

LaFontaine Center News

208 W. State St., Huntington, IN 46750—August 2021



Take Break—Relax! August is National Wellness Month and one way we can all practice wellness at no charge, is to find ways to reduce stress. Relaxation techniques are one way to do that. For many of us, relaxation means flopping on the couch and zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. Rather, you need to activate your body's natural *relaxation response*, a state of deep rest that puts the brakes on stress, slows your breathing and heart rate, lowers your blood pressure, and brings your body and mind back into balance. You can do this by practicing relaxation techniques such as deep breathing, meditation, rhythmic exercise, yoga, or tai chi.

How to practice deep breathing

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

If you find it difficult breathing from your abdomen while sitting up, try lying down. Put a small book on your stomach, and breathe so that the book rises as you inhale and falls as you exhale. (You can access this deep breathing meditation on the internet at <https://www.helpguide.org/meditations/deep-breathing-meditation.htm>)

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

Clothing

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

LEVIS
BRIEFS
PANTIES
BOOTS
SCARF
CAP
HAIRPIECE
WESTERNGEAR
PAJAMAS
SHOES
SOCKS
SANDALS
SKIRT
COAT
SWEATER
JACKET
HAT
PANTS
NITIE
VEST
ROBE
BLOUSE
PONCHO

Play this puzzle online at : <https://thewordsearch.com/puzzle/321/>



At Your Service
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Natalie Brautigam,
Social Service Coordinator
260-356-2706

Peggy Teusch, Receptionist

Renee Hale, Housekeeper

After Hours emergency
1-877-859-2728

Stephanie's Spot



Welcome to the 'Dog Daze of Summer'! Hope you are all enjoying your summer so far---it's going by so quickly! Please make plans to attend our next Resident Meeting on Aug. 12th at 2:00pm. We have crucial information to share in regards to upcoming inspections, exciting news, etc. here at LFC! See you there!!



August



"If the first week in August is unusually warm, the coming Winter will be snowy and long."
— unknown

"What dreadful hot weather we have! It keeps me in a continual state of inelegance."
— Jane Austen

"If a cold August follows a hot July, It foretells a Winter hard and dry."
— unknown

"Whilst August yet wears her golden crown, Ripening fields lush- bright with promise; Summer waxes long, then wanes, quietly passing Her fading green glory on to riotous Autumn."
— Michelle L. Thieme

*There's a time each year that we always hold dear,
Good old summertime;
With the birds and the trees'es and sweet-scented breezes,
Good old summertime,
When your day's work is over, then you are in clo-
ver,
And life is one beautiful rhyme,
No trouble annoying, each one is enjoying,
The good old summertime.*
— In the Good Old Summertime, Lyrics by Ron Shields

"For every fog in August, there will be snowfall."
— unknown

<https://popculturemadness.com/PCM/2020/august-history-in-pop-culture/>