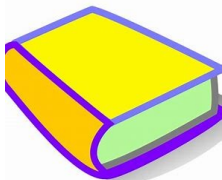


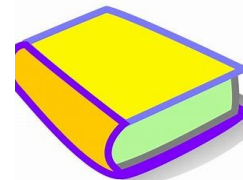
NEWS & KNOWLEDGE...

NEWS YOU CAN USE....

August, 2024

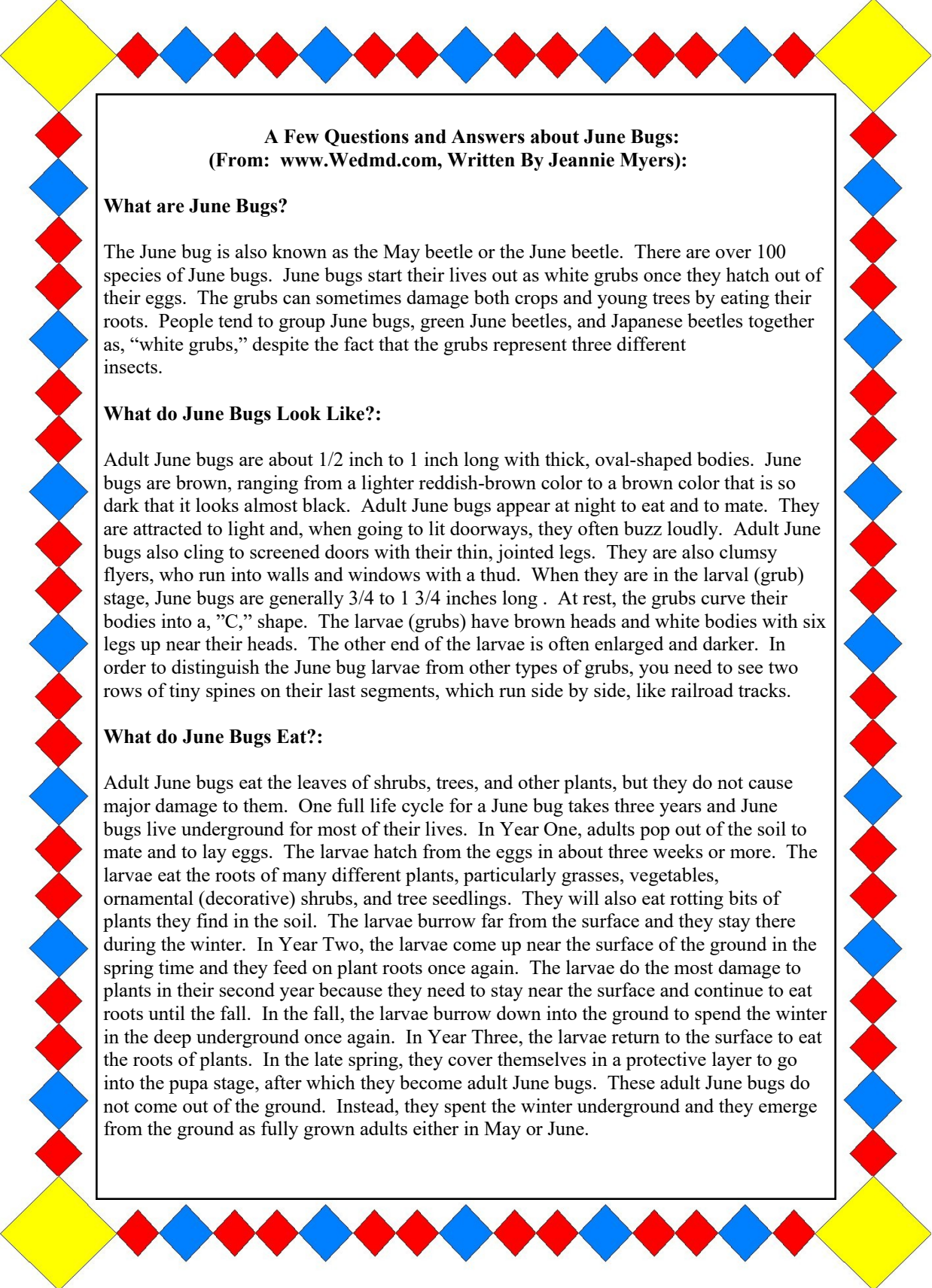


IT'S BACK TO SCHOOL TIME!



UPCOMING CONNECTIONS OUTINGS FOR AUGUST, 2024:

- Thursday, August 1, 2024-Bowling at the Pin Station.
- Friday, August 2, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Saturday, August 3, 2024-Wellness Walk in the Park and Sharing Positivity Rocks.
- Monday, August 5, 2024-Trip to the Catawba County Library.
- Thursday, August 8, 2024-Trip to the Walmart Super Center.
- Friday, August 9, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Monday, August 12, 2024-Trip to the Catawba County Library.
- Thursday, August 15, 2024-Employment/Education Dinner.
- Friday, August 16, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Saturday, August 17, 2024-Out to the Movies!
- Monday, August 19, 2024-Trip to the Catawba County Library.
- Thursday, August 22, 2024-Bingo, Baby!, at the Clubhouse.
- Friday, August 23, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Monday, August 26, 2024-Trip to the Catawba County Library.
- Thursday, August 29, 2024-Trip to Udderly Delicious for Ice Cream.
- Friday, August 30, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).



A Few Questions and Answers about June Bugs:
(From: www.Wedmd.com, Written By Jeannie Myers):

What are June Bugs?

The June bug is also known as the May beetle or the June beetle. There are over 100 species of June bugs. June bugs start their lives out as white grubs once they hatch out of their eggs. The grubs can sometimes damage both crops and young trees by eating their roots. People tend to group June bugs, green June beetles, and Japanese beetles together as, "white grubs," despite the fact that the grubs represent three different insects.

What do June Bugs Look Like?:

Adult June bugs are about 1/2 inch to 1 inch long with thick, oval-shaped bodies. June bugs are brown, ranging from a lighter reddish-brown color to a brown color that is so dark that it looks almost black. Adult June bugs appear at night to eat and to mate. They are attracted to light and, when going to lit doorways, they often buzz loudly. Adult June bugs also cling to screened doors with their thin, jointed legs. They are also clumsy flyers, who run into walls and windows with a thud. When they are in the larval (grub) stage, June bugs are generally 3/4 to 1 3/4 inches long. At rest, the grubs curve their bodies into a, "C," shape. The larvae (grubs) have brown heads and white bodies with six legs up near their heads. The other end of the larvae is often enlarged and darker. In order to distinguish the June bug larvae from other types of grubs, you need to see two rows of tiny spines on their last segments, which run side by side, like railroad tracks.

What do June Bugs Eat?:

Adult June bugs eat the leaves of shrubs, trees, and other plants, but they do not cause major damage to them. One full life cycle for a June bug takes three years and June bugs live underground for most of their lives. In Year One, adults pop out of the soil to mate and to lay eggs. The larvae hatch from the eggs in about three weeks or more. The larvae eat the roots of many different plants, particularly grasses, vegetables, ornamental (decorative) shrubs, and tree seedlings. They will also eat rotting bits of plants they find in the soil. The larvae burrow far from the surface and they stay there during the winter. In Year Two, the larvae come up near the surface of the ground in the spring time and they feed on plant roots once again. The larvae do the most damage to plants in their second year because they need to stay near the surface and continue to eat roots until the fall. In the fall, the larvae burrow down into the ground to spend the winter in the deep underground once again. In Year Three, the larvae return to the surface to eat the roots of plants. In the late spring, they cover themselves in a protective layer to go into the pupa stage, after which they become adult June bugs. These adult June bugs do not come out of the ground. Instead, they spent the winter underground and they emerge from the ground as fully grown adults either in May or June.

The Benefits of Healthy Hearing:
(From: www.betterhearing.org):

The benefits of healthy hearing include positive health outcomes, increases in positive social interactions, and improvement of communication skills. Healthy hearing helps to decrease the risk of depression. When the sense of hearing diminishes, it also affects the quality of life for people. The benefits of healthy hearing are as follows:

1. Communication serves as the foundation of relationships between people. Healthy hearing eliminates the frustration of missing out on conversations with others and it keeps people from getting isolated in social situations.
2. Healthy hearing has positive effects on brain functioning, such as helping with memory, and it also offers other positive physical health benefits.
3. Good hearing helps people to develop and/or to maintain independence and security. When you can hear your phone ring, a doorbell ring, and you can hear emergency vehicles on the road as you are driving, you are more aware of your surroundings and you can stay safer whenever you are alone.
4. Good hearing can help you save thousands of dollars yearly. It also helps you with your job security.

How Does Hearing Work?

In the human ear, many fragile parts work together to send signals to the brain, making hearing a complex process. In a well functioning ear, the outer ear catches sounds, which go through the inner ear where sound waves are changed to signal that the brain can understand. This process is as follows:

1. Sound waves enter the ear canal and they move toward the eardrum.
2. Vibrations caused by the sound waves on the eardrum also make the Malleus, Incus, and Stapes bones in the middle ear to vibrate.
3. Tiny sensory hair cells in the cochlea catch the vibrations and changes them into electrical signals. Different sounds causes different types of vibrations, which determine how loud is the sound we can hear and/or the type of tone we are able to discern.
4. The auditory nerve carries the electrical signals to the brain, where they are understood as sounds by the brain.

Hearing Loss:
(From: www.betterhearing.org):

Hearing loss can either occur gradually over time or it can appear suddenly. The following symptoms can indicate the presence of hearing loss, in which case, you need to see a professional to have your hearing checked:

1. Occasionally thinking other people are mumbling and/or speaking too softly.
2. Having problems hearing over the telephone.
3. Inappropriately responding to other people after misunderstanding what they are saying.
4. People frequently telling you that your television and/or your radio is too loud.
5. Constant roaring, ringing, or hissing in your ears (Tinnitus) in your ears.
6. Having difficulty hearing or understanding conversations with more than two people.
7. Needing people to repeat themselves on a regular basis.
8. Avoiding crowded places and restaurants because of hearing difficulty.

The Consequences of Untreated Hearing Loss:
(From: www.betterhearing.org):

People who experience problems with their hearing can encounter distorted and/or incomplete communication that cause problems with their professional and personal lives. Hearing loss increases the risk of people becoming isolated and becoming withdrawn. Studies have linked hearing loss effects as follows:

1. Avoidance and/or withdrawal from social settings.
2. Reduced alertness and increased risks to personal safety.
3. Impaired hearing memory and a decrease in the ability to learn new tasks.
4. Irritability, negative attitudes, and anger.
5. Fatigue, tension, stress, and depression.
6. Social rejection and loneliness.
7. Reduced performance at work and/or a decrease in earning power.
8. Diminished psychological health and diminishment in overall health.

Researchers have conducted many studies to understand the impact of hearing loss and its relationship to serious health issues such as cognitive decline, diabetes, heart disease, depression, and fall rates in older adults. When hearing loss is present along with these conditions, the term, "co morbidities," is used to describe of two or more chronic illnesses or disorders that affect a person. Researcher have taken more interest in co morbidities, including hearing loss, since people who live with untreated hearing loss face a higher risk for other physical and/or other cognitive issues.

International Standards for Clubhouse Programs:
(From: www.clubhouse-intl.org):

RELATIONSHIPS:

8. All Clubhouse meetings are open to both members and staff, There are no formal member-only or formal staff-only meetings, where program decisions and member issues are discussed.
9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.
10. Clubhouse staff have generalist roles, All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.
11. Responsibility for the operation of the Clubhouse lies with the members and staff and, ultimately, with the Clubhouse Director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

**Fun and Unusual Holidays in August, 2024:
(From: www.timeanddate.com):**

Thursday, August 1, 2024-National Girlfriend Day.
Friday, August 2, 2024-Ice Cream Sandwich Day and International Beer Day.
Saturday, August 3, 2024-Watermelon Day.
Sunday, August 4, 2024-Sisters' Day and Single Working Women's Day.
Monday, August 5, 2024-Work Like a Dog Day.
Tuesday, August 6, 2024-Fresh Breath Day.
Wednesday, August 7, 2024-Lighthouse Day.
Thursday, August 8, 2024-Happiness Happens Day.
Friday, August 9, 2024-Book Lovers' Day.
Saturday, August 10, 2024-Lazy Day.
Sunday, August 11, 2024-Son and Daughter Day.
Monday, August 12, 2024-Middle Child Day.
Tuesday, August 13, 2024-Left-Handers' Day.
Wednesday, August 14, 2024-Creamsicle Day.
Thursday, August 15, 2024-Relaxation Day.
Friday, August 16, 2024-Tell a Joke Day.
Saturday, August 17, 2024-Thrift Shop Day.
Sunday, August 18, 2024-Mail Order Catalog Day.
Monday, August 19, 2024-World Photo Day.
Tuesday, August 20, 2024-Chocolate Pecan Pie Day.
Wednesday, August 21, 2024-Spumoni Day.
Thursday, August 22, 2024-Be An Angel Day.
Friday, August 23, 2024-Ride Like the Wind Day.
Saturday, August 24, 2024-Pluto Demoted Day.
Sunday, August 25, 2024-Kiss and Make up Day.
Monday, August 26, 2024-Dog Appreciation Day.
Tuesday, August 27, 2024-The Duchess Who Wasn't Day.
Wednesday, August 28, 2024-Bow Tie Day.
Thursday, August 29, 2024-According to Hoyle Day.
Friday, August 30, 2024-Frankenstein Day.
Saturday, August 31, 2024-Eat Outside Day.

A Few Facts about Turtle Doves:
(From: <https://animals.net/turtle dove/>):



There are quite a few species of Turtle Doves, which include the European Turtle Dove, the Oriental Turtle Dove, the Red Turtle Dove, and many more species.

But the main focus of this article will be

the European Turtle Dove. The species name of the European Turtle Dove is

Streptopelia turtur. The European Turtle Dove lives throughout Europe, as well as parts of Asia, the Middle East, and Africa. Here are a few facts about the European Turtle Dove as follows:

1. The European turtle dove is a small bird with beautiful plumage. It is light gray with a dark, striped patch on their necks, and gold-laced feathers on their wings. The patch on the neck of the European Turtle Dove has a silver ring around it, which contains black and white stripes. The European Turtle Dove is a relatively small bird, but it is not the smallest dove species. Most European Turtle Doves are about 10 inches long, and they weigh around 5 ounces.
2. The European Turtle Dove is very beautiful in a simple kind of way. Besides its appearance, it has a number of adaptations and behaviors, which help to make it unique. These adaptations and these behaviors include the following:
 - A. Turtle Doves are prominently featured in the classic Christmas song, “The Twelve Days of Christmas”. In the song, the singer’s, “true love,” gives him two Turtle Doves for Christmas. Turtle Doves also appear in other religious and/or pop culture references in areas such as art, symbolism, and biblical verses.
 - B. The European Turtle Dove is, unfortunately, a declining species. The IUCN (International World Conservation Congress, a worldwide organization that keeps track of the harm of danger to biodiversity due to world events and/or the actions of mankind) has listed the European Turtle Dove as being a vulnerable species due to factors such as destruction of their habitats and hunting by people. Illegal hunting in the Mediterranean area takes place as the doves migrate to their breeding grounds.
 - C. European Turtle Doves, unlike other dove species, do not use parks, gardens, and other urban areas for nesting. Researchers believe that the illegal hunting of the European Turtle Doves during their migrations intensifies their timid nature. Hunting actually makes the destruction of the doves’ habitat more detrimental to the doves’ efforts to mate and breed.
3. European Turtle Doves live in areas such as woodland or forest areas that have a variety of open meadows or fields for them to forage. They also live in steppes, scrub forests, and semi-desert regions. European Turtle Doves have a slightly more stringent preference for their habitats than other dove species do. They are quite shy, and, usually, they avoid urban areas. However, they do feed in agricultural fields and in pastures.
4. The European Turtle Dove lives in areas such as Europe, the Middle East, and Asia. Over the winter, it migrates to Sub-Saharan Africa. Their populations are patchy and their numbers are declining. While the doves migrate through Spain, Italy, Malta, Greece, and Cyprus, people illegally shoot about half of a million of them yearly.
5. Members of the European Turtle species are herbivores (Animals that eat plants and seeds). They feed mainly on seeds and grains. They do most of their foraging on the ground. European Turtle Doves look for seeds, grains, berries, and fruits in open areas. On occasion, they will also eat worms, insects, spiders, snails, and fungi. They eat just about any kind of food that they can find.
6. Due to human activity, the number of European Turtle Doves in the world is sharply declining. The main threat to their survival is illegal hunting. Researchers believe that illegal hunting causes the death of half a million birds yearly. Habitat destruction also greatly affects the survival of the European Turtle Dove.

7. People have not domesticated the European Turtle Dove in any way. Even though European Turtle Doves are cute, they do not make good pets because they are wild animals, who are not friendly towards people, and they are also incredibly shy. It is also illegal to own an European Turtle Dove as a pet.
8. When they reside in zoos, European Turtle Doves require similar care to other dove species. They can do well in aviaries (Large cages for birds where they can move more freely) with a wide variety of trees and ground shrubbery. Since aviaries are so large, the doves can stretch their wings and exercise. They can also coexist with other bird species. Zookeepers feed them a bird seed diet that is designed for doves and pigeons and they supplement it with mealworms, crickets, fruits, and berries.
9. European Turtle Doves are shy creatures. Small flocks of doves forage on the edges of forests and woodlands outside of their breeding season. They are active during the day. Large flocks tend to congregate around a plentiful food supply. While migrating, a large number of doves flock together in pairs as they travel. Once they reach their breeding grounds, the pairs act less social around their neighbors.
10. European Turtle Doves are monogamous and they mate for life. Once a female selects a mate, the pair works together to build nests, using a variety of twigs, sticks, and vegetation. They build their nests in trees and shrubs, rather than on the ground like other dove species. The females lay two eggs in a clutch, and both the male and female incubate the eggs at different times. Incubation lasts approximately two weeks, and the chicks start to develop their wings at about three weeks old. After they raise one brood, the doves will lay a second set of eggs to raise another brood. When European Turtle Doves lose their mates, they seek another mate, and they live together as a couple for life.

Our Meeting with the Newton Rotary Club:

By: Dawn

On Tuesday, August 20, 2024, Bryan and I went to the Newton Rotary Club meeting in Newton, North Carolina, to talk to Rotary Club members about Connections Clubhouse and what we do here. Bryan told them about the Clubhouse and about the types of work units we have here. I talked about working in the Clerical Unit and about the functions of the Clerical Unit. Bryan went on to talk about the set up of the Clubhouse and he also talked about the importance of meaningful work and the importance of meaningful relationships to Clubhouse members. I talked about the various recreational opportunities that Connections members have on Thursday evenings, every other Saturday morning, and on holidays. I also told the Rotary Club members that Clubhouse members suggest ideas for outings. Bryan talked to Rotary Club members about the employment opportunities that are offered through the Clubhouse. After our discussion, Bryan and I answered questions from Rotary Club members. Bryan also gave out handouts entitled, "Employment and Work Works: Introduction to Clubhouse Employment." He invited Rotary Club members to join our Advisory Board meetings, either in-person or online. They seemed very interested in our Clubhouse program and they also expressed their desire to visit Connections to see what we do. The members offered to help the Clubhouse in any way possible. Bryan and I felt that the meeting went very well.

10 Benefits of Sun Exposure: (From: www.lifehack.org):

Both plants and humans absorb and metabolize sunlight. However, due to the genetic make-up and skin color of people, everyone metabolizes sunlight in different ways. For example, people with pale skin, who burn easily with sun exposure, may develop skin cancer if they are exposed to too much sunlight. The timing and duration of sun exposure also determine how people's bodies metabolize sunlight. However, a number of scientists have found that there are health benefits from moderate sun exposure. Researchers from the University of Edinburgh in the United Kingdom, for example, have pointed out the heart-health benefits of sun exposure far outweigh the risk of developing skin cancer. Here are ten big benefits of moderate sun exposure as follows:

1. Sun exposure lowers blood pressure. In a landmark study, researchers at the University of Edinburgh discovered a compound named nitric oxide, which helps to lower blood pressure. The nitric oxide is released into the blood vessels after sunlight touches the skin. This finding showed that sunlight does more for the human body than merely stimulate the production of vitamin D. Richard Weller, Senior Lecturer of Dermatology, and his colleagues discovered that sunlight exposure helps with both improving health and prolonging life. Lowering the risk of high blood pressure cuts the risk of heart attacks and strokes.
2. Sun exposure improves bone health. Vitamin D stimulates the absorption of both calcium and phosphorus in the human body. Recent research has shown a direct correlation between bone density and vitamin D3. Vitamin D3 is a fat-soluble vitamin, which is formed during the process of the human body manufacturing vitamin D, whenever sunlight hits the skin. Having a higher level of vitamin D3 in your bloodstream means that you will have a lower risk of fracturing bones anywhere in the body. However, lower levels of vitamin D3 in the blood are linked with higher rates of fractures. Sun exposure is very important for this reason, particularly for older adults, who run a higher risk of bone fractures because of weakened bone health.
3. Sun exposure improves brain functioning. Scientists have found that vitamin D impacts many functions in the human body, including brain functioning. A study led by neuroscientist David Llewellyn of the University of Cambridge in Great Britain checked vitamin D levels in over 1,700 men and women from England, aged 65 or older, and the study showed that cognitive function decreased when people have lower vitamin D levels. However, more studies have shown that sunlight could help encourage nerve cell growth in the hippocampus, which is the part of the brain that forms, organizes, and stores memories.
4. Sun exposure eases mild depression. When people suffer sunlight deprivation, they can develop a condition called seasonal affective disorder (SAD). SAD develops during the winter due to the decrease of sunlight in the winter time. People who work long hours in offices may develop SAD due to the fact that they are not exposed to enough sunlight during the day. Moderate sun exposure increases the levels of natural antidepressants in the brain, which helps SAD and other forms of mild depression. On sunny days, the brain produces more serotonin, which is a mood-lifting chemical, than it does on darker days.
5. Sunlight exposure improves sleep quality. When sunlight hits our eyes, it sends a message to the pineal gland in the brain to produce melatonin, which is a hormone that makes us drowsy and it also helps with our sleep. The production of melatonin shuts down until the sun goes down. Your body get a signal that it is no longer night and the signal helps you to stay in a normal circadian rhythm during the day. When night time comes, your body gets the signal that is night time and you feel tired and drowsy at bedtime. Whenever you have a low level of melatonin in your brain due to the overproduction of melatonin during the day, you will have a poor quality of sleep. Early in the morning, when you wake up, do not wear sunglasses so that your body will know that it is daytime and that it will send a message to the pineal gland to stop releasing melatonin during daylight hours.

6. Sun exposure helps to lessen symptoms of Alzheimer's disease. Clinical research has proven that people with Alzheimer's who are exposed to sunlight from 9:00 a.m. to 6:00 p.m., followed by the darkness of night, score better on mental exams. Sunlight also helps to improve some aspects of Alzheimer's disease as well. A study published in the *Journal of the American Medical Association* has shown that people with Alzheimer's who are exposed to sunlight daily have fewer symptoms of depression, nighttime wakefulness, and agitation. Also, people who have Alzheimer's who are exposed to regular sunlight lose less of their functioning than those people with Alzheimer's disease who are exposed to dim daylight lighting. The researchers believe that these improvements resulted from the establishment of a more regular circadian rhythm in people with Alzheimer's disease who are exposed to regular sunlight.

7. Sun exposure helps to heal some skin disorders. Sunlight can help to promote healing of skin disorders such as acne, psoriasis, eczema, jaundice, and other fungal skin disorders. For example, in one study, a four-week outdoor sunbathing therapy that was recommended to people with psoriasis, showed that 84% of those people who undertook the outdoor sunlight therapy saw their skin becoming significantly clearer. While sun exposure has been used successfully to treat skin disorders, people are advised to undertake any sunlight therapy while under medical supervision to prevent the negative side effects of UV radiation. Also, medical supervision is also needed to ensure that the benefits of sun exposure outweigh the risks.

8. Sun exposure boosts growth in children. This benefit is especially true in infants. Studies have shown that sun exposure in the first few months of a baby's life influences how tall children will grow. Many cultures are aware of this fact and the people who live in those cultures expose their children to mild sunlight to help to boost their growth and their height.

9. Sun exposure enhances the functioning of the immune system. Sun exposure can help to suppress an overactive immune system, which is why sunlight exposure is recommended for people with psoriasis. The production of white blood cells increases with sun exposure. White blood cells play a significant role in fighting diseases and in defending the human body against infections and, thus, moderate sun exposure helps the immune system greatly.

10. Sun exposure reduces the risk of certain cancers. A vitamin D deficiency increases your risk of many cancers, especially breast cancer and colon cancer. But eating whole foods and getting some sun exposure can help breast cancer go into remission. Drs. Franks and Cedric Garland from the University of California made this connection when they observed that the incidence of colon cancer is three times higher in New York State than it is in New Mexico. Subsequent studies have shown that vitamin D supplementation produces a 60% drop in the development of any type of cancer. This finding shows the benefits of vitamin D and sun exposure in reducing the risk of cancer.

While sunshine has its benefits, however, it is still the number one cause of skin cancer. Experts believe that healthy people should take no more 15 to 20 minutes of direct sunlight daily. Factors such as skin color, where you live, and how much skin you expose in the sunlight affect the amount of vitamin D you produce in your body.



**WORK HARD
IN SILENCE;
LET SUCCESS
MAKE THE NOISE**

Save the Date!

Connections Clubhouse Annual Fundraiser

Music on the Lawn!

When: September 7, 2024, 4:00-7:00 pm

Where: The lawn at Connections Clubhouse, 1679 Southwest Blvd, Newton, NC, Ph: (828) 466-0030

Entertainment: Two performing acts, Autumn Bolton and Picketty Split

Food: Homemade chili in an included handmade pottery bowl made at the Clubhouse (while bowls last) for \$20 for our fundraiser

Fundraising Sale: Beautiful handmade pots, vases, and sculptures from the Clubhouse

Bring: A chair or blanket for the lawn

No purchase is necessary to enjoy our live music. Clubhouse fundraising has become increasingly critical for our programming during a time of economic uncertainty and changes in mental health services.

www.connectionsclubhousecatawba.org

Please join us at Connections Clubhouse on Saturday, September 7th for our "Music On The Lawn" event. Be sure to bring a chair and/or a blanket to sit on and enjoy some live local music featuring Autumn Bolton and Picketty Split! The music is free, but we will have bowls and chili for sale, while supplies last, for \$20. Advanced tickets are available. For more information, call us at (828) 466-0030. We hope to see you here!

If you need help in stopping smoking, you can contact the QuitlineNC Program (Website address: <https://quitlinenc.dph.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to smokers from commercial tobacco use. The QuitlineNC website defines commercial tobacco as any tobacco products offered for sale, excluding sacred and traditional ceremonies by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," to 873373. Support from QuitlineNC is available 24 hours, 7 days a week. The service is free and it is nonjudgmental.

PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week and 24 hours per day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week. The Catawba Valley Health crisis support/mobile crisis response services number is (828) 695-2511.