



August 2020

Your SASH Team

SASH Coordinators

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Implementation Manager

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August Birthday's

Jill G. 8/02
Betty A 8/09
Larry M 8/10
Shirley C 8/18
Robert E 8/23
Dorothy J 8/27
Marcy M 8/29

The birthstone for August is the **peridot**, a beautiful gem that is typically several shades of green and symbolizes a great year to come!

You are never to old to set another goal or to dream a new dream..."
~C.S. Lewis

All during August, **National Wellness Month** focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

According to Center for Disease Control and Prevention (CDC), thousands of American adults get sick each year from diseases that vaccines can prevent.

Please get vaccinated when supplies are available.

We now have a few blood pressure machines that we can loan out to any one that needs to monitor their blood pressure. Please call the office at 464-0438 so we can get them to you.

WHY IS IT SO IMPORTANT THAT WE WEAR MASKS? As the COVID-19 pandemic progresses, it's more important than ever to wear a mask or face covering when in a crowded space (indoors or outdoors) or if you cannot stay six feet apart from people you do not live with. In fact, face masks have been shown to be one of the most effective ways to prevent the spread of COVID-19.

TIPS FOR HOT DAYS:

Make sure to drink plenty of water

Soak your feet in cool water

Get in to the lowest level at the house

Put the AC on/ Electric fan

Go outside in the early morning hours or later in the afternoon.

Picnic!!!!!! August 20th @ 11:30

MENU: Hotdog and hamburgers

Please sign up. 464-0438

Wear a mask and 6"ft apart

Food Bank Butterfield Commons August 11th from 10-11 am.

Food Pantry in Wilmington August 13th at 1pm, August 15th at 11am.

Veggie Van Go at Twin Valley Middle/High School August 24th 9-10 am.