



Health at Home by Cooperative Home Care
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CooperativeHomeCare.com

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Happy Fourth of July!

“One flag, one land, one heart, one hand, one nation evermore.” –Oliver Wendell Kolmes

Hi! I’m Katie Frank. I am currently attending Tulane University in New Orleans as a rising junior majoring in marketing. This summer I am interning at Cooperative Home Care, specializing in marketing projects. Look for my blogs at www.CooperativeHomeCare.com. I am also creating and managing *Pinterest* and *Instagram* accounts for Cooperative Home Care in order to inspire healthy lifestyles for aging parents. Thank you for reading!



This Month’s Editor

Katie Frank
Marketing Intern



JOKES FOR GRANDKIDS!

What did the pig say at the beach?
I’m bacon!
What does the sun drink out of?
Sunglasses!

Facts about Hearing Aids

“Sorry, can you say that again?”

Many find themselves repeatedly asking this question as their hearing abilities begin to fade. Estimates are that 1 out of every 5 Americans experience some sort of hearing loss. Instead of struggling to keep up with conversations, seek help from an audiologist. Wearing hearing aids is a hard idea to adjust to. A comforting thing to know is that it is possible to schedule a hearing aid evaluation before committing to buying a pair. Hearing aids are sophisticated, state-of-the-art instruments with various benefits and features. There are many styles of hearing aids and some are even invisible. Just because your friend wears a certain style of hearing aid does not mean that you have to or should use that style. It is important to know that unlike eyeglasses, which restore your vision to 20/20, hearing aids do not cure your hearing loss. Hearing aids are designed to improve your hearing and listening abilities, and they can substantially improve your quality of life. Learn more from the Hearing Loss Association of America, at

www.HearingLoss.org.

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

In This Issue

Front Page: New Summer Intern, Facts about Hearing Aids

Page 2: Seasonal Foods and Recipe, July Birthdays, Preparing For Severe Weather

Front Page BRAIN BOOSTER ANSWER:

A yard stick!

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 July, shop for:

- ✓ **Bell Peppers**
- ✓ **Green beans**
- ✓ **Blueberries**
- ✓ **Apricots**
- ✓ **Grapefruit**
- ✓ **Strawberries**
- ✓ **Watermelon**
- ✓ **Tomatoes**



Festive Fruit Kabobs

Fruit kabobs are easy to eat and fun to make with grandkids. You can make a tray and set them out for the Fourth of July for a festive treat.

You'll need:

- Kabob sticks
- Bananas
- Strawberries
- Blueberries

Slice strawberries in half. Chop bananas about half an inch thick.

Push fruit onto kabob sticks alternating to create a flag.



July Birthdays

Harrison Ford (7-13-1942)

Gerald Ford (7-14-1913)

Mick Jagger (7-26-1943)



Preparing For Severe Weather

There is a common saying in St. Louis, "If you don't like the weather, wait an hour." Tornadoes and flash floods, as we are currently experiencing, are common and can strike quickly. Being prepared for severe storms reduces stress and improves your safety!

For flash floods:

- Move everything valuable from your basement upstairs
- Seek shelter immediately
- Avoid driving

For tornadoes:

- Know and practice your shelter in place strategy
- Find a room without windows (basement)
- Have a medical kit, food and a weather radio nearby
- Keep a flashlight with you
- If you have shutters, close them

Make your plan to be prepared! Find more severe weather tips at

www.CooperativeHomeCare.com.