

PLUSH MILLS

A SAGE SENIOR LIVING COMMUNITY

501 Plush Mill Road • Wallingford, PA 19086 • 610-690-1630

Alzheimer's Fundraiser

Here at Plush, we are focusing on raising awareness and money for the Alzheimer's Association. In addition to monthly fundraiser events such as our Bake Sale, the upcoming Car Wash, and Evening Bingo, we are holding 50/50 Fridays. These weekly collections which take place until November are a fun way to support a good cause as well as get a chance at winning the jackpot! We encourage you to join in on these upcoming events as well as our weekly drawings. Tickets for the weekly drawings can be purchased at the concierge desk, or through Janice and John.

**50/50
Fridays**

1 TICKET

\$1.00

6 TICKETS

\$5.00

Every week there is a chance to win the
Friday 50/50

Here's how it works:

- Buy raffle tickets each week now through October
- 1 ticket each week will be drawn
- The lucky ticket will win of half of that week's pot
- When you purchase a weekly ticket, you will also be given 1 purple ticket for the November 7th cumulative jackpot. Write your name & phone # on the purple ticket & put it in the jackpot jar.

**Additional November 7th purple jackpot tickets
are available for \$5.00 each!**

August 2024



Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think “You’re a peach!” or “Things are just peachy.” The 1950s brought the fun phrase “peachy keen,” and an idyllic existence is sometimes called “peaches and cream”—as in “Life is not always peaches and cream.” Get a true taste of what these words are all about by enjoying some fresh peaches this month. You may find the experience just peachy!

Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax.

Hard To Resist

Resistance bands are a smart addition to your fitness routine. They are inexpensive, are great for all fitness levels, add variety to your workout and are easy to bring along when you travel.

You'll 'Lava' These Volcano Facts

Fiery and fascinating, volcanoes are some of the planet's most stunning natural features. Have a blast learning more about them!

- A volcano is formed when the Earth's crust cracks, releasing magma (molten rock), ash and numerous gases from beneath the surface. These eruptions can be large and explosive or slow and gentle.
- When magma reaches the Earth's surface, it's called lava. The temperature of lava can range from 1,300 to 2,200° F—so hot that it glows bright red, orange or white.
- Around 75% of the world's volcanoes are located underwater in the Ring of Fire, encircling the Pacific Ocean.
- A volcano can be tall and cone-shaped (stratovolcano) or wide and broad (shield volcano). Many famous mountains—including Mount Fuji in Japan and Washington state's Mount Rainier—are actually large stratovolcanoes.
- Why do people live near volcanoes? Although they can be destructive, volcanoes also provide rich, fertile soil and heat in the form of geothermal energy.

Staying Active at Plush Mills

As you age, it's important to continue to stay active. Exercise improves your strength, your balance which prevents falls, it can improve your mood and fight off depression and may even improve cognitive function. Here at Plush Mills, we offer a wide range and variety of exercise programs: from walking clubs, yoga, stretch classes, seated exercise, and advanced exercise classes. Our in-house MFL exercise specialist, "John," runs majority of the exercise programs and we encourage you to check one out! The seated exercise class which is offered Monday, Wednesdays, and Fridays are a great class for residents who need to use an assistance device such as a walker or wheelchair. Advanced exercise classes which are offered Tuesdays and Thursday present a more challenging class for those looking for something more difficult. These classes are led from a standing position. We encourage you this month and moving forward to check out one of these classes and stay active!



The Story of Smokey Bear

One of the most famous furry faces in American advertising history celebrates his 80th birthday this month: Smokey Bear, whose iconic motto "Only You Can Prevent Wildfires" continues to serve the public today.

Smokey's story can be traced back to World War II, when many firefighters were serving overseas, leaving fewer folks at home to manage and control wildfires. The U.S. Forest Service launched a fire prevention campaign using cartoon characters from Disney's "Bambi" as mascots. Response to the campaigns was positive, and the Forest Service decided they needed a permanent animal symbol for their cause. On Aug. 9, 1944, the Forest Service approved the creation of Smokey Bear.

Originally drawn by artist Albert Staehle, Smokey Bear starred in his first poster wearing his soon-to-be-famous campaign hat and blue jeans, pouring water over a campfire. In 1947, the slogan "Only You Can Prevent Forest Fires" made its debut.

Smokey's slogan was updated in 2001 to emphasize wildfire prevention, not simply forest fires, since unintentional fires can occur on grasslands and other habitats. The new slogan also distinguishes unplanned fires from controlled burns related to forest management.



Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. The hundreds of tomato varieties are categorized according to their use:

Globe tomatoes. These are typically what people picture when they hear the word "tomato." Large, round and red, globe tomatoes are ideal for sandwiches. They're also known as beefsteak tomatoes because of their meaty texture.

Sunscreen Every Day

Protecting your skin from the sun should be a part of your daily routine, regardless of the season.

The sun's harmful UV rays are stronger and more noticeable in the summer but are still present during the cooler seasons, as well as on cloudy days and even through windows! Overexposure to UV rays can cause changes to skin texture and health, from sunburns to skin cancer.

At least one in five Americans will receive a skin cancer diagnosis by age 70, and 90% of those cases are directly related to UV radiation. People of all skin colors can develop skin cancer, and because sun damage

Salad tomatoes. This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

Cherry and grape tomatoes. These tiny tomatoes are shaped like the fruits they're named after. They're very sweet and juicy, so they make a perfect snack or salad topping.

Roma tomatoes. These are the tomatoes you want if you're making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life.

accumulates over time, the risk of skin cancer increases with age. Older adults can also be more susceptible to sun damage, since skin naturally gets thinner over time.

The good news is that skin cancer is highly preventable with sunscreen! Every day, apply sunscreen to your face, hands and other areas of exposed skin. Just make sure it's a broad spectrum sunscreen that's SPF 30 or higher.



Refer a Resident

Have someone in mind you think would benefit and enjoy living here at Plush Mills? Let us know! We have so much to do here: learn new skills, enjoy your favorite hobbies, attend events within our vibrant community and make long-lasting connections. When you refer a resident here to Plush Mills, you receive a two thousand dollar credit once they reach 90 days here. Stop by and talk with one of our Sales and Marketing team members if you have someone in mind.



Happy Campers

From sleeping under the stars to relaxing in an RV, more than 40 million people in America go camping each year. See when some camping innovations first blazed a trail.

Year	Camping Milestone
1876	The first sleeping bag is patented in Europe.
1910	Equipped with a bed and plumbing, the first RV debuts.
1931	The iconic silver Airstream travel trailer hits the road.
1942	Compact camp stoves are made for soldiers, and later for the public.
1957	Portable food coolers made of Styrofoam are invented.
1964	Pop-up campers are developed.
1990	Truck tents, made to be pitched in the bed of a pickup, are introduced.

"Then & Now"

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