

HOLLAND LAKE








HAPPY LABOR DAY

Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.

GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground 
- Look through old photos or create a scrapbook 
- Listen to each other's favorite songs/music 
- Draw or make a craft together 
- Make a video of them interviewing each other 



HOLLAND LAKE
REHABILITATION AND WELLNESS CENTER

Four Things You Can Do to Prevent Falls

Speak up. Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines.

Exercises that improve balance and make your legs stronger can lower your chances of falling. It also helps you feel better and more confident.

Walking, dance, yoga, or Tai Chi are all great moderate-to-low impact options. Lack of exercise leads to weakness and



increases your chances of falling.

At least once a year, check with your eye doctor and update your eyeglasses. Have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist or podiatrist is needed.

Keep floors clutter-free by removing small throw rugs, or use double-sided tape to keep the rugs from slipping. Add grab bars in the bathroom—next to and inside the tub, and next to the toilet. Have handrails and lights installed on all staircases. Install automatic nightlights in hallways, bathrooms, and frequently used areas.



Celebrate Healthy Aging Month this September by trying the tips below, which may help you age slower and improve your quality of life.

Eat a varied and healthy diet.

Include plenty of fruits, vegetables, and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.

Exercise every day. Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.

Manage stress. Develop ways to help you cope and adjust to situations in your life that may cause you stress.

Seeking prompt medical care when you're ill or injured.

Listen to your body and take care of any little problems before they become big problems.

Use sunscreen to prevent sunburn. One of the most significant factors contributing to aging is chronic inflammation of the skin.

Quit smoking, vaping, and avoid secondhand smoke. Smoking has very damaging effects on your overall health and increases your risk of getting cancer and heart disease.

Keep strong relationships. Maintaining close ties to your family and friends are crucial to healthy aging.

SEPTEMBER 2 IS COCONUT DAY!

Coconuts are the delightful fruits of the coconut palm tree (*Cocos nucifera*). Known for their versatility, delicious taste, and numerous health benefits, coconuts have been a vital part of the diet, culture, and economy of many countries for centuries.

Coconuts are renowned for their nutritional value. The white, fleshy part inside the coconut is a rich source of healthy fats, fiber, vitamins, and minerals. Coconut water, found inside young coconuts, is a natural electrolyte-packed drink.

Coconut Day is dedicated to recognizing the cultural, economic, and environmental significance of coconuts.



SEPTEMBER 21: THE INTERNATIONAL DAY OF PEACE



The International Day of Peace is dedicated to promoting peace and non-violence. It serves as a reminder of the crucial need for conflict resolution, understanding, and compassion in today's world. Individuals across the globe are urged to come together to advocate for peaceful coexistence, raise awareness about peace-related issues, and participate in various activities aimed at fostering a more harmonious and inclusive society.

Here are ten ways to get involved:

1. **Start and end your day with a moment of silence for peace and reflection**
2. **Join or organize a peace walk or march in your community**
3. **Meditate or practice mindfulness for peace and inner harmony**
4. **Engage in acts of kindness and compassion towards others**
5. **Write or share peaceful messages and quotes on social media using #InternationalDayOfPeace**
6. **Support a local charity or organization working towards peace and conflict resolution**
7. **Read books or watch documentaries about peace and global understanding**
8. **Create and display peace-themed art or crafts at home or in public spaces**
9. **Attend virtual peace conferences or webinars to learn more about peace-building efforts**
10. **Plant a peace garden or flowers representing different cultures and countries**

Don't Skip a Beat Prepare for Heart Attacks

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- **Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.**
- **Feeling weak, light-headed, faint, or a cold sweat.**
- **Pain or discomfort in the jaw, neck, or back.**
- **Pain or discomfort in one or both arms or shoulders.**
- **Shortness of breath.**



Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency.

Being prepared now may just save a life later.

Source: [cdc.gov](https://www.cdc.gov)



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ARE YOU A GOOD NEIGHBOR?

Being a good neighbor benefits you, your neighbors, and your community by making your neighborhood a more pleasant place to live. Being considerate and showing that you care about your neighbors' wellbeing will often inspire others to be neighborly in return, which fosters a sense of community that helps the neighborhood thrive!

Good Neighbor Day is September 28, so here are some suggestions to become more neighborly:

Communicate and be direct with your neighbors if an issue occurs.

Do your part to maintain the cleanliness and functionality of common areas.

Be conscientious of the amount of noise you create, whether it's from music, televisions, pets, or talking.

Organize fun activities to do together like an afternoon walk, luncheon, potluck or a game day.



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

WORD LIST

AGING
BALANCE
COCONUT
CONFIDENT
EXERCISE
FALLS
GRANDPARENT
HARMONY
HEALTH
HEART
LABOR
MINDFUL
NEIGHBOR
PEACE
PREVENT