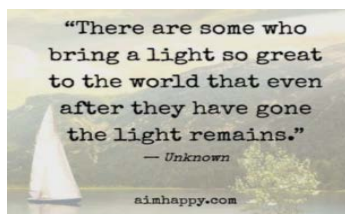




~HAPPY BIRTHDAY WISHES~

Bill Watson	Aug 01	Lona Full	Aug. 18
George Tribull	Aug. 03	Clinton Rey	Aug. 18
Barb Wilson	Aug. 03	Reed Strawbridge	Aug. 22
Mary Ellen Parker	Aug. 06	Delores Fleming	Aug. 23
Darlene Taylor	Aug. 08	Doris Economas	Aug. 24
Audrey Huot	Aug. 10	Eleanor Packard	Aug. 24
Doris Baumgardner	Aug. 12	Marietta Kirk	Aug. 25
Priscilla Howell	Aug. 13	Edward Sauter	Aug. 26
Virginia Edwards	Aug. 14	Betsy Vahey	Aug. 29
		Almena Motaka	Aug. 30
		Shirley Russell	Aug. 31

GET WELL WISHES: Helen Clapp, Vicki Helms, Terri Proffit and all our other dear friends who are in need of our prayers and well wishes.



Our dearest friends: Marie Olszewski, Norma Jean Schrum, you are missed.

AUGUST 21 IS NATIONAL SENIOR CITIZENS DAY



How to Observe National Senior Citizens Day

1. Spend time at a nursing/retirement home - One of the kindest and most rewarding things one can do is make a visit to a nursing home. Sit and chat with residents. Play games and participate in activities. You can really make a difference in someone's day, week or even his or her life.
2. Reach out to a senior family member - Visit them and spend time together. If you can't see them in person, give them a call and let them know how much you appreciate them.
3. Have Fun! - Are you a senior citizen yourself? Well today is your day to do whatever you like, its all about you!

Why National Senior Citizens Day is Important

1. Seniors give us advice - Their wisdom and advice is valuable to us and we have much to learn from them.
2. Seniors give generously - They have more time to devote to others and volunteer. We appreciate how much they look out for friends and family.
3. Seniors give us goodies! - Perhaps this stems from their generous and charitable nature. Many of us remember being spoiled by our grandparents!