



BY - RUTH GOMEZ

Summer is Here!

Here are some wonderful ways our caregivers can help our clients enjoy the summer.

We hope these tips inspire you to make the most of this season:

1. **Outdoor Activities:** Lets take advantage of the extended daylight by organizing gentle outdoor activities like gardening, nature walks, and bird watching. Fresh air and sunshine do wonders for the spirit!
2. **Summer Crafts:** Activities like making sun catchers or painting flower pots not only bring joy, but also keep minds active and hands busy.
3. **Healthy Summer Treats:** Whip up refreshing, healthy treats such as fruit salads, smoothies, and homemade lemonade. Hydration is key, and these delicious snacks are a perfect way to stay cool.

While you are enjoying the sunshine, don't forget to protect yourself from UV rays and dehydration. Here are some easy ways to enjoy the sun responsibly:

1. Wear Hats & Breathable Clothing
2. Apply Sunscreen Regularly
3. Drink Lots of Water, and supplement with electrolytes as needed or recommended by your doctor.
4. Take breaks from the sun. Sometimes, we just need some good ole air conditioned air, before heading out for more sun.

Hope you're having a great summer!

With Care,

Danville Supports

In this newsletter you can expect:

Summer Fun & Safety Tips

SLC Events

Park City Events

St. George Events

Staff Appreciation

My Healing Circles Partnership!

July Events



Salt Lake City

- **4th Tuesday Networking: Olympic Preparty on July 23rd at 9:30am**
 - We are hosting our SLC area networking meeting. Sherry Myers our community liaison hosts this meeting with support from Marketing Association Ruth Gomez. Takes place @ 7351 S. Union Park Ave Midvale, UT, 84047 in the 1st Floor Conference Room.



Park City

- **4th Annual Professionals for Seniors and Caregiver Coalition Picnic in the Park - July 9th @ 11am**
 - FOOD, FUN. & PRIZES: Professionals for Seniors is a networking event hosted by our Park City Branch Manager Lora Davis. Picnic Area at the Red Barn @ 4300 North UT32 in Oakley 84055



St. George

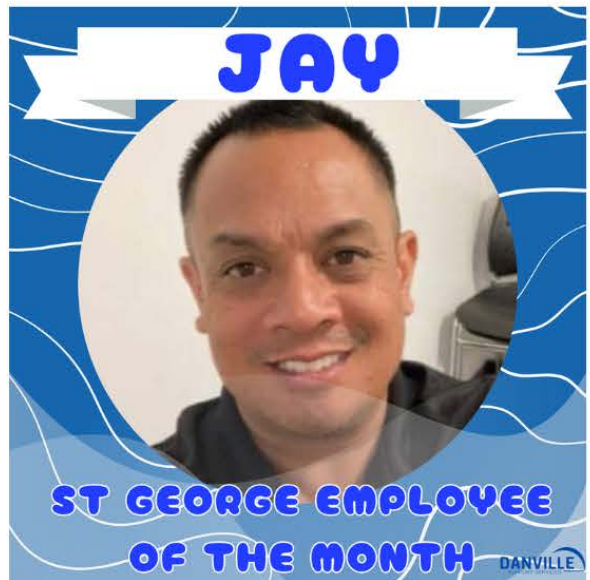
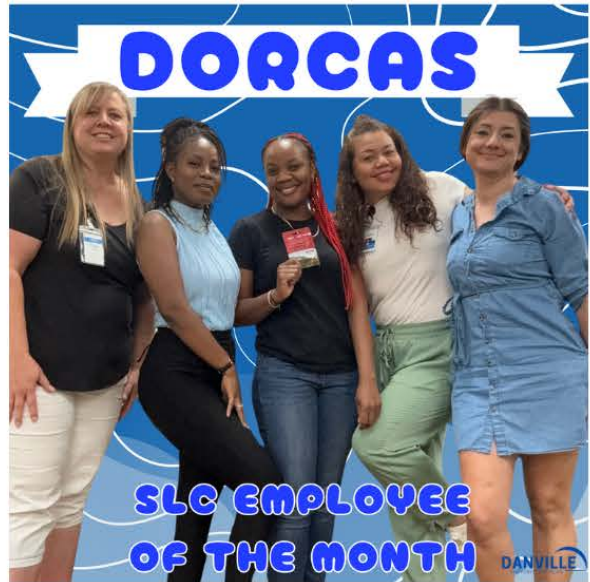
- **The Olympic Kick Off Networking Party; July 31st at 12pm**
 - Calling all St. George area professionals! For July Only: In place professionals for seniors we will be hosting this Olympic kick off networking event. Takes place @ 136 N. 100 E. St. George, UT, 84770. In the chamber conference room.

To Stay Up to Date with our events, follow us on Facebook or Instagram @danvillesupportservices



Pictured: Lora Davis, PC Branch Manager, at Professionals For Seniors at Summer House Farms in Heber. It was a fabulous Luncheon Hosted by Lynden Legacy in June!

June Employee of the Month Recognitions



Vicki made these cupcakes with a client! The crafts and treats she creates with her clients are spectacular! Thanks for making all your clients feel special Vicki!



To read more about our awesome team members, check out their posts on our Facebook or Instagram @danvillesupportservices

Special Thanks & Birthday Wishes



A Special Thanks to Morena M.

She has been with Danville for a few months and the spouse of one of her clients recently said they love having her as a caregiver because she is always on time and does a great job taking care of her husband.



A Special Thanks to Aneti L.

She is also new to Danville and one of her clients recently said that she loves having Aneti as a caregiver because they have fun together, cook together and have really bonded. She said Aneti is a good match for her. Thank you to all of our caregivers for the care and support you give our clients. We really appreciate all you do.



Wishing Michelle, Lora & Stacy A Splendid Birthday Month







Coming Soon!

Danville is excited to be partnering with My Healing Circles, a mental health provider for Seniors.

My healing Circles offers:

- Early dementia detection and diagnosis support
- Mental health care & support for Clients & Caregivers
- Diagnostic Assessments & Testing
- Care & Treatment Planning

We are excited about offering this low to no cost service to our clients in all service areas. For more information, please reach out! As the program develops we will continue to update, please follow us on Facebook, Instagram, or Twitter for any and all things Danville Supports!

 Danville Support Services
 @danvillesupportservices

Thanks for reading!

DANVILLE SUPPORT SERVICES	WWW.DANVILLESUPPORTS.COM
PARK CITY:	435.659.1698
ST GEORGE:	801.316.1147
SALT LAKE CITY:	801.363.1521