



*H*ot enough out there for everyone?

July definitely brought the heat and I don't see it slowing down yet, not that I am complaining! Enjoy the last month of summer and remember to **stay hydrated!** Drinking lots of water is great for your body and your energy levels.

*W*e lost a few friendly faces at

Hollander; we wish the ones that have moved on and their family's all the best. Their memories and friendships will live on. The upside to neighbors moving on, we will have 4 new neighbors joining the Hollander House this month! If you see them in the halls or on the grounds, say hello and introduce yourself.

*T*here are no major holidays in August,

so take the time and celebrate YOU! If it's your birthday, Happy Birthday! Take August to make sure you are up to date on medical exams, make an appointment to see your dentist, get yourself as healthy as you can before the chilly weather rolls in and brings those icky viruses.

-Jolene

Thank you to our wonderful Donors and Community Helpers!

- ☀️ The Erlich Family, Monthly Sustainers to Friends of Hollander House
- ☀️ Angie Duenges & Sandy Small for their donations towards the Ice Cream Social
- ☀️ Way to go residents and Friends of Hollander House for all the recyclables; Jean Hermele, Amy Gershberg & Bob Hillman
- ☀️ Thanks, David, for your efforts!

BOTTLE REDEMPTION \$191.90!

REMINDERS / HOUSEKEEPING

Flowers & Plants

Attention! Picking the flowers and digging up plants is strictly against the rules. Tenants, please inform your guest and aides, do not pick the flowers. The landscaping is meant to be enjoyed with your eyes and nose, not your hands. Thank you.

Pest Control

On **Tuesday, August 20th**, FMG exterminator will inspect and treat all **FOURTH-FLOOR units**.

Please have your bare mattress exposed and closet floors cleared.



When you need help from Adrian or Julio

PLEASE don't just grab Adrian or Julio as they are walking through the halls or if you pass them in the lobby. They are most likely going to or in the middle of a work task. Create a work order and deposit in the slot at the main office. We need to have all work orders in writing. We make every attempt to handle work orders within the same business day.

For your Consideration

August 19th would have been Erin Heneghan's 48th Birthday. Most of you recall that Erin wanted everyone to be grateful. She was a very grateful person. So, in her memory and her honor, please spend some time on the 19th identifying those people and things that make you grateful. Strive to be kind, as you remember how kind Erin was.





REMINDERS / HOUSEKEEPING

Home Improvements (Next Month)

Tuesday, September 2nd, the exterior of the building will be power-washed and the trash chute will be cleaned. There will be a bucket truck moving around the outside of the building. There will be a flyer with instructions telling you which cars need to be moved during the power washing. During the cleaning of the trash chute, nothing should be dropped down the chute. The chute doors on each floor will be covered with a notice not to use the chute at that time.

We thank you for your patience during these projects. **Wait for the flyer.**

Mercy Learning Center

The Mercy Learning Center's wish list requests many things but the most commonly needed item is diapers. For children's lunch boxes, Mercy requests SmartFood popcorn in small packages, Kraft easy mac 'n cheese that's microwavable, and more. See the white 3 ring binder on the counter in the community room if you want to choose from other requests. Thank you.

Blood Pressure Checks

On **Thursday, August 15th 10am**, Nurse Lee will be here at 10:00 a.m. Please sign in when you arrive, and she will take you in order



HOLLANDER HOUSE EVENTS & OUTINGS

Music Appreciation

Tuesday, August 6th 1pm Please

join Brian Torff in the community room. He will be presenting the life and legend of Nina Simone, an American singer, pianist, civil rights activist, labeled "The High Priestess of Soul". Please sign up!



Farmers Markets Field Trip

There's a bus trip going to the McLevy Green location, **Thursday, August 8, pick up 10:15**. Please be sure to sign up if you plan to go.

Grocery Shopping

Pick-up is 12:30pm and return is 2:30pm. Please be sure to sign-up!

8/7 12:30am Big Y- Hawley Lane

8/21 12:30pm Stop & Shop

Free Film Fridays

Feel free to bring a snack and a neighbor or two, and enjoy the Friday shows at 2:45pm in the Community Room, unless otherwise noted:

8/2 Unfrosted

8/9 Beautiful Game

8/16 Our Souls at Night

8/23 The Long Game

8/30 Inheritance



MOVIE CLUB



Mandala Adult Coloring

Friday August 8th at 11am. Come on down to the community room where it's bright and welcoming and color a page or two!

The meditative benefits of creating Mandalas are many:



- ✚ Aids release of negative thoughts and emotions.
- ✚ Decreases tension and anxiety, can be used as stress management tool.
- ✚ Increases focus and allows self-healing.
- ✚ Increases self-reflection and personal awareness.
- ✚ Encourages creativity and self-expression.

With all those benefits, why not give it a try!

Trip to Port Jeff on the Ferry

Enjoy a ferry ride across the sound, lunch on your own, an afternoon of strolling, browsing the shops, and perhaps a little beach time. **Wednesday, August 14, pick up 9:15** and return on the 3:15 ferry.

To sign up, please bring Gwen the \$20 fare for the ferry, not later than *noon on August 8th*.



Celebrate with Margie

August 29th is

Margie's

Birthday.

Since she will

be out of the

office on her

birthday, you

are invited for

candles and

cake on

Wednesday

August 28th

at 2pm in the Community Room. Come

on down and help her blow out all 76

candles! **NO PRESENTS...**just a chance

to have cake!



Be Aware of Scams

Have you received any calls from

"Medicare" asking you to verify your

Medicare number for the new card being

sent your way? If so, hang up. This is a

scam. Medicare will NOT call you, does not

need you to verify your number (they

already have it), and is NOT sending out

new cards to beneficiaries.

This is a growing scam and we're receiving

a rising number of reports of beneficiaries

being inundated with calls. One beneficiary

recently reported getting at least four calls

a day, even after hanging up and telling the

person he did not want a new card and that

he wasn't going to give any information.

If you are unsure, just **HANG UP!**



August 2024 at the Hollander House



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mercy Learning Center Donation this month: DIAPERS!						
						
4 10:30am Board of Directors Meeting in Community Rm	5 6:00pm BINGO Bingo	6 1pm Music Appreciation Honoring, Nina Simone	7 12:30pm Big Y Hawley Lane	8 10:15am Farmers Market Trip	9 11am Mandala Coloring 2pm Armchair Exercise 2:45pm Movie- Beautiful Game Candles 7:41 pm	10
11	12 6:00pm BINGO Bingo	13	14 9:15am Ferry Port Jeff	15 10am Blood Pressure Checks	16 2pm Armchair Exercise 2:45 Movie- Our Souls at Night Candles 7:21 pm	17
18	19 6:00pm BINGO Bingo 	20 10am Pest Control 4th Floor	21 12:30pm Pricerite	22	23 2pm Armchair Exercise 2:45pm Movie- The Long Game Candles 7:21 pm	24
25	26 6:00pm BINGO Bingo	27	28 2pm Margie's 76th Birthday Celebration Comm. Rm.	29 	30 2pm Armchair Exercise 2:45pm Movie- Inheritance Candles 7:10pm	31