

# FLUVANNA DAY HAB NEWSLETTER

Volume 2, Issue 3  
June 2015

## FLUVANNA ACTIVITIES

Staff and participants all lined up to participate this past month in our “chalkboard walk” game. Each person rolled a large pair of dice which took them on a journey to either dance, draw, move up or backwards. Lot’s of fun was had by all. Neil S. of “Inspire” program room was the first person to the Finish Line!



### Special Days in June:

2nd: Full Moon

14th: Flag Day

19th: Juneteenth

21st: Father’s Day  
& Summer Solstice



### Marla's Muse

Welcome June! We are ready for Beach week and Destination week where each group chooses and researches a great destination to share with everyone. We'll celebrate Juneteenth and begin our “Independence Day” week later in the month.

Recently we had “game week” and drew a large chalk tic tac toe board outside. Dividing up into Team X and Team O we strategically stepped onto the board in turns and tried to get 3 in a row. Also, we drew a very large game board with 2 huge dice. Each person rolled the dice, moved along the board and performed whatever was written on each square. Some danced the Marcarena, Chicken dance, Happy dance, Beat it and Shake it off. Others had to draw a flower or sun, cheer for their football team, move up or back and race their way to victory.

*Keep an eye on Fluvanna Day program. Good things are happening!*

## *Nurse* *Notes*

**By: Jane Krzyzanowski, RN**

*Protect people you care about.*

*It only takes one sun burn to set yourself up for skin cancer. So, wear a hat, sit in the shade, apply sun screen and reapply frequently.*

*When at the beach, use sun screens that are water proof.*

*Certain medication can cause people to sun burn more easily. Read the information that comes with the prescription.*

*When going out at night or swampy areas wear long pants (secure pant cuffs), long sleeves and insect repellent. Mosquito and other biting insects carry many serious diseases, so protect the people you care about.*

Recently Fluvanna held a “Farewell Party” for Marla Gressley as she left The Resource Center after 20+ years with the agency. Staff and participants worked together to prepare for the party by making different punches and decorating our cafeteria to receive guests. Cake and punch was provided. Amigos program room created a “Blackberry Mojito Punch” that was a smash hit! The recipe is below:

### **Ingredients:**

3 cups blueberry-blackberry juice blend  
2 (12-oz.) cans frozen Mojito mix  
2 (1-liter) bottles club soda, chilled  
3 limes, sliced  
1 (12-oz.) package frozen blackberries  
Garnish: fresh mint sprigs

### **Preparation:**

Stir together blueberry-blackberry juice blend, mojito mix, chilled club soda, sliced limes, and frozen blackberries.

Serve over ice. Garnish with fresh mint sprigs.



## Keeping the FUN in FLUVANNA DAY HAB

222 Fluvanna Ave Jamestown NY  
Marla Gressley, Site Supervisor 661-1019  
Jane Krzyzanowski, RN 661-1038  
Tiara Cromartie, Sec 661-1016