

YOUR SASH TEAM

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Mon– Tues– Fri 7-3pm

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Jill Robart, RN

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Mon-Fri

DECEMBER BIRTHDAY'S

Ryszard W 12/07

Robert M 12/07

Richard M 12/11

Alan S 12/12

Eve T 12/17

Warren B 12/20

Shirley L 12/24

The December birthstone, **turquoise**, is regarded as a love charm. It is also a symbol of good fortune and success, and it is believed to relax the mind and to protect its wearer from harm. Turquoise rings, in particular, are thought to keep away evil spirits.

<https://www.almanac.com/content/birthstones-and-their-meanings#>

SASH *a caring partnership*
SUPPORT AND SERVICES at HOME

December 2021

Deerfield Valley

December is Influenza Awareness Month

With flu season upon us during the **COVID-19 pandemic**, it's doubly important to lessen the risk for getting the flu. In a typical year, flu season occurs from fall to early spring. The length and severity of an epidemic may vary. Some lucky individuals can get through the season flu-free. But be prepared to be surrounded by sneezing and coughing for a few months out of every year and to self-isolate and seek testing as soon as any symptoms appear.

We will be offering weekly Covid testing for those who would like to sign up. Please watch for further information, we will get it to you as soon as we have it available. We are very hopeful that this will start in the next couple weeks.

<https://www.healthline.com/health/flu/importance-of-flu-shot>

Due to the holidays, the Twin Valley Middle High School VeggieVanGo originally scheduled for Monday, December 27th will be rescheduled to Tuesday, December 21st 930-1030am.

MERRY CHIRSTMAS!!

HAPPY HOLIDAYS!!!

SEASON'S GREETINGS!!!

Have a safe and Jolly holidays!!!



December Word Search



December	Christmas	New Years Eve
Winter	Hanukkah	Decorate
Cold	Kwanzaa	Celebrate
Pearl Harbor Day	Solstice	Presents

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bor Day
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