



Shangri-La
REHAB & LIVING CENTER

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.”

-Victoria Erickson



AUGUST IS
NATIONAL WELLNESS
MONTH

National Wellness Month was created to remind us to prioritize self-care, managing stress, and promoting healthy routines. Create wholesome habits in your lifestyle and focus on self-care to feel like your best self! Research has shown self-care helps manage stress and promotes happiness. The concept of self-care encompasses various practices, including physical exercise, healthy eating, mindfulness, stress reduction techniques, and more. Self-care and wellness is a personal and subjective concept but the idea of taking deliberate actions to care for oneself physically, mentally, and emotionally remains central to us all.

Remember to take time for you. We offer respite stays to provide caregivers a break. Respite stays help a caregiver to avoid burnout, relieve stress, focus on self-care, or take a trip out of town while their loved one remains being care for. If you would like more information on respite stays, please let us know and we would be happy to assist.

August Fun Facts

Did you know...

- August is named after Augustus Caesar (grandnephew of Julius Caesar), the first Roman emperor.
- August is the last month of summer in the Northern Hemisphere and the last month of winter in the



National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance to highlight the importance of vaccination for people of all ages. Together, we can raise awareness about the importance of vaccination & encourage people to talk to a healthcare provider about staying up to date on their vaccines.

Every year tens of thousands of adults needlessly suffer, are hospitalized, & even die as a result of diseases that could be prevented by vaccines. While adults believe immunization is important, a recent national survey showed that most adults aren't aware that they need vaccines throughout their lives to protect against diseases like shingles, pertussis, and hepatitis.

Patients trust health care providers to give them the best advice on how to protect their health. This includes educating patients on recommended vaccines and helping them make informed decisions about vaccinations.

For more information visit www.cdc.gov/vaccines

“Caring with a Hometown Touch”



National Senior Citizens Day, August 21st... the day to let the seniors in your life know how much you care and it's an opportunity to recognize their accomplishments. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks!

TO OBSERVE NATIONAL SENIOR CITIZENS DAY

Donate to a nursing/retirement home. One of the kindest and most rewarding things one can do is to donate essential goods or gifts to a nursing/retirement home. Give your nearest facility a call and ask them whether they have a shortage of anything. You can really make a difference in someone's life.

Reach out to a senior family member. Visit them and spend some time together. If you can't see them in person, give them a call. Let them hear the warmth in your voice when you tell them how much you appreciate them.

Have fun! Are you a senior citizen? Well, today is all about you! Live it up and treat yourself. Spend time with your favorite people, go shopping, or just do whatever you like. This could be the day you finally try that one thing you never have time for or perhaps it's a perfect day to chill at home. You've earned this time, so enjoy it!

Shangri-La Rehab & Living Center is partnering with Community Services League in collecting school supplies for our community. There will be a barrel to drop off supplies at our facility entrance through August 9th.

COMMUNITY SERVICES LEAGUE'S

BACK TO SCHOOL FAIR

BLUE SPRINGS COLLECTION DRIVE!

Black Pens with Cap
Blue Pens with Cap
Red Pens
Post-Its
Folders
Tissues
Earbuds
Glue Sticks
Index Cards
Pointed Scissors

3inch Zipper Binder
Composition Notebooks
Black Dry Erase Expo Markers
Classic Markers
Wide-Ruled Notebook Paper
Pencil Bag with Zipper
24 Count Pencils
Ultra-Fine Sharpies
Wide-Ruled Spiral Notebooks
Calculator (TI 30x IIS Solar)



LEARN MORE
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Please contact us if you would like more information.

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DATES TO REMEMBER

August 1-31	National Wellness Month
August 1-31	National Immunization Awareness Month
August 9	Last day of collections for school supplies
August 21	Senior Citizens Day



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