



RAYNOR & D'ANDREA

FUNERAL HOMES

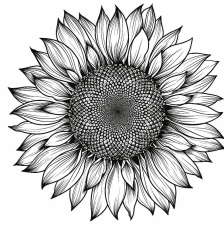
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Raynor & D'Andrea *Caring & Sharing Newsletter* *Summer - 2024*

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Embracing Gardening and Outdoor Activities for Enriched Senior Living



Gardening and other outdoor activities offer physical, mental, and emotional benefits for seniors. The movement from gardening or walking helps improve physical strength and stability. Mental wellbeing improves following time spent in nature, and this can be shared with others for better emotional health, too. Learn more:

For more information about getting outside!

Benefits of Volunteering That Enrich Your Life!



Connect with others and give yourself that great feeling of giving back! Volunteering enriches your life in many ways. We have outlined 5 ways being kind to others is a way of being kind to yourself:

1. Fulfillment and purpose
2. Skill development and personal growth
3. Expanded social network
4. Improved mental and physical health
5. Career advancement and networking

These are only a few ways volunteering can enrich your life. Remember, it enriches the lives of others in our community, too! [Read more:](#)

9 Fun Things to do With Your Grandchildren This Summer!



When the grandkids come to your house, what do you do? If you need ideas for activities, here are nine fun things to do together, either in your backyard or somewhere nearby in the West Sayville/Bayport area.

1. Make ice cream
2. Take a class together
3. Make a fairy garden
4. Go creek stumping
5. Teach them a game from your childhood
6. Camp out
7. Make a time capsule
8. Learn to ID the trees in your neighborhood
9. Enjoy a classic movie together

From watching a movie to getting outside, these ideas will

keep them busy as you make fantastic memories together.

[See More Ideas Now](#)



Benefits of a Visitation

A visitation is a flexible way to begin the process of saying goodbye, accepting the death, connecting with other grievors, and moving forward following a loss. Modern visitations allow time for family and friends to pay respects. Personalizing the visitation with photos, videos, and background music may help provide a way to connect with the family, especially if they can't attend the funeral services. [Read more:](#)

Chamber Golf Outing



Rich D'Andrea

On June 10, 2024, the Greater Sayville Chamber of Commerce held their annual golf outing and dinner. Our own Rich D'Andrea is involved with the committee, and he's grateful for the support of those who helped with the event and the 140 people in attendance. The approximately \$20,000 raised supports the chamber's efforts to make our community a great place in which to have a business.

Learn more

<https://greatersayvillechamber.com>



Refreshing Summer Mocktails

When the summer sizzles with heat and humidity, it's a great time to have a refreshing drink! Mocktails mimic alcoholic drinks, but without the alcohol. Fresh herbs, fruit juices and seltzer or sparkling water, served over ice, ensure a refreshing beverage! Try making your own with crushed mint, limeade, lime wedges, and sparkling water. Another great fruit flavor to add to or replace the limeade is cherry juice. Experiment and enjoy a mocktail this summer!

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