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everyday PEOPLE

Jenna Turner, CTRS



Jenna recieved her undergraduate degree from East Stroudsburg University, Recreation & Leisure Service Management with a focus in TR. She also recieved

Greetings from everyday LIFE!

Our purpose is to provide information and resources to sustain you on your caregiving journey!

Medical Clinic Staffing Expanded with New, Full-time Physician & Nurse Practitioner!



Dr. Maryana Borshansky will join everyday LIFE as full-time Primary Care Physician in mid-July. Dr. Borshansky has extensive experience in caring for the elderly, having worked for over 12 years with the Hellertown Family Medicine center, affiliated with St. Luke's Health Network.



Lori Billiard is a Certified Registered Nurse Practitioner and brings over 20 years of nursing experience, including work with the elderly. She began her work with everyday LIFE on a full-time basis in early May.

Please join us in welcoming these newest members of the everyday LIFE care team!

everyday PRACTICE

her Master's from Texas Tech University in Human Development & Family Studies with a concentration in gerontology. Jenna enjoys her profession because she believes it is important for older adults to have meaning in their life, even until the very end. Jenna's favorite activities at everyday LIFE include Planning fun events, like the fifties party! During her free time Jenna enjoys spending a lot of time with her friends & family, especially her son Liam. She also loves participating in adventure sports like four wheelers, jet skiing, and snow mobiling. But her favorite activity just might be relaxing and watching Lifetime movies with her dog Kobe.



Beat the Heat!

As the temperatures rise we could remember some simple ways to assure we don't overheat which could lead to dehydration or heat exhaustion and remain cool, both physically and mentally.

Some practical tips are to wear light and simple attire and refrain from being in the sun or exercising outdoors between the hours of 10am & 2pm. But not all tips may seem so obvious...

Here are some other strategies for keeping yourself cool when it's hot:

1. Enjoy activities during the day which take place in air-conditioned environments. Museums, libraries, senior centers, movie theatres and malls are popular spots to spend time out of the heat.
2. Pay attention to the heat index chart. Though the thermometer may not show high temps, the higher the humidity, the higher the temperature actually feels and your actual body temperature does become hotter.
3. Some people could be more sensitive to humidity levels than others, especially those with breathing problems and heart conditions. Be aware if you feel lethargic or fatigued, if there is swelling of appendages, or cramps or you experience confusion, as these may be signs of heat exhaustion, dehydration or heatstroke.
4. If you can't be in air conditioning, relax and take it easy, drink extra water unless instructed otherwise by your doctor, and make use of fans with your windows wide open for ventilation!
5. Take short cool showers throughout the day or apply cold cloths to pressure points on the back of the neck, behind the knees and elbow creases
6. Surround yourself with cooling colors such as shades of watery blues, greens, grays, and soft purples. More about color therapy: [Click Here for more on color therapy!](#)
7. Quiet your mind through meditation and cool yourself internally through shitali pranayama (cooling breath- it's like making your own air conditioning)

Give it a try:

- Sit & take a few deep breaths to prepare and relax your muscles
- Roll the tongue, curling the sides in towards the center to form a tube. Stick the end of the tongue out between your pursed lips. If you can't roll your tongue, just purse the lips making a small "o" shape with the mouth. Close your eyes.
- Inhale completely through the tube of the tongue or lips
- Exhale through your nostrils
- Repeat for 5-10 rounds
- Resume breathing naturally through your nostrils and observe the effects of this breath on your body and mind

[Click here for more on Shitali Pranayama!](#)

Love your Local Farmers' Market!

Eating seasonal, fresh and local produce is a way to maintain your health. In the Summer months, making a shopping trip to your nearest Farmers' Market instead of buying pre-packaged or frozen fruits and veggies, is a great way to keep your body in tune with your environment.

Did you know?

There are foods and herbs which you can find at a Farmers' Market that can actually help to keep you cool in the hot weather months. For example; cucumbers, lettuce, celery, zucchini, broccoli, mint, basil, tumeric, oregano, and cilantro are all cooling to you system.

Choosing lighter options in your diet as opposed to heavier cheeses and meats, will be easier on your digestive system, therefore creating less heat internally. Lightly steaming your veggies also helps facilitate digestion and assimilation of nutrients.

Bitter is definitely better in the case of cooling: dandelion greens, kale, brussel sprouts, aloe vera juice.

Check out your nearest Farmers' Markets:

Art District Farmers' Market Third and Taylor streets, Bethlehem (next to Looper's Bar & Grille) 9 AM-1 PM Saturdays, June to September.

Bath Farmers Market Keystone Park at Race and Green Streets, Bath 3 to 7 PM Fridays, May-Sept. 27 www.bathfarmersmarket.org

Bethlehem Farmers' Market Campus Square, Morton and New Streets, Bethlehem 11 AM to 3 PM Thursdays, May-Oct. 24. www.campussquare.net

Easton Farmers' Market Center Square, Easton 9 AM-1 PM Saturdays, May to Nov. 23, 4 to 8 PM. Wednesdays, June to Sept. 25

www.eastonfarmersmarket.com

Emmaus Farmers' Market KNBT parking lot, 235 Main St., Emmaus 10 am to 2 PM Sundays, May-Nov. 24 www.emmausmarket.com

Farmers' Market Vouchers may still be available!

They will be available at the Lehigh County Government Center Information and Referral Lobby every Wednesday from 9 am to 11 am beginning June 26th while supplies last. That would be your only option for July and August

everyday CARING



Quarterly Clinic Communication Bulletins (QCC'S)

The QCC's sent quarterly will focus on a specific health topic, with the encouragement to CALL US FIRST if you experience signs and symptoms of the condition.

Benefits of Therapeutic Recreation

Whether we know it or not, we need recreation in our lives. It could be listening to music, spending time with family and friends, sipping on a hot cup of coffee while reading the morning newspaper or enjoying an ice cream on a hot Summer day. What would your life be like without these things? Do you ever think of the connection between health and recreation? CNN rated Recreation Therapy one of the top ten best jobs for saving the world (CNN, 2011). Numerous studies reflect

multiple positive outcomes of Recreation Therapy interventions including:

- Reduction in Symptom Levels for Chronic or Degenerative Disorders:
Decreased pain and stiffness, increased mobility and muscular strength and increased bone strength.
- Improvement in Physical Health and Reduction in Health Risk Factors:
Significantly increased cardiovascular fitness, decreased body weight and body fat, decreased blood pressure and increased flexibility, strength, ambulation, and range of motion.
- Improvement in Cognitive Functioning:
Significantly increased alertness and awareness of their surroundings, reduced confusion and disorientation, improved memory, attention span, and problem solving skills and reduced reliance upon medication.
- Improvement in Psychosocial Supports and Psychological Health:
Decreased loneliness and increased affiliation with others, increased verbal interaction, improved morale and life satisfaction, enhanced perceptions of personal control and competence, increased relaxation and ability to effectively manage stress, and reduced levels of depression.
- Decrease in Manifestations of Stress and Depression:
Significant decreases in depressive and stress-related symptoms, including tension, negative thinking, sleep disturbances, impaired concentration, subjective stress, and anxiety.
- Improvement in Social Interaction Skills:
Increased assertiveness and social interaction skills.

At everyday LIFE, there are two Certified Therapeutic Recreation Specialists (CTRS) on staff that plan specific activities which focus on the needs and interests of our participants. Recreation is no longer a way to pass time while our participants are at the center, but to engage them in something meaningful and to provide purpose.

CNN (2011). Best jobs for saving the world. Retrieved on June 25, 2013 from <http://money.cnn.com/magazines/moneymag/best-jobs/2011/jobs-helping-others/9.html>

Coyle, C.P., Kinney, W.B. Riley, B., & Shank, J.W. (Eds.) (1991). Benefits of Therapeutic Recreation: A Consensus View, Ravensdale: Idyll Arbor, Inc.

...more everyday CARING



Resources Available in the Community!

Lehigh-Northampton LINK:

"An Aging and Disability Resource Center Program (ADRC), is a collaborative effort funded by the Commonwealth of Pennsylvania's Office of Long Term Living to provide information and linkages to long-term services and supports for people over 60 and persons between the ages of 18 and 59 with disabilities." For more information regarding [Lehigh-Northampton LINK Click Here!](#)

Lehigh Valley Aging in Place (LVAIP):

"The mission of Lehigh Valley Aging in Place is to provide an ongoing forum for professionals from private, public, non-profit and business sectors to inform, educate and help older adults age in place. We provide information and solutions to older adults and their families to be proactive in planning their future needs."

For more information and resources visit [LVAIP Online by Clicking Here!](#)

everyday HAPPENINGS



Fish Hatchery Outing

On June 25th our Executive Director, John Paul Marosy, accompanied a group of our male participants to the Allentown Fish Hatchery. These men have been getting together on a monthly basis to have a discussion group about fishing. John Paul and Recreation Therapy thought it would be great for our participants to not only talk about fishing, but get hands-on experience feeding fish and learning about them as well. " It's such a pleasure to meet with this group. These guys have some of the best fish stories ever!" says John Paul Marosy. The therapeutic practice of staying engaged in their community increases their confidence and awareness, which ultimately helps our participants remain as independent as possible. The act of feeding the fish was therapeutic for our participants because they were nurturing a living creature. Many times communities serving older adults fill the environment with different life forms to nurture such as plants, birds, fish, cats, dogs, and even children! This approach is called The Eden Alternative and the purpose is to eliminate loneliness, helplessness, and boredom. The trip also provided an opportunity for our male participants to socialize together and form friendships. Our male staff members volunteered their time to make sure it was a true male bonding experience!

Fundraiser to Benefit Chapelwood Members!

We will be having a small fundraiser to help our participants of Chapelwood, our memory support program, go on community outings. In the past our Chapelwood participants have gone to Town & Country Lanes, Dairy Queen, and Dunkin' Donuts. We will be selling several potted herbs and flowers in a variety of sizes all grown by our participants! Although we don't know the exact date of the fundraiser, we suspect it will be the end of July, contingent upon the blossoming of our plants. The fundraiser will take place in the main lobby on the first floor of the Gateway Professional Building.

Mark Your Calendars!

Your everyday LIFE gatherings:

Twice a year we will offer two different dates and times to gather at the center

after hours and meet members of the everyday LIFE staff, have Q & A time with representatives from different departments and to also meet other caregivers of participants. Refreshments will be provided.

Health Education Sessions:

Will be held periodically at the everyday LIFE center. Will include a speaker and discussion on a specific health topic.

A Reminder to All Members and Family Caregivers



Call Us First

610-954-5433

If you have a health concern, call the everyday LIFE Nurse line 24 hours a day, 7 days a week. Our nurse will call you back within 15 minutes.

To coordinate your care, your everyday LIFE team of geriatric doctors, nurses, social workers, rehabilitation specialists, and other health care professionals assesses your needs, plans, and approves your services with you and your family or caregiver, monitors for changes and provides timely help. In case of an emergency, call 911

FREE Weekly Sessions for Yoga and Meditation!

These sessions may be beneficial in helping you to manage your stress in a positive way. We are here to help!

Gentle Yoga with Sharon Hulbert
Mondays 5:30-6:30 PM
everyday LIFE 2nd floor suite 204

Mindfulness Meditation with Kevin Siddons

Wednesdays at 5:30-6:30 PM

everyday LIFE 2nd floor suite 204

"Meditation on Wednesdays is working out very well for me, helping me to manage my stress," says Beverly, one of our caregivers.

No experience necessary. It's never too late to register! Please call Janis at 484-895-4308

How Did We Do?



Thank you for taking time to read our bi-monthly newsletter, Everyday Living. We value your opinion and would appreciate feedback from you. Do you have comments or suggestions on what you'd like to see in the future? What did you enjoy about our newsletter? We strive to meet your needs.

Please [Click Here](#) to share your thoughts with us!

To learn more about the everyday LIFE program, please visit us at www.everydaylifecenters.org

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