

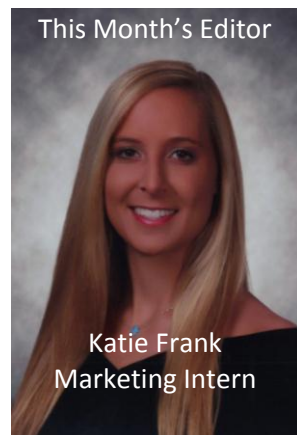
## *National Happiness*

### *Happens Day–August 8*

It is not how much we have, but how much we enjoy, that makes happiness.” –Charles Spurgeon

Founded in 1999 by the Secret Society of Happy People as “Admit You’re Happy Day”, Happiness Happens Day is celebrated each year on August 8. This day was created to recognize and express happiness.

August 8 was chosen as it is the anniversary of the first membership in 1998. The society encourages members to recognize their happy moments and think about happiness in their daily life.



**BRAIN BOOSTER:**  
What has three feet  
but cannot walk?  
(Answer on Page 2.)

#### **JOKES FOR GRANDKIDS!**

Why did the picture go to jail?

Because it was framed!

Why do bicycles fall over?

Because they are two tired!

## Hoarding: Elderly OCD?

We all have parents or relatives who struggle to part with what we think is useless junk. It might be a dull-looking party favor your mother never looks at, but when you pull it out to toss it in a trash bag, she tells you a whole story of a summer fling you never knew about. While the party favor has no monetary value, she becomes visibly upset at the thought of letting it go. This type of behavior is quite normal.

However, when your loved one becomes upset at the thought of getting rid of something that has no story, no meaning behind it, or when piles of “saved” items start to accumulate and make the house a hazard, you may be looking at signs of hoarding. Here are a few tips to help you through:

- 1 Enlist a cleaning crew.
- 2 Set a date it has to be done.
- 3 Work room by room.
- 4 Assign tasks and develop a system.
- 5 Set aside a place for each of the following:
  - >Keepsakes and valuables
  - >Charitables/donations
  - >Trash

(Read more about hoarding and the elderly at Care.com)

#### In This Issue

**Front Page:** National Happiness Day, Hoarding  
**Page 2:** Seasonal Foods, Chocolate Banana Sundae Recipe, August Birthdays

Front Page BRAIN BOOSTER ANSWER:

A towel!

### What's in Season?

Healthy, fresh food is important year-round. Track seasonal fruits and vegetables to choose the freshest, least expensive options as you shop.

In August, shop for:

- ✓ Avocados
- ✓ Kiwi
- ✓ Peas
- ✓ Apricots
- ✓ Carrots
- ✓ Tomatoes
- ✓ Watermelon
- ✓ Plums



### Chocolate Banana Sundae

Who doesn't love a little ice cream every once in a while? Chocolate banana sundaes are easy to make with grandkids and a great way to get them to add a little fruit into their diet. You'll need:

- Ice cream
- Bananas
- Chocolate sauce
- Shredded coconut



Peel and slice the bananas. Scoop the ice cream into 4 bowls. Top with the bananas, chocolate sauce, and coconut.

### August Birthdays

Tom Brady (8-3-1977)

Barack Obama (8-4-1961)

Madonna (8-16-1958)



### Be Aware Of Side Effects

We live in an age in which a wide range of prescription drugs is available to increase longevity and improve the quality of life. However, while prescription drugs provide a multitude of benefits, it's important to be aware of potential side effects that may ultimately thwart the intended purpose of taking such drugs in the first place.

Side effects vary from medication to medication.

Seniors may be taking a variety of drugs and need to be aware of side effects as well as possible drug interactions.

When taking prescription drugs, it's important to tell your healthcare provider or pharmacist about any problems you may be experiencing. Even if you are not 100% sure that the drug itself is causing the symptoms you may be feeling, it's better to err on the side of caution by keeping the doctor informed.

(Read more about prescription drug side effects at [www.drugwatch.com](http://www.drugwatch.com).)