

NEWSLETTER

July 2024

Closed Holidays

- Juneteenth
- Labor Day
- New Years Day
- 1/2 day on Christmas
- 1/2 day on Thanksgiving



Wisdom Corner

Nothing is impossible.
The word itself says
"I'm Possible"



Sleep Statistics

By Steve Marshall, DNP, MSN, BSN, RN,
Reviewed by Joshua Roland, MD, FAASM

"...Chronic sleep deprivation can contribute to depression and anxiety. Sleep disturbances can exacerbate existing mental health conditions," says Ryan Sultan, assistant professor of clinical psychiatry at Columbia University and medical director of Integrative Psych. "Additionally, sleep deprivation impairs cognitive functions like concentration, decision-making, and problem-solving, which can lead to increased stress and worsened mental health. Sleep-deprived individuals are more susceptible to emotional reactivity, making them more prone to experiencing negative emotions and irritability."...





MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

1 Lunch: Grilled cheese burgers, fries & veggies Snack: Apple Sauce

2 Lunch: Chicken salad on whole wheat bread or crackers w/ pickles tomatoes, onions lettuce and chips Snack: Cheese Sticks

3 Lunch: Enchilada pie Spanish rice. Chips & salsa Snack: Fruit Cups

4 Lunch: Beef Stew and crackers or corn bread Snack: Peanut butter & crackers

5 Lunch: Homemade pizza Snack: Granola bars

8 Lunch: Stuffed (garden) Cabbage Rolls side salad Snack: Meat/cheese & crackers

9 Lunch: meatloaf, mashed potatoes, veggies Snack: Apples & Peanut Butter

10 Lunch: Homema de chicken noodle soup and turkey club Snack: snack basket

11 Lunch: Fish Tacos, Fresh Snack: celery & peanut butter

12 Lunch: grilled cheese and broccoli soup Snack: Yogurt & fruit parfait

15 Lunch: Baked chicken, green bean casserole & veggie Snack: Apple Sauce

16 Lunch: Chef Salad with grilled chicken & Side veggie soup Snack: Cheese Sticks

17 Lunch: Tender Pot Roast & veggies Snack: Fruit Cups

18 Lunch: Chicken & Spinach Alfredo w/ french toast Snack: Peanut butter & crackers

19 Lunch: Turkey, dr essing, mac & cheese, greens, sweet potatoes, pies Snack: Granola bars

22 Lunch: chicken taco bowls Snack: Meat/cheese & crackers

23 Lunch: Edamame noodle, spinach, chicken & tomato spaghetti and side salad Snack: Apples & Peanut Butter

24 Lunch: Baked fish, roasted veggies and Squash rice Snack: snack basket

25 Lunch: Snack: celery & peanut butter

26 Lunch: Foodie Friday! Snack: Yogurt & fruit parfait

29 Lunch: Chef surprise Snack: Apple Sauce

30 Lunch: Tuna on crackers and a side salad Snack: Cheese Sticks

31 Lunch: Baked chicken, baked sweet potato, cabbage Snack: Fruit Cups

July 2024 Lunch Calendar



PHYSICAL

Health

Remember, your health is not a linear road to all knowing wellness. It has many important facets and the process (if handled correctly) will remake you over and over again in stages towards a happy healthy existence.

Next issue: Spiritual Health



Lets talk about **Diabetes**

Ask Chat GPT: Why is diabetes so prevelant in today's healthcare system?

There are numerous factors contributing to the widespread impact of diabetes globally:

- **Lifestyle Factors:** Sedentary habits, poor diets rich in processed foods, sugars, and fats, along with insufficient physical activity, are significant contributors to the increase in type 2 diabetes. These behaviors can lead to obesity and insulin resistance, key risk factors for diabetes.
- **Genetic Predisposition:** Some individuals have a genetic predisposition to diabetes, increasing their chances of developing the condition due to inherited traits.
- **Urbanization and Globalization:** Rapid urbanization and globalization have altered dietary patterns and activity levels, raising the risk of diabetes in populations previously less affected by the disease.
- **Age:** Diabetes risk rises with age, leading to increased prevalence as populations age.
- **Healthcare Access and Awareness:** Limited access to healthcare facilities in certain regions can result in delayed diagnosis and management of diabetes, leading to higher rates of complications.
- **Social and Economic Factors:** Socioeconomic elements like poverty, restricted access to nutritious foods, and inadequate healthcare infrastructure can contribute to higher diabetes rates in specific populations.
- **Obesity Epidemic:** The global surge in obesity closely correlates with the increased prevalence of type 2 diabetes. Obesity contributes to insulin resistance and metabolic dysfunction, key factors in diabetes development.
- **Ethnicity:** Certain ethnicities, including South Asians, Hispanics, and Native Americans, have a higher susceptibility to diabetes due to genetic and lifestyle factors unique to their communities.

To combat the escalating impact of diabetes, it is crucial to implement comprehensive public health strategies that focus on education, promoting healthier lifestyles, enhancing healthcare accessibility, and addressing social determinants of health.



PEACE FOR YOUR PIECES

UTOPIA POINT COMING SOON

Stay Tuned



Exclusive First Look

Project Overview

We invite you to join us on this exciting journey as we continue to grow our amazing company called Utopia Point! Experience each stage as if it was your own project. Watch the creation in every stage come to fruition. THEN, celebrate with us at our ground breaking ceremony ! Announcements forthcoming in each Margaret's Place news letter





HAPPY Birthday



Dorothy

Melvina



Darrell

Earl



James



Congratulations!

**Employee of
the Month**



Chef Craig

**Participant of
the Month**



Cierra (C.J)



Daily Schedule

- 8:00am - Coffee and Conversation
- 9:00am - Breakfast
- 10:00am - Reflections or Movie
- 11:00am - Workouts
- 12:00pm - Lunch
- 1:00pm - Brain Game or Movie
- 2:00pm - Physical activity
- 3:00pm - Game club
- 4:00pm - Riddles and Vittles
- 4:30 - Primetime Drama
- 5:00 - Home!





Monthly Schedule

- **1st Tuesday - Bingo w/ -Archwell**
 - **2nd Wednesday - Heaven sent Oils**
 - **1st Friday Field Trip**
 - **1st Monday - Movies w/ Mike**
 - **2nd Wednesday - Brooklyn Cuts Haircuts**
 - **3rd Wednesday - Massage Doc**
 - **3rd Friday - Foodie Friday**
- 



Weekly Schedule

- **Wednesday - SoulChild Awakenings**
 - **Mental Turning Point Yoga**
- 

Brain Puzzles!

SUMMER

WORD SEARCH

L	F	S	G	S	S	E	Q	T	K
L	N	K	M	A	A	T	A	O	N
T	P	L	S	U	N	B	U	G	S
H	P	O	O	L	D	H	S	A	T
O	T	R	I	P	X	F	I	S	H
T	I	Z	F	G	G	E	X	X	M
X	J	D	B	S	W	I	M	K	T
B	K	T	O	U	U	A	L	U	Q
Y	S	E	A	C	A	M	P	K	Y
X	A	Y	T	M	H	X	P	O	Z

BOAT
BUGS
CAMP
FISH
HOT
POOL
SAND
SUN
SWIM
TRIP



Spot the Difference

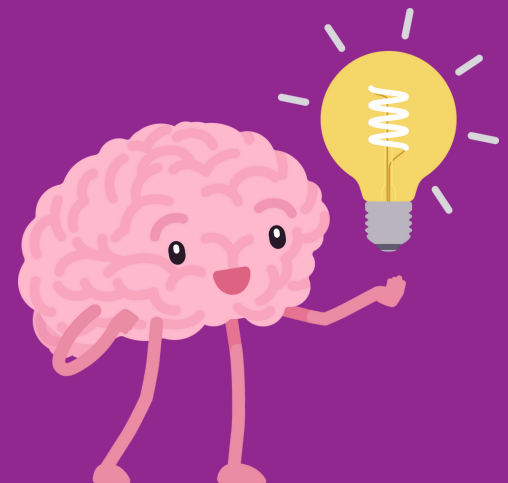
Spot 7 differences between the two pictures.



Can you name these States?



exas

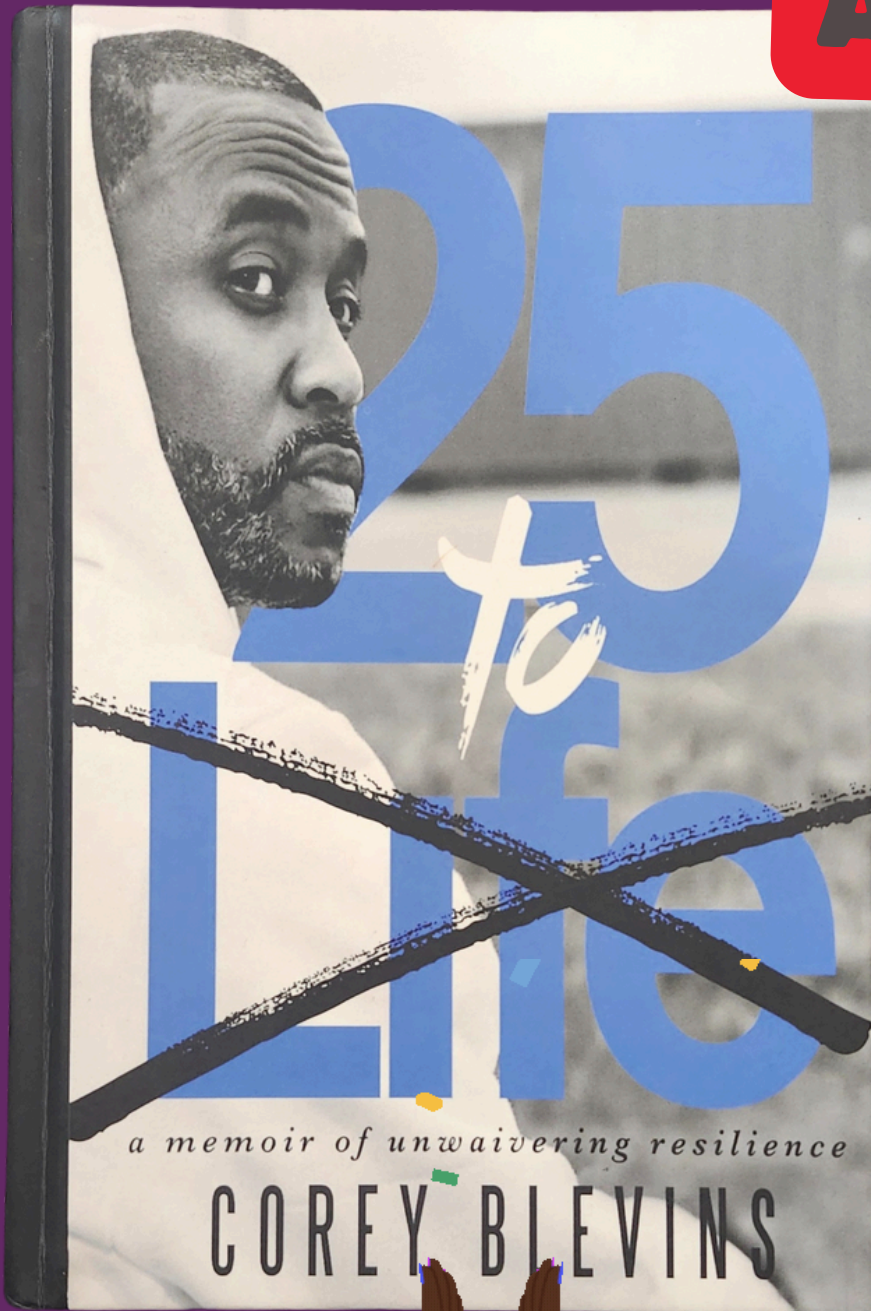


What month of the year has 28 days?

It is lighter than a feather, but you can't hold it for more than two minutes. What is it?

NEW PRODUCT

ALERT!



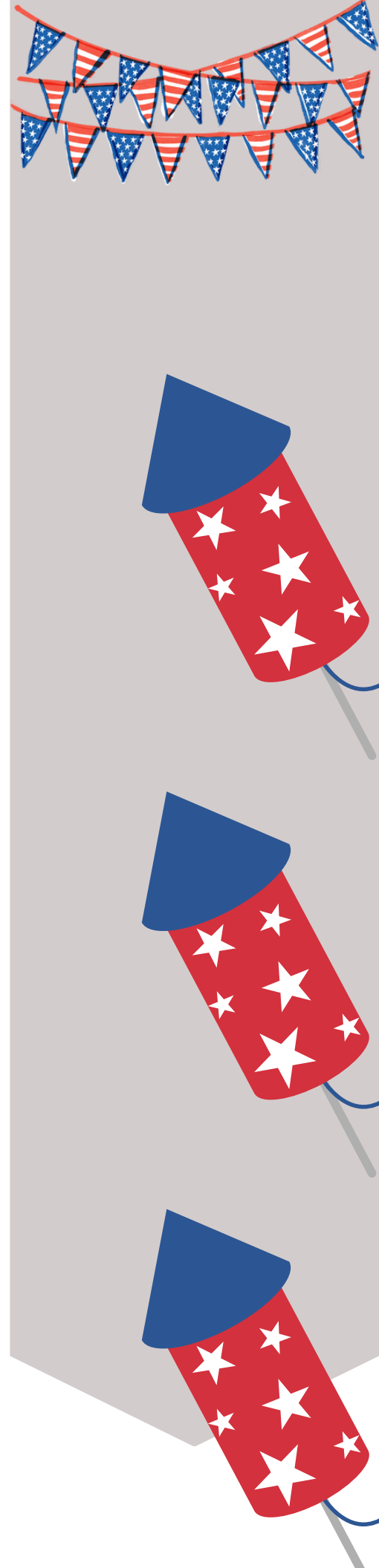
Our Very own Corey Blevins has published his first book!

This amazing book is now available on amazon or on his new website Coreyblevins.com



Reminders

- **Summer heat- Stay hydrated! We are in the hot and stormy season. Drink Plenty of water.**
- **First Friday Field Trip- We will be going to the Lake if weather permits. a Back up field trip will be planned if it's too wet at the lake for us to attend**
- **4th of July Fire works- They are beautiful and fun for some but they are also loud and dangerous. Watch out for children in the street and be safe during this 4th of July Holiday.**
- **Breakfast is served from 9am-9:30am**
- **Lunch is served from 12pm-12:30pm**
- **The coffee social ends at breakfast**



Thank you to Lutheran Urban Missionary Agency- LUMA for the surprise gift of flowers to brighten the day of our participant! You all are angels!



We celebrated all of our men on Father's Day!!!

Father's Day

