

THE UNIVERSAL TIMES "IN HONOR OF JERRY'S LEGACY"

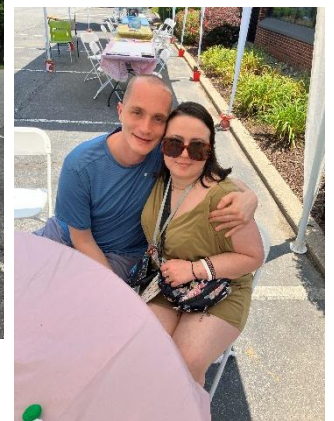


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Recognition SPECIAL THANK YOU to everyone who helped and all the great ideas for the Sun & Smiles Edition Newsletter!

HUMBLE HIGHLIGHTS

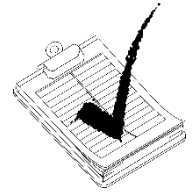


Hassan- Hassan was born on **December 30** (Capicorn) in **Liberia**. Hassan likes to watch soccer and used to play soccer for fun. Hassan's favorite subject is **Math** and enjoys doing equations. Hassan enjoys watching **TV** such as **Jeopardy** and the **World News**. Hassan's favorite quote is "The down fall of a man is not the end of his life". Hassan enjoys **Jazz** music sung by **Kenny G**. Hassan likes to eat **Chicken** and **Rice** dishes. He likes to relax on a quiet, cool and sunny day outdoors.



Kayla- Kayla was born **June 12th** (Gemini) and is from **Quakertown P.A** Some of her interests include **Reading, Running, Working out, Hiking, Dancing,** and being out in **Nature** but especially spending time with **Family!** Her favorite subject in school was **Science (Anatomy and Physiology)** Kayla's favorite hobbies include **Soccer! Crafting (Upcycled, Yarn crafts) Drawing and Reading.** A quote she lives by is "Only when we are brave enough to explore will we discover the infinite power of our light."-**Brene Brown.** Her favorite music is **country** and **Alex Warren** is her go-to artist. She loves **lasagna** but eats **Healthy** most days. Kayla describes her perfect day as going for a run, having coffee outside early while listening to the birds chirping, spending the day at the beach in the sand and by water with her little family, taking a nap then a enjoying a nice dinner with an **Ocean View!**

ASK AUTUMN & AMBER



IDEAS FROM TWO DIFFERENT PERSPECTIVES!

SUMMER HOBBIES INDOOR AND OUTDOOR

AUTUMN- HERE ARE SOME INDOOR HOBBIES TO GET YOU THROUGH THE SUMMER!

JOURNALING- EVEN IF YOU DON'T THINK OF YOURSELF AS A WRITER, JOURNALING IS A HEALTHY WAY TO WORK THROUGH THOUGHTS, EXPRESS IDEAS, AND UNWIND.

COOKING- HELPS YOU LEARN A FUNDAMENTAL LIFE SKILL. COOKING COMBINES CREATIVITY, PRACTICALITY, AND THE ENJOYMENT OF DELICIOUS RESULTS!

ARTS & CRAFTS- BRING OUT YOUR CREATIVE SIDE BY TRYING DIFFERENT ARTS & CRAFTS. PAINTING, POTTERY, JEWELRY MAKING AND EVEN PAPER CRAFTS.

AMBER- HERE ARE SOME SUMMER OUTDOOR HOBBIES TO ENJOY WITH FRIENDS OR EVEN BY YOURSELF!

HIKING- A GREAT WAY TO EXPLORE AND CONNECT WITH NATURE AND GET SOME EXERCISE IN. HIKING CAN BE VERY RELAXING AND THOUGHT-PROVOKING.

SWIMMING- A HOBBY THAT OFFERS BOTH FUN AND FITNESS. SWIMMING CAN BE ENJOYED IN MANY DIFFERENT WAYS. AT THE BEACH, LAKE AND POOLS! IT ALSO BRINGS PEOPLE TOGETHER, WHO DOESN'T LOVE A COOL DIP ON A HOT DAY!

GARDENING- A POPULAR SUMMER HOBBY THAT CAN BE ENJOYED BY ALL AGES, AND IS GREAT FOR YOUR PHYSICAL AND MENTAL HEALTH. GARDENING ALLOWS YOU TO WORK WITH YOUR HANDS AND HELPS YOU FEEL CONNECTED TO YOUR NATURAL ENVIRONMENT

Side note: we are not experts just speaking from experience!

Sports Central

NBA

Oklahoma City Thunder defeated the Indiana Pacers in 7 games to win the NBA Finals.

NHL

Florida Panthers defeated the Edmonton Oilers in 6 games to win the Stanley Cup Finals.

MLS

Philadelphia Union is in first place with 40 points in the eastern conference. San Diego FC is in first place in the western conference with 36 points.
2 of Unions top stars are playing for their National Teams in Gold Cup

Community Look Ahead

- **Blueberry Festival**

Saturday July 19th – Sun. July 20th
Burnside Plantation
Bethlehem, PA

- **Viva La Fiesta**

Sat. July 19th - Sun. August 17th
Dorney Park & Whitewater
Kingdom

- **Musikfest**

Fri. August 1st – Sun. August 10th
Bethlehem, PA

- **Great Allentown Fair**

Wed. August 27th – Mon.
September 1st
Allentown Fairgrounds



Recipe of the Month: Mango Limbers (Frozen Cups)

Ingredients: 4 whole champagne mangoes, fresh

- 1/2 cup water
- 3 Tbsp sugar
- 1 whole lime, juiced (optional)
- 1/8 tsp powdered ginger (optional)

Instructions:

1. Slice around the seed of the mangoes by making two cuts all the way through each mango, each just off-center
2. Use a large spoon to scoop out the mango flesh from the mango halves. Rough chop the mango flesh
3. Add the diced mango, water, and sugar to a blender. Hold the seed over the blender and run the spoon over the seed to extract any extra flesh and juice. Optional: Add lime juice and powdered ginger.
4. Blend until a smooth puree forms. It should have the consistency of ketchup. If necessary, add a touch more water to thin out the puree. You should have about 3 cups of puree.
5. Fill the ice pop molds, small freezer-safe glassware, or 6-ounce plastic cups, but not all the way up as the filling expands as it freezes.
6. Freeze for 6 hours. Make it easy to unmold by dipping them in warm water. And then all you have left to do is to enjoy the most refreshing thing you'll have all day!

KAYLA'S CORNER

Beat The Heat with Hydration!

- **Drinking H2O throughout the day not just during meals**
- **Proactively drinking H2O at least 30 minutes before being outdoors**
- **Hydrating Foods:** Watermelon
Cucumbers
Strawberries
Lettuce
Celery
Tomatoes
Oranges
Grapes
Cantaloupe

Getting those Electrolytes from Coconut Water, IV Packets and Sports Drinks.

Sun & Smiles Edition!

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

Bathingsuit Relaxation Musicfest Heat
 Fireworks Sunscreen Popsicle Pool
 Flipflops Boardwalk Grilling Sun
 Icecream Carnival Baseball Fun
 Bikini Beach Swimming Ocean

Nurses Station

For patients with traumatic brain injuries, heat can be a significant challenge, exacerbating symptoms and potentially leading to complications. TBI's can impair the body's ability to regulate temperature, making individuals more susceptible to heat-related issues like heat exhaustion and dehydration.

How Heat Affects TBI Patients:

Impaired Temperature Regulation:

TBI's can damage the hypothalamus, a brain region crucial for temperature control. This can lead to difficulty sweating effectively, making it harder to cool down in hot weather.

Increased Fatigue and Exhaustion:

Even mild heat can be draining for TBI patients, leading to increased fatigue and exhaustion.

Worsened Cognitive Symptoms:

Heat exposure can worsen cognitive symptoms like headaches, dizziness, confusion, and difficulty concentrating.

Risk of Heat Exhaustion:

TBI patients are at a higher risk of heat exhaustion, a condition where the body loses excessive water and salt, causing symptoms like heavy sweating, weakness, nausea, and headaches.

Dehydration:

Dehydration, common in hot weather, can exacerbate TBI symptoms like headaches, confusion, and fatigue.

Managing Heat Exposure:

- **Stay Hydrated:** Drink plenty of fluids, especially water, to prevent dehydration.
- **Seek Shade:** Avoid prolonged exposure to the sun and seek shade whenever possible.
- **Cool Down:** Use cooling methods like cool showers, fans, and cool compresses.
- **Limit Physical Activity:** Avoid strenuous activities during hot weather to reduce the burden on the body.
- **Monitor Symptoms:** Be aware of symptoms of heat exhaustion and seek medical attention if they occur.

KNOW THE SYMPTOMS

The infographic is a rectangular box divided into two halves. The left half has a yellow background and is titled 'HEAT EXHAUSTION'. The right half has a red background and is titled 'HEAT STROKE'. In the center, there is a stylized human figure with the left side colored yellow and the right side colored red. Below the figure, the text 'WHAT TO DO' is written in large, bold letters, with arrows pointing left and right towards the respective columns of text.

HEAT EXHAUSTION	HEAT STROKE
HEAVY SWEATING	HIGH BODY TEMP
COLD, PALE, OR CLAMMY SKIN	HOT, DRY, OR DAMP SKIN
FAST, WEAK PULSE	FAST, STRONG PULSE
MUSCLE CRAMPS	CONFUSION
TIREDDNESS	LOSING CONSCIOUSNESS
FAINTING	NAUSEA
NAUSEA	HEADACHE
HEADACHE	DIZZINESS
DIZZINESS	

COOL DOWN. LOOSEN CLOTHES. SIP WATER. ← **WHAT TO DO** → CALL 911. COOL DOWN. DON'T DRINK ANYTHING.

Universal Funnies

- 1. Did you hear about the ice cream truck accident?**
- 2. What do you call a French man wearing sandals?**
- 3. Why did the golfer bring two pairs of pants to the course?**
- 4. Why did the whale blush?**
- 5. Knock, Knock! Who's There? S'more S'more Who?**

1. It crashed on a Rocky Road!
2. Philippe-Flop
3. In case he got a whole in one!
4. It saw the ocean's bottom
5. S'more jokes on the way!

POET-TREE



"Summer Begins"

The heat is rising, skies are clear,
Summer whispers, "Come out here!"

Slip on sunglasses, feel the glow,
Off to the beach, we laugh and go.

The sun is blazing up above,
This vacation feels like love.
A melting popsicle in hand,
Toes tucked deep in golden sand.

We splash the pool, go swimming fast,
Make these moments truly last.
The salty ocean calls our name,
Each wave a thrill, a splash, a game.

Back at home, the cookout starts,
Grilling burgers, warming hearts.
As evening falls, the night ignites—
Fireworks bursting into Sight!

Sun & Smiles Edition!



Employee Of the Month!

Jess



Toni, instructor, made a beautiful garden with help from the clients making their own steppingstones

