

How to Stay Cool as Things Heat Up Outside

A few tips reminders to keep you safe, healthy and having fun this summer as the temperature climbs.

1. STAY INDOORS DURING EXTREME HEAT

Stay Indoors during extreme heat - limiting your outdoor activity to the morning and evening hours will help with this, besides, we have tons happening indoors for you to enjoy all summer long

2. KEEP HYDRATED

While it may be challenging at times, watching your intake on alcoholic and caffeinated beverages and drinking a few extra glasses of water daily will help

3. MONITOR ANY MEDICATION SIDE EFFECTS

Some medications can cause increased sensitivity to the sun. Take a look at your medications and talk with your doctor with concerns or questions to avoid any easily avoidable mistakes.

DID YOU KNOW?

JUNE 13 | National Sewing Machine Day

Sewing Machines Got their start in the late 1700's, the first patented mechanical machine was made in 1830 by french tailor Barthelemy Thimonnier (who actually put his machine into production and was awarded a contract to produce uniforms for the French Army) likewise the world's first practical sewing machine was patented in 1850 by Isaac Merritt Singer and by the 20th century over 4000 different types of sewing machines had been invented. Unfortunately, most got lost in time as they were riddled with many problems. Only the machines that made sewing simple, fun and easy survived. Infact, those that survived created some of the 1st Millionaires!



JUNE 19 | Emancipation Day

Celebrated throughout the United States, commemorating the American emancipation from slavery in 1862 signed by President Lincoln. Freedom finally came on June 19, 1865 when some 2000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved people in the state, were free by executive decree. Today Juneteenth commemorates African American freedom and emphasizes education and achievement. It is a day, a week and in some areas, a month marked with celebrations.



THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



FEATURED: The Bedford Big Hearts



May's donation to The Columbia Center for Urban Agriculture (CCUA) was a unique look into feeding and educating our community. A Big Thank you to all who participated, making our support possible all while having a fun time along the way! CCUA envisions a community transformed by good food for all and people who have the skills to grow it. Working to enhance our community's health by connecting people to agriculture and the land through hands on learning opportunities, from seed to plate is their Mission. CCUA runs a number of targeted programs to provide a wide variety of fresh fruits and vegetables directly to community members in need while supporting people of all ages with opportunities to develop lifelong skills in home gardening, agriculture, and cooking.

We toured their remarkable agriculture park, located on Ash Street, next door to the Farmer's Market Pavilion, adjacent to the Columbia ARC. CCUA is a valuable community asset, enhancing our community's health by connecting people to agriculture and the land through hands-on learning opportunities, from seed to plate. Our programs and services are designed to support eaters and learners of all ages, and happen at our farm locations, in school classrooms and gardens, at food pantries, at local healthcare and treatment facilities, and even right at your own home. For detailed information on the Programs provided by CCUA see their website: www.columbiaurbanag.org After touring we enjoyed a stroll through the Farmer's Market while listening to live music!

HAPPY BIRTHDAY!

Christa Faeser	2nd	Melvin Muskoppf	11th	Jackie Asher	14th
Sondra Jennings	3rd	Richard Blanck	11th	Angie Otto	24th
Margaret Manning	3rd	Donna Pratt	12th	Ginger Gillmore	26th

