



Other Historical July Dates:

We know that July 4th is Independence Day, but what other important (and random) events happened throughout history in the month of July?

July 1st 1881– The world's first international telephone call takes place between St. Stephen, New Brunswick, Canada, and Calais, Maine, United States.

July 7th– On this day in 3 different years, California (1864), Hawaii (1898) and Alaska (1958) were signed into statehood.

July 8th 1933– The Pittsburgh Steelers were established by the NFL

July 11th 1914– Babe Ruth makes his major league baseball debut.

July 13th 1908– Women compete in modern Olympics for the first time.

July 18th 1940– President Franklin D. Roosevelt is nominated for an unprecedented third term in presidential office at the Democratic National Convention in Chicago.

July 21st 1969– Neil A. Armstrong and Edwin "Buzz" Aldrin become the first men to walk on the Moon, during the Apollo 11 mission.

July 22nd 1933– Wiley Post becomes first person to fly solo around the world traveling 15,596 miles in 7 days, 18 hours and 45 minutes

To see other historical events that happened in the month of July or on your birthday, visit www.datesinhistory.com

EMPOWERING CAREGIVERS

This newsletter is to help caregivers who are caring for loved ones who are participating in the Family Caregiver Support Program. This newsletter will be sent monthly, to cover a variety of health and care giving topics. If you have any suggestions for topics, comments or questions about the newsletter please email us at caremanagement@ursulineseniors.org.

JULY IS

Social Wellness Month

There is a lot going on in the month of July! Not only is the Fourth of July coming up, but it is also Social Wellness Month and appreciation month for summer favorites such as blueberries, grilling, hotdogs and ice cream! In this newsletter, we are focusing on Social Wellness and Night Safety during the Summer.

Simple Steps for Social Wellness

Social Wellness is defined as "contributing to one's human and physical environment to the common welfare of one's community." (www.definitionofwellness.com). By respecting and cherishing ourselves, our environment and others, we improve our surroundings and build strong foundations for the future. By doing one thing a day to improve our social environment through acts of social wellness, we can take steps in the right direction to improving ourselves. Below are a list of a few things we can do for ourselves and others not only during Social Wellness Month, but throughout the year:

- 1.) **Think before you speak**– When communicating with other people, address them with the respect and dignity you wish to be shown.
- 2.) **Make others feel important**– Take time to show the people around you know how much they are appreciated. By going out of your way for others, others will go out of their way for you!
- 3.) **Visit neighbors and friends**– Spend time to enjoy the company of other people and before you know it, your friendships will blossom and grow.
- 4.) **Send thank you notes for the small things**– while it is important to send thank you notes when given a gift, think about sending a thank you note to show your gratitude when others help you out or go out of your way for you. If the people around you feel appreciated, they will show more appreciation towards you.

Social Wellness (Continued)

5.) **Learn to say No (sometimes)**- While it is important to help others, keep things in perspective if you are asked to take on volunteer, leadership, and other activities that have a major time commitment. While it is incredibly important to help others improve their social wellness, your social wellness is important too and if you are in doubt about taking on another opportunity, you have the right to politely decline the situation. At the end of the day we need to think about what works best for us, as well as for others.

6.) **Reconnect with out-of-touch friends**- If you haven't spoken to a friend or acquaintance in a while because life is busy or you live far away, try giving him or her a telephone call, letter or e-mail.

7.) **Attend social and neighborhood events**- By doing this, you will connect further with people you already know and meet new people who share common interests with you! By getting involved in the community or neighborhood you live in, you can help improve it and make yourself and the community as a whole a better place.

8.) **Ask questions and refrain from doing all the talking**- as important as it is to get our feelings, emotions and thoughts across to others, we should give other people an outlet to express how they feel as well. If a friend or acquaintance is having a rough patch, let them know you are there to listen if they need someone to talk to. If they open up, ask questions pertaining to the situation at hand and try to limit your side of the conversation so the other person can express his or her self fully.

By interacting with the people around us and getting involved in the community, everyone benefits and increases his or her social wellness. For more information on Social Wellness month, visit http://wordsofwellness.com/Social_Wellness.htm

"When we seek to discover the best in others, we somehow bring out the best in ourselves" -William Arthur Ward



Senior Citizens and Television Study

Findings from a study reported in *Circulation: Journal of the American Heart Association* found that Senior Citizens, who watch more television than any other age group, may have higher health risks and shorter lives if they watch a lot of television. According to Australian researchers who conducted this study, each hour spent in front of a television on a daily basis was associated with:

- an 11 percent increased risk of death from all causes,
- a 9 percent increased risk of cancer death; and
- an 18 percent increased risk of cardiovascular disease related death

The study observed 8000 adults and besides the findings above, it is now predicted other sedentary activities, such as sitting in front of a computer and sitting at a desk, could have similar effects.

People who watched more than four hours a day (compared to people who watched less than two hours daily) had a 46 percent higher risk of death from all causes and an 80 percent increased risk for cardiovascular disease-related death. According to the study, the data was collected by "Interviewing 3,846 men and 4,954 women age 25

(Continued on page 3)

(Continued from page 2) *Television*

and older who underwent oral glucose-tolerance tests and provided blood samples so researchers could measure biomarkers such as cholesterol and blood sugar levels. Participants were enrolled from 1999–2000 and followed through 2006. They reported their television-viewing habits for the previous seven days and were grouped into one of three categories: those who watched less than two hours per day; those who watched between two and four hours daily; and those who watched more than four hours. People with a history of Cardiovascular disease (CVD) were excluded from the study. During the more than six-year follow-up, there were 284 deaths – 87 due to CVD and 125 due to cancer.”

While this study was conducted in Australia, where the average amount of television watched daily per person is 3 hours, the average 8 hours of television watched daily per person in the United States implies that more deaths than those recorded in the Australian study may occur in the U.S. due to sedentary lifestyle choices.

It is not too late to get up and get active! July is Recreation and Parks month and the numerous outdoor activities going on throughout the city of Pittsburgh this summer are a perfect opportunity to enjoy the great outdoors! For outdoors events happening throughout the Pittsburgh community, visit <http://pittsburghparks.org> and for more information on the Television study, visit <http://www.seniorjournal.com/NEWS/SeniorStats/2010/20100111-SenCitMayBeSignificantly.htm>



Summer Safety at Night

With the warm weather summer brings, we are more likely to stay outside later and enjoy the cool summer nights. Since this is the season when we spend the most time outside, here are a few nighttime safety tips that are not only good for the summer, but for any time of year as well.

- 1.) Wear insect repellent! Mosquitoes and other insects come out during the evening.**
- 2.) If walking any time in the late afternoon or evening, use a flashlight, wear a pedestrian deflector that attaches to clothing and wear light colored clothing (white works the best). Also, whenever possible use a sidewalk and do not walk down narrow roads that do not have wide shoulders for pedestrians or that are not well-lit.**
- 3.) Try not to be alone outside at night. If walking somewhere, bring a friend or family to enjoy the night with you.**
- 4.) If you open the window to enjoy the cool summer breeze, remember to close it before you go to bed to avoid insects entering your home or a burglary.**
- 5.) Drink water! Even though it is night time, it is still humid outside so bring a water bottle with you if possible.**

Enjoy your summer!

For **Blueberry Appreciation Month**, we found a recipe for **Blueberry Lemon Bars** from Blueberry.org. You can also substitute the blueberries for other berries, such as raspberries, blackberries or cut-up strawberries.

Enjoy!

INGREDIENTS:

- 2¼ cup flour
- ½ cup powdered sugar
- 1 cup (2 cubes) butter, cut into small pieces
- 4 large eggs
- 1 cup granulated sugar
- ½ teaspoon baking powder
- 1/3 cup fresh lemon juice
- 1 teaspoon grated lemon peel
- 2 cups fresh blueberries (or other berries)

1.) Mix together flour with the powdered sugar. Cut in the chunks of butter, working them into the flour with a fork or fingers until the dough holds together when pressed. Press the mixture evenly over the bottom of a 9-by-13-inch baking pan. Bake in a 350-degree oven until the crust is golden, about 20 to 25 minutes.

2.) While the crust is baking, whisk together the eggs with the granulated sugar and baking powder (the baking powder will mix better if you stir it into the sugar before adding the sugar to the eggs). Whisk in the lemon juice and lemon peel, then stir in the blueberries.

3.) Pour the egg mixture over the browned crust. Return to the oven and bake until the filling is just firm and does not move when the pan is gently nudged, about 25 minutes. Remove from oven and sprinkle the top with a light dusting of powdered sugar. Serve slightly cooled or cool.



United States Fun Facts



In honor of July 4th, here are some facts about the United States!

1.) Technically, the United States has only forty-six states: Virginia, Pennsylvania, Kentucky, and Massachusetts are Commonwealths.

2.) Some US states have cities named the same as other US states. These are:

- * Delaware, Arkansas
- * Nevada, Missouri
- * California, Maryland
- * Louisiana, Missouri
- * Oregon, Wisconsin
- * Kansas, Oklahoma
- * Wyoming, Ohio
- * Michigan, North Dakota
- * Indiana, Pennsylvania



3.) Maine is the only state whose name is just one syllable.

4.) Rhode Island is the smallest US state in size (but not in population).

5.) The Louisiana Purchase Territory consists of the following states (or parts of states): Arkansas, Colorado, Iowa, Kansas, Louisiana, Minnesota, Missouri, Montana, Nebraska, North Dakota, Oklahoma, South Dakota, and Wyoming.

Facts gathered from www.butlerwebs.com



4749 Baum Boulevard
Pittsburgh, PA 15213

Phone: 412-683-0400

Toll Free: 888-881-4749

TDD: 412-683-1023