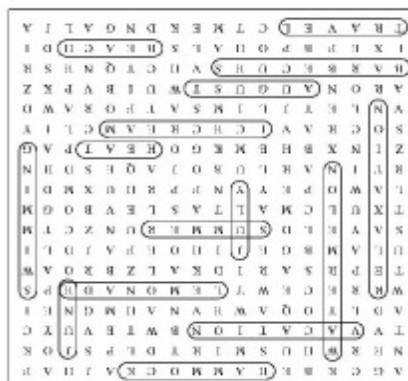


# J S U M M E R M B L E

Try to find all of these summertime words:

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

- VACATION
- HEAT
- BARBECUES
- JUNE
- JULY
- AUGUST
- SWIMMING
- BEACH
- TRAVEL
- ICE CREAM
- RELAXATION
- WATERMELON
- HAMMOCK
- LEMONADE
- SUMMER



## A N S W E R S

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## SERVICE COORDINATION NEWS

### UV Safety Awareness Month



1. During July, UV Safety Month, the American Academy of Ophthalmology and Eye M.D.s around the country encourage everyone to protect their eyes from UV-related damage.

- The same UV-A and UV-B rays that can damage your skin can harm your eyes as well. When you protect yourself from the sun, don't just think sunscreen – think sunglasses and a wide brimmed hat.
- Excessive, prolonged UV exposure may be linked to the development of eye conditions such as cataracts and age-related macular degeneration.
- Extensive or intense exposure to UV rays can cause "sunburn" on the surface of your eye. Similar to a skin sunburn, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life so protect your eyes.

2. To protect your eyes, wear a brimmed hat and the right kind of sunglasses when you are going to be exposed to UV light.

■ Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.

■ If you spend time on the water or in the snow, consider purchasing goggles or

sunglasses that wrap around your temples because they block the sun's rays from entering on the sides, offering better protection.

■ Remember sunglasses don't have to be expensive to offer the right kind of UV protection. Even inexpensive glasses can protect your eyes if they offer 99 to 100 percent UV-A and UV-B protection.

■ Don't forget the kids. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10:00 a.m. and 2:00 p.m. when the sun's ultraviolet rays are the strongest.

3. It's important to protect your eyes when UV light is most intense.

■ Generally, UV light is at the greatest level at midday (10:00 a.m. to 2:00 p.m.), but you need to protect your eyes whenever you're outside for a

→ Continued on next page

→ Continued from front page

prolonged period, even when it's gray and overcast.

- Reflected sunlight off water, snow and pavement can be the most dangerous type of UV light because it is intensified.

- Your eyes can be harmed by UV light sources other than the sun, such as welding lamps or tanning lights. So remember to wear eye protection when using these sources of invisible, high energy UV rays. Source: www.aao.org/eyemd

### Feeling crumpled by life? Read this

A motivational speaker liked to begin his presentations by holding up a \$20 bill and asking, "Who in this room would like this crisp, new \$20 bill?"

Of course, every hand in the room would shoot up. Then the speaker would crumple the bill, throw it on the floor, and step on it. Then he would ask, "Now who still wants it?"

All the hands would naturally stay raised.

Then the speaker would smile and say, "Think about this: Nothing I did to this money made it decrease in value. It was still worth \$20 after I stepped on it. There's a valuable lesson here.

"Often in our lives, we are crumpled and dropped and stepped on, both by the decisions we make and by what happens to us. You may feel worthless. But remember, no matter what happens to you, you will never lose your value. Our worth doesn't come from what we look like or what's happened to us, but from who we are. You're all special--you all have value. Don't ever forget that."

**Service Coordination** is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

For information on **Ohio Medicaid** programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Consumer Hotline: 1-800-324-8680 or 614-466-6742.

The **Ombudsman** program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

*"Services provided on a non-discriminatory basis."*

**JULY**

**Birthstones**  
Ruby  
meaning  
Contentment

**Flowers**  
Larkspur and Water Lily

## AREA AGENCY ON AGING DISTRICT 7, INC.

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OR TO MAKE A REFERRAL  
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**TTY 1-888-270-1550**

**Visit us on the web:**

**www.aaa7.org**

## JULY is....

**National Blueberry Month.** In 1999, the United States Department of Agriculture proclaimed July as the month of Blueberries.

**National Ice Cream Month** is celebrated by the US every July as designated by President Ronald Reagan in 1984.

**July 11th is Cheer Up the Lonely Day.** *Cheer Up the Lonely Day* is an opportunity to make a lonely person happy. Any time you can make someone happy, you've done a good thing, and should be proud of yourself.

**July 18th is National Ice Cream Day.** In 1984, President Reagan also established the third Sunday in July as National Ice Cream Day.

**July 25th is National Parents Day.** In 1994, President William Clinton proclaimed the fourth Sunday in July as *National Parents Day*.

### Summer Breezes Smoothie

- 1 cup fat free, plain yogurt or vanilla ice cream
- 6 medium strawberries or blueberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Place all ingredients in blender and puree until smooth. Serve in frosted glass. Yields 3 cups.

Adapted from "Keep the Beat-Heart Healthy Recipes from the National Heart, Lung and Blood Institute"