A u g u s t 2 0 2 4 —

Adult Medical Daycare

Senior Center Plus

Dementia Care



Welcome to the August 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



director@worldshineamdc.com



110 Thomas Johnson Dr Suite 150,
Frederick, MD 21702



Please visit our website for a digital version of the newsletter

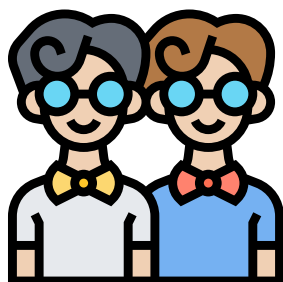
UPCOMING
EVENTS

Special EVENTS

Saturday
Music Performances
by TACY Foundation



8/9
Worldshine
Olympics Day



8/30
Twins Day



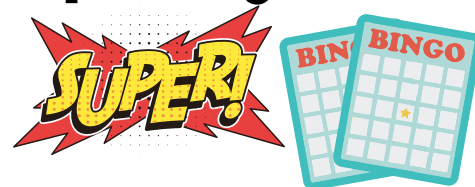
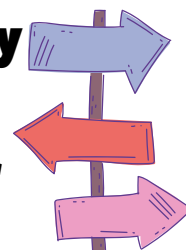
8/15 Monthly
Hair Cut Service

Shopping Days

8/6 - Walmart
8/13 - Ollie's
8/20 - TJ Maxx
8/27 - HMart



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



Recurring Activities

Every Monday: Art Class

Every Thursday: Tai Chi Class & Bingo

Every Friday: Language Classes



• Check with the calendar **ALL ACTIVITIES ARE SUBJECT TO CHANGE**

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August 2024 Menu

Milk, Tea, and Water offered with all meals



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Breakfast: Corn flakes, hard boiled egg, fruit Lunch: BBQ chicken nuggets, baked beans, french fries, breadsticks	2 Breakfast: Blueberry pancakes, scrambled eggs, fruit Lunch: Baked cod, pasta, cucumber salad, green beans	3 Breakfast: Cheerios, breakfast burrito, fruit Lunch: Cheese pizza, spinach, corn
4 5 Breakfast: Waffles, turkey sausage, fruit Lunch: Sweet & sour chicken brown rice, broccoli, zucchini	6 Breakfast: Chip beef, biscuits, fruit Lunch: Lemon herb tilapia, carrots, breadsticks, cauliflower	7 Breakfast: Rice Krispies, hard boiled egg, fruit Lunch: Egg salad on wheat, succotash, green beans	8 Breakfast: Wheat toast, pork sausage, fruit Lunch: Grilled ham steak, dinner roll, potato salad, peas	9 Breakfast: Granola, scrambled eggs, fruit Lunch: Cheeseburger, french fries, corn on the cob	10 Breakfast: White toast, sausage gravy, fruit Lunch: Crab cakes, herb rice, yellow squash, italian green beans 17 Breakfast: Cheerios, hard boiled egg, fruit Lunch: Shrimp scampi pasta, Italian green beans, corn	
11 12 Breakfast: Grits, scrambled eggs w/ cheese, fruit Lunch: Chicken salad on wheat, carrots, roasted corn	13 Breakfast: Corn flakes, pork sausage, fruit Lunch: Cheese quiche, roasted vegetables, green beans, garlic sticks 20 Breakfast: Omelet, oatmeal, fruit Lunch: Turkey on wheat, coleslaw, greenmeatballs, rice, peas, zucchini	14 Breakfast: Cream of wheat, egg sandwich, fruit Lunch: Hot dog, cucumber salad, french fries 21 Breakfast: Corn flakes, hard boiled egg, fruit Lunch: Sweet and sour	15 Breakfast: Wheat toast, turkey sausage, fruit Lunch: Grilled herb chicken, dinner roll, peas, zucchini 22 Breakfast: Granola, turkey sausage, fruit Lunch: Spaghetti, tuscan blend veggies, spinach	16 Breakfast: Oatmeal, breakfast burrito, fruit Lunch: Baked lemon cod, wild rice, salad, yellow squash 23 Breakfast: Sausage gravy, white toast, fruit Lunch: Lemon caper tilapia, cucumber salad, garlic bread, roasted veggies	24 Breakfast: Rice Krispies, breakfast burrito, fruit Lunch: Crab cake sandwich, french fries, succotash	
18 19 Breakfast: Sausage, cream of wheat, fruit Lunch: Pork chicken, roasted potatoes, mixed vegetables, bread sticks 26 Breakfast: Grits, scrambled eggs with cheese, fruit Lunch: Beef chili, cornbread, sweet potatoes, italian green beans	27 Breakfast: Chip beef, wheat toast, fruit Lunch: Chicken salad on wheat, baked potato, broccoli	28 Breakfast: Oatmeal, pork sausage, fruit Lunch: Cheeseburger, coleslaw, baked beans	29 Breakfast: Cream of wheat, hard boiled egg, fruit Lunch: Grilled BBQ chicken, cucumber salad, wild rice, zucchini	30 Breakfast: Pancakes, turkey sausage, fruit Lunch: Baked salmon, green beans, dinner roll, yellow squash	31 Breakfast: Waffles, scrambled eggs, fruit Lunch: Cheese pizza, carrots, corn	

Menu items are subject to change according to availability.



GOOD VIBES



AUGUST 2024



ALL ACTIVITIES
ARE SUBJECT TO
CHANGE

ALOHA

MON

TUE

WED

THU

FRI

SAT

<p>5</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Crafts from Eggs Carton</p> <p>11:30 Mile Happy Walk</p>	<p>6</p> <p>8:30 Morning Exercise</p> <p>9:45 Shopping- Walmart</p> <p>9:45 Physical Movement</p> <p>10:45 Trivia Game</p>	<p>7</p> <p>Dance</p> <p>8:30 Morning Exercise</p> <p>9:45 Dance Fit</p> <p>10:45 Recycled Crafts</p>	<p>1</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Tai Chi</p>	<p>2</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Language Club</p>	<p>3</p> <p>8:30 Morning Exercise</p> <p>9:45 Super Bingo</p> <p>11:00 My Country Movie</p>
<p>12</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Painting</p> <p>11:30 Eyes Care</p>	<p>13</p> <p>8:30 Morning Exercise</p> <p>9:45 Shopping- Ollie's</p> <p>9:45 Bowling</p> <p>10:45 Movie and Snacks</p>	<p>14</p> <p>8:30 Morning Exercise</p> <p>9:30 International Happiness Day</p> <p>9:45 Balloon Race</p> <p>10:45 Medical Skills</p>	<p>8</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Tai Chi</p>	<p>9</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:30 WorldShine Olympics Day</p>	<p>10</p> <p>8:30 Morning Exercise</p> <p>10:00 Music Performance By TACY Foundation</p> <p>11:00 Super Bingo</p>
<p>19</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Clay Crafts</p> <p>11:30 Finger Movement</p>	<p>20</p> <p>8:30 Morning Exercise</p> <p>9:45 Shopping- TJ Maxx</p> <p>9:45 Chair Yoga</p> <p>10:45 Show & Tell</p>	<p>21</p> <p>8:30 Morning Exercise</p> <p>9:45 Chair Zumba</p> <p>10:45 Jewelry Crafts</p>	<p>15</p> <p>Hair Cut Day</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Tai Chi</p>	<p>16</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Language Club</p>	<p>17</p> <p>8:30 Morning Exercise</p> <p>9:45 Super Bingo</p> <p>9:45 Field Trip- Library</p> <p>11:00 Tea Time</p>
<p>26</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Coloring</p> <p>11:30 Stretch</p>	<p>27</p> <p>Podiatrist Day</p> <p>8:30 Morning Exercise</p> <p>9:45 Shopping- HMart</p> <p>9:45 Elasticity Band</p> <p>10:45 Audio Story</p>	<p>28</p> <p>8:30 Morning Exercise</p> <p>9:45 Sol Yoga</p> <p>10:45 Welcome to Fall Crafts</p>	<p>22</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Tai Chi</p>	<p>23</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Sing in your own language</p>	<p>24</p> <p>8:30 Morning Exercise</p> <p>10:00 Music Performance By TACY Foundation</p> <p>11:00 Super Bingo</p>
			<p>29</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Tai Chi</p>	<p>30</p> <p>Twins Day</p> <p>8:30 Morning Exercise</p> <p>9:45 Bingo</p> <p>10:45 Sign Language</p>	<p>31</p> <p>8:30 Morning Exercise</p> <p>9:45 Super Bingo</p> <p>9:45 Field Trip- Fresh Farmers Market</p> <p>11:00 Games Time</p>

AUTUMN



Hot Weather Safety Tips



While summer brings us warmth, prolonged exposure to excessive heat can be dangerous. Keep these tips in mind when staying cool.

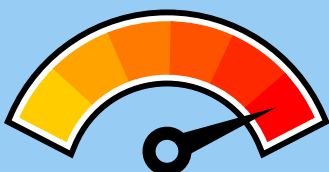
- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat.
- **Did someone say sunburn?** Apply a broad spectrum sunscreen lotion with SPF 30+ liberally to all exposed skin. Also, spray insect repellent when going outdoors.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Or wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.



Health Problems Caused by Heat

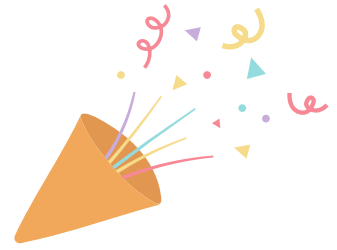


Dehydration	<p>What it is: A loss of water in your body. It can be serious if not treated.</p> <p>Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you’re dehydrated. If you don’t feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics (“water pills”), you should also call your healthcare provider for a follow-up.</p>
Heat stroke	<p>What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.</p> <p>Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.</p> <p>What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.</p> <p>Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.</p>
Heat exhaustion	<p>What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).</p> <p>What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don’t feel better quickly after moving to the shade and drinking liquids.</p>
Heat syncope	<p>What it is: Fainting caused by high temperatures.</p> <p>Warning signs: Dizziness or fainting.</p> <p>What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>





August Birthdays



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



Virginia

Irma



Frances

Laura

Aryan



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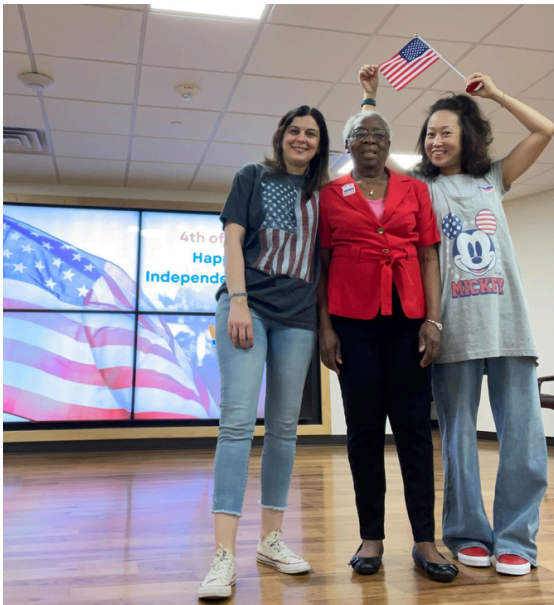


Fun moments!





Love moments!



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

Social Work: 240-422-7166

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

Nursing: 240-928-0041

- Dementia care
- Illness management
- Medication management
- Preventative care

Transportation: 301-338-1461

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

Stay Connected

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