



SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701

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WANTED: Older New Yorkers Who Make a Difference

Monticello, NY – The NYS Office for the Aging will celebrate Older New Yorkers’ Day on Friday, November 3, 2023, and Sullivan County has an opportunity to include up to two local honorees!

Though the ceremony itself will be virtual, all honorees will receive a package that includes:

- A commemorative pin
- A hard copy of the book of biographies
- A certificate

Additionally, they will be featured on social media and rightfully celebrated in local media.

The deadline for submitting nominees is September 1. Thus the Sullivan County Office for the Aging is seeking nominations by that time of older adults from our community to be represented at this event. These nominations can come from civic leaders, elected officials, and community organizations.

The nominee should be a volunteer aged 55 or older that has made a difference in the community through civic engagement.

Nomination forms can be obtained by contacting the Office for the Aging at 845-807-0243 or sullivanofa@sullivanny.us. Or download the form at www.sullivanny.us/Departments/Aging (click on **"2023 Older New Yorkers Day Nomination Form"**)

SULLIVAN COUNTY OFFICE FOR THE AGING

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MONTICELLO, NY 12701
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Fourth of July known as Independence Day or July 4th. The tradition of celebrations goes back to 18th century and the American Revolution. July 2, 1776, Continental Congress voted for independence and 2 days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document. From 1776 to present, it's been celebrated as the birth of American independence. Battles in the Revolutionary War broke out in April 1775, few colonists desired total independence from Britain and those who did were considered radical. The next year, colonists came to favor independence due to growing hostility against Britain and growth of revolutionary opinions such as those expressed in the pamphlet "Common Sense," by Thomas Paine in 1776. June 7, Continental Congress met at the PA State House (Independence Hall) Philadelphia. VA delegate Richard Henry Lee introduced a motion calling for the colonies' independence. Amid heated debate, Congress postponed the vote on Lee's resolution but appointed a 5 man committee: Thomas Jefferson of VA, John Adams of MA, Roger Sherman of CT, Benjamin Franklin of PA and Robert R. Livingston of NY to draft a formal statement justifying the break with Britain. July 2nd, Continental Congress voted for Lee's proposal for independence in a near unanimous vote (the NY delegate abstained but later voted affirmatively). Adams wrote his wife that July 2 "will be celebrated, by succeeding Generations as the great anniversary Festival" and should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." July 4th, Continental Congress formally adopted the Declaration of Independence, written mostly by Jefferson. Tradition of Patriotic events became more widespread after the War of 1812, when U.S. again faced Britain. 1870 U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to give a paid holiday to federal employees. Political importance of the holiday declined but Independence Day is an important national holiday with the American flag and "The Star-Spangled Banner," the national anthem of the U.S.

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Helping Someone with Alzheimer's Disease

Being a caregiver for someone with dementia, or having dementia yourself, is a journey that can be challenging and overwhelming. Did you know that in 2022 in New York state, there were 546,000 caregivers of people with Alzheimer's disease or another form of dementia, who provided 884 million hours of unpaid care? This shows how much those living with dementia and their caregivers need our support!



Most of us know someone living with dementia, or a caregiver, and wonder "How can I support them?" You'd be surprised how taking a few steps can make a HUGE difference to a family living with Alzheimer's disease, bringing them a light in the darkness!

Here are 10 Ways you can help a family living with dementia:

1. Educate yourself about Alzheimer's disease. Learn about its effects and how to respond. (Upcoming programs include "10 Warning Signs of Alzheimer's" on July 25th at 10:00am in Callicoon (in English), and July 26th at 6:00pm in Monticello (in English and Spanish). Email ddavies@alz.org for more information.
2. Stay in touch. A card, a call or a visit means a lot and shows you care.
3. Be patient. Adjusting to an Alzheimer's diagnosis is an ongoing process and each person reacts differently.
4. Offer a shoulder to lean on. The disease can create stress for the entire family. Simply offering your support and friendship is helpful.
5. Engage the person with dementia in conversation. It's important to involve the person in conversation even when his or her ability to participate becomes more limited.
6. Offer to help the family with its to-do list. Prepare a meal, run an errand or provide a ride.
7. Engage family members in activities. Invite them to take a walk or participate in other activities.
8. Offer family members a reprieve. Spend time with the person living with dementia so family members can go out alone or visit with friends.
9. Be flexible. Don't get frustrated if your offer for support is not accepted immediately. The family may need time to assess its needs.
10. Support the Alzheimer's cause. Join their annual Walk to End Alzheimer's coming up on October 21st in Montgomery, NY. Register today at OrangeSullivanWalk.org.

The Alzheimer's Association is here to help, and we look forward to hearing from you! Call us 24/7 at 800.272.3900 to get the free support that you need. Or, visit our website at alz.org/hudsonvalley for more information on education, support, and how to help.

SHOPPING BUS SCHEDULE AND JULY MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3)  Sites Closed	4)  CLOSED Independence Day	5) Chicken Cacciatore Spaghetti Mixed Vegetables Italian Bread Mandarin Oranges	6) ROUTE 4	7) Roast Pork Loin Gravy Sweet Potatoes Green Beans Rye Bread Applesauce
10) Cheeseburger on a Bun Oven Roasted Potatoes Corn Fresh Orange	11) ROUTE 5	12) Stuffed Shells Side Salad Broccoli Italian Bread Fruit Cocktail	13) ROUTE 1	14) Tuna Salad Lettuce & Tomatoes Macaroni Salad 3 Bean Salad Whole Wheat Bread Fresh Apple
17) Cheese Tortellini w/Sauce Peas Dinner Rolls (2) Peaches	18) ROUTE 2	19) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Diced Pears	20) ROUTE 3	21) Breaded Fish Tartar Sauce Baked Potato Diced Carrots Dinner Rolls (2) Mandarin Oranges
24) Ham & Cheese Sandwich Lettuce & Tomato Pasta Salad 3 Bean Salad Wheat Bread Fruit Cocktail	25) ROUTE 4	26) Hot Dog on a Roll Baked Beans Mixed Vegetables Applesauce	27) ROUTE 5	28) Chicken Tenders (3) Oven Roasted Potatoes Cauliflower Dinner Rolls (2) Bananas
31) Baked Ziti w/Meat Sauce Broccoli Side Salad Italian Bread Peaches			Two Congregate Sites are open! Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available. Lunch at 12:00pm. Livingston Manor Site- Wednesday / Mamakating Site-Monday & Wednesday Menu subject to change.	

Route 1: July 13th

A. Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.

B. Town of Rockland- Livingston Manor & Roscoe.

Route 2: July 18th

A. Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included

B. Town of Thompson- All of Monticello, Mongaup Valley

Route 3: July 20th

A. Town of Bethel-Smallwood, Cohecton, Bethel Senior Housing and White Lake.

B. Town of Neversink-Neversink, Grahamsville, Foxcroft Village.

Route 4: July 6th, July 25th

A. Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

B. Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

Route 5: July 11th, July 27th

A. Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.

B. Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.

Wildfires

Source: National Geographic

A wildfire is an uncontrolled fire that burns in wildland vegetation, often in rural areas. Wildfires burn in forests, grasslands, savannas and other ecosystems and have been doing so for hundreds of millions of years. They are not limited to a particular continent or environment. Wildfires burn in vegetation in and above the soil. Ground fires typically ignite in soil thick with organic matter that can feed the flames like plant roots. Ground fires can smolder for a long time (even an entire season) until conditions are right for them to grow to a surface or crown fire. Surface fires burn in dead or dry vegetation that is lying or growing just above the ground. Parched grass or fallen leaves often fuel surface fires. Crown fires burn in leaves and canopies of trees and shrubs. Unlike many natural disasters, most wildfires are caused by people and can be prevented by people. Meteorologists are not able to forecast wildfire outbreaks, so people in fire-prone areas should plan ahead and prepare to evacuate with little notice. Here are some tips on how to prevent wildfires and what to do if you're caught in the middle of one. How to prevent a wildfire: Contact 911, your local fire department or the park service if you notice an unattended or out-of-control fire. Never leave a fire unattended. Completely extinguish the fire—by dousing it with water and stirring the ashes until cold—before sleeping or leaving the campsite. Always take care when using and fueling lanterns, stoves and heaters. Make sure lighting and heating devices are cool before refueling. Avoid spilling flammable liquids and store fuel away from appliances. Do not discard cigarettes, matches and smoking materials from moving vehicles or anywhere on park grounds. Be certain to completely extinguish cigarettes before disposing of them. Follow local ordinances when burning yard waste. Avoid backyard burning in windy conditions and keep a shovel, water and fire retardant nearby to keep fires in check. Remove all flammables from the yard when burning.

Evacuation tips:

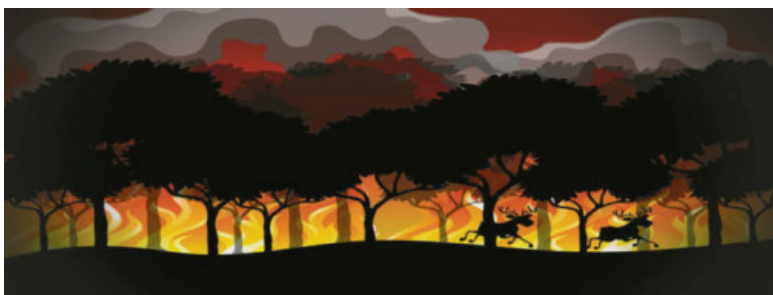
If advised to evacuate, do so immediately. Know your evacuation route ahead of time and prepare an evacuation checklist and emergency supplies. Wear protective clothing and footwear to reduce harm from flying sparks and ashes.

Before you leave, prepare your home:

Remove combustibles, including firewood, yard waste, barbecue grills and fuel cans from your yard. Close all windows, vents and doors to prevent a draft. Shut off natural gas, propane or fuel oil supplies. Fill any large vessels—pools, hot tubs, garbage cans or tubs—with water to slow or discourage fire.

If caught in a wildfire:

Don't try to outrun the blaze. Instead look for a body of water such as a pond or river to crouch in. If there is no water nearby, find a depressed, cleared area with little vegetation, lie low to the ground and cover your body with wet clothing, a blanket or soil. Stay low and covered until the fire passes. Protect your lungs by breathing air closest to the ground, through a mask or moist cloth, if possible, to reduce smoke inhalation.

**Rabies**

Source: Mayo Clinic

Rabies is a deadly virus spread to people from the saliva of infected animals. The rabies virus is usually transmitted through a bite to a person or another animal. The rabies virus causes a rabies infection. In rare cases, rabies can be spread when infected saliva gets into an open wound or the mucous membranes, such as the mouth or eyes. This could happen if an infected animal licked an open cut on your skin. In very rare cases, the virus has been spread to tissue and organ transplant recipients from an infected organ. Animals most likely to transmit rabies in the United States include bats, woodchucks, coyotes, foxes, beavers, raccoons, monkeys and skunks. Any mammal (an animal that suckles its young) can spread the rabies virus.

***Seek immediate medical care if you're bitten by any animal or exposed to an animal suspected of having rabies.**

If you aren't sure whether you've been bitten, seek medical attention. Example, a bat that flies into your room while you're sleeping may bite you without waking you. If you awake to find a bat in your room, assume you've been bitten. Also, if you find a bat near a person who can't report a bite, such as a small child or a person with a disability, assume that person has been bitten.

Once a person shows signs and symptoms of rabies, the disease nearly always causes death. For this reason, anyone who may have a risk of contracting rabies should receive rabies vaccinations for protection.

The first symptoms of rabies may be very similar to those of the flu and may last for days. Later signs and symptoms include: fever, headache, nausea, vomiting, agitation, anxiety, confusion, hyperactivity, difficulty swallowing, excessive salivation, fear brought on by attempts to drink fluids because of difficulty swallowing water, fear brought on by air blown on the face, hallucinations, insomnia, partial paralysis

Vaccinate your pets. Cats, dogs and ferrets can be vaccinated against rabies.

Keep your pets confined. Keep your pets inside and supervise them when outside.

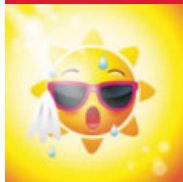
Protect small pets from predators. Keep rabbits and other small pets, such as guinea pigs inside or in protected cages so that they are safe from wild animals. These small pets can't be vaccinated against rabies.

Report stray animals to local authorities.

Don't approach wild animals. Wild animals with rabies may seem unafraid of people. It's not normal for a wild animal to be friendly with people, so stay away from any animal that seems unafraid.

Keep bats out of your home.

Consider the rabies vaccine if you're traveling or often around animals that may have rabies.



Heat exhaustion happens when a body overheats. Symptoms include heavy sweating and rapid pulse. Causes of heat illness include exposure to high temperatures, particularly when there is also high humidity and strenuous physical activity. Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition. Heat exhaustion is preventable. Symptoms of heat exhaustion may start suddenly or progress over time, especially with prolonged periods of exercise. Heat exhaustion symptoms include: cool, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, headache, fatigue, weak, rapid pulse, low blood pressure upon standing, muscle cramps and nausea.

If you think you have heat exhaustion: Stop all activity and rest. Move to a cooler place. Drink cool water or sports drinks. Contact your doctor if symptoms get worse or they don't improve within one hour. If you're with someone who has heat exhaustion, seek immediate medical help if they become confused or distressed, lose consciousness or are unable to drink. If their core body temperature reaches 104 F or higher, they need immediate cooling and urgent medical attention. In hot weather, your body cools itself mainly by sweating. Evaporation of sweat regulates body temperature. When you exercise or overexert in hot, humid weather, your body is less able to cool itself efficiently. As a result, heat cramps may start in your body. Heat cramps are the mildest form of heat-related illness. Symptoms of heat cramps include heavy sweating, fatigue, thirst and muscle cramps. Prompt treatment may prevent heat cramps from progressing to more-serious heat illnesses such as heat exhaustion. Drinking fluids or sports drinks that have electrolytes (Gatorade, Powerade, etc.) help treat heat cramps. Other treatments for heat cramps include getting into an air-conditioned or shaded place and resting. Besides hot weather and strenuous activity, other causes of heat exhaustion include: dehydration, alcohol use, overdressing and risk factors.

Heatstroke is caused by a body overheating usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to 104 F or higher. It is most common in the summer months. Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage the brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing the risk of serious complications or death. Heatstroke signs and symptoms include: high body temperature, a core body temperature of 104 F or higher, altered mental state or behavior, confusion, agitation, slurred speech, irritability, delirium, seizures and coma, alteration in sweating, nausea and vomiting, flushed skin, rapid breathing, breathing may become rapid and shallow, racing heart rate and headache. Heatstroke brought on by hot weather: skin will feel hot and dry to the touch. Heatstroke brought on by strenuous exercise: skin may feel dry or slightly moist.

*If you think a person may be experiencing heatstroke, seek immediate medical help. Call 911. Take immediate action to cool the overheated person while waiting for emergency treatment: Get the person into shade or indoors. Remove excess clothing. Cool the person with whatever means available — put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water or place ice packs or cold, wet towels on the person's head, neck, armpits and groin. Anyone can get heat illness (heat cramps, heat exhaustion and heatstroke). Heatstroke is predictable and preventable but certain factors increase sensitivity to heat. They include: age (under age 4 and over age 65), certain drugs, obesity, sudden temperature changes and a high heat index. There are things you can do to prevent heat cramps, heat exhaustion, heatstroke and other heat-related illnesses. When temperatures climb, remember to: wear loose fitting, lightweight clothing, protect against sunburn, drink plenty of fluids, be careful with certain medicines, never leave anyone in a parked car even if the car is parked in the shade or the windows are open, take it easy during the hottest parts of the day, get acclimated to the hot weather and be cautious if you're at increased risk (such as over age 65 or under age 4).

Dehydration

Source: Mayo Clinic

Dehydration occurs when you use or lose more fluid than you take in and your body doesn't have enough water or other fluids to carry out its normal functions. If you don't replace lost fluids you will get dehydrated. Anyone may become dehydrated but the condition is dangerous for young children and older adults. Older adults have a lower volume of water in their bodies and may have conditions or take medications that increase the risk of dehydration. Even minor illnesses, such as infections affecting the lungs or bladder can result in dehydration in older adults. Dehydration can occur in any age group if you don't drink enough water during hot weather especially if exercising. You can usually reverse mild to moderate dehydration by drinking more fluids but severe dehydration needs immediate medical treatment. Thirst isn't always a reliable early indicator of the body's need for water. Many people don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill. The signs and symptoms of dehydration may differ by age. Signs and symptoms of dehydration are: extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness and confusion.

Call your family doctor if you or a loved one: has had diarrhea for 24 hours or more, is irritable or disoriented and much sleepier or less active than usual, can't keep down fluids and has bloody or black stool. Dehydration can occur for simple reasons: not drinking enough because you're sick, busy or lack access to safe drinking water when traveling, hiking or camping. Other dehydration causes include: diarrhea, vomiting, fever, excessive sweating and increased urination. Anyone can become dehydrated but certain people are at greater risk: infants and children, older adults, people with chronic illnesses and people who work or exercise outside. Dehydration can lead to serious complications, including: heat illness, urinary and kidney problems, seizures and low blood volume shock (hypovolemic shock). To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Letting thirst be your guide is good daily advice for most healthy people. People may need to take in more fluids if they feel conditions such as: vomiting or diarrhea, strenuous exercise, hot or cold weather and illness.



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It's important to distinguish between the symptoms of a sun rash, sunburn and sun poisoning. Sunburn is caused by too much exposure to ultraviolet (UV) light. UV light may be from the sun or artificial sources, such as sunlamps and tanning beds. UV light damages skin cells. The immune system reacts by increasing blood flow to the affected areas, which causes the inflamed skin known as sunburn. Surfaces such as snow, sand, concrete and water can reflect UV rays and burn skin too.

Sun Rash

A sun rash (sun allergy) develops from sun exposure, sun poisoning or exposure to outdoor plants. It's sometimes hereditary. The resulting symptoms of a sun allergy reaction look like a widespread red rash. It's also extremely itchy. Rashes can develop small bumps that look like hives. Sun allergies occur regularly from sun exposure and may need regular treatment from a dermatologist. A sun rash that develops from sun poisoning is more of an isolated event that needs medical attention.

Sunburn

Sunburn is inflamed, painful skin that feels hot to the touch. It often appears within a few hours of being in the sun too long and may take days for the sunburn to fade. Within a few days, the body may start to heal itself by peeling the damaged skin's top layer. Sunburn symptoms can include: inflamed skin, which looks pink or red on white skin and may be harder to see on brown or black skin, skin that feels warm or hot to the touch, pain, tenderness and itching, swelling, small, fluid-filled blisters, which may break, headache, fever, nausea and fatigue (if the sunburn is severe) and eyes that feel painful or gritty. Any exposed part of the body (including the earlobes, scalp and lips) can burn. Even covered areas can burn if clothing has a loose weave that allows ultraviolet (UV) light through. The eyes which are extremely sensitive to the sun's UV light, can also burn. A bad sunburn may take several days to heal. Any lingering changes in skin color usually go away with time. See your health care provider if you: develop blisters, experience severe swelling of the affected area, show signs of infection, such as blisters with pus or streaks, experience worsening pain, headache, confusion, nausea, fever or chills, get worse despite at-home care and have eye pain or vision changes. Seek immediate medical care if you are sunburned and experience: a fever over 103 F with vomiting, confusion, an infection, dehydration and cold skin, dizziness or faintness.

Risk factors for sunburn include: having fair skin, having a history of sunburn, living or vacationing somewhere sunny, warm or at high altitude, working outdoors, swimming or spraying your skin with water or baby oil, as wet skin tends to burn more than does dry skin, mixing outdoor recreation and drinking alcohol, regularly exposing unprotected skin to UV light from sunlight or artificial sources, such as tanning beds and certain medications. Intense, repeated sun exposure that results in sunburn increases your risk of other skin damage and certain diseases. You can get sunburn relief with simple self-care measures such as taking pain relievers and cooling the skin. Preventing sunburn year-round by wearing sunscreen or using other skin-protection habits is important for everyone. It is especially important when you're outdoors, even on cool or cloudy days. Avoid sun exposure between 10 a.m. and 4 p.m. Avoid sun tanning and tanning beds.

Use sunscreen often and generously. Use water-resistant, broad-spectrum lip balm and sunscreen with an SPF of at least 30, even on cloudy days. Reapply sunscreen every two hours or more often if you're swimming or perspiring. If you're wearing makeup and want to reapply your sunscreen without redoing your whole face one option is to use an SPF powder over makeup. The Food and Drug Administration (FDA) requires all sunscreen to retain its original strength for at least three years. Check sunscreen labels for directions on storing and expiration dates. Throw away sunscreen if it's expired or more than three years old. Protect babies and toddlers. Cover up. Wear sunglasses when outdoors with UVA and UVB protection. Be aware of sun-sensitizing medications and cosmetics.

Sun Poisoning

Sun poisoning is significantly worse than a sunburn. Sun poisoning is a severe complication of sunburn and it can get worse if you don't treat it right away. Symptoms can last a few days to a few weeks depending on the extent of the damage to the skin. In addition to the usual sunburn-like symptoms, you might experience: blistering or peeling skin, severe redness and pain, fever (and sometimes chills), dehydration, confusion, nausea or vomiting, headaches, dizziness and fainting. When left untreated, sun poisoning can lead to potentially life-threatening complications. Dehydration and shock develop quickly, so it's important to drink water or electrolytes after you've been in the sun. Infection is also a possibility. This can develop if your skin is punctured from scratching at the burn or from popping blisters. To prevent infection, let your skin be. If you notice any oozing or red streaks, see your doctor right away. This could indicate a more severe infection that has possibly spread to your bloodstream and you may need oral antibiotics. Another complication of sun poisoning may not appear until long after the burning, blisters and pain have gone away. People who experience severe sunburns are at a higher risk of developing premature wrinkles and skin spots later in life. Your risk for skin cancer may also increase.

If you think you have sun poisoning, you need to see a doctor right away. They can help provide treatment to prevent related complications, such as skin damage and severe dehydration. In some cases, you might need to go to the emergency room, especially if you are dehydrated or have flu-like symptoms, such as fever or muscle aches. At the ER, your doctor will check your vitals, as well as the severity of your sunburn. Your doctor may treat sun poisoning with cool water or compresses. Applying lotion to your skin while it's damp can help peeling skin retain the most moisture possible. Drinking fluids can help replenish moisture lost from extremely dry skin. Sun poisoning may also be treated with: intravenous (IV) fluids for dehydration, steroid creams for painful blistering sunburns, oral steroids for pain and swelling, prescription pain medications if OTC versions aren't providing relief and topical antibiotics to prevent infection. Sun poisoning, when treated promptly, will heal over time. In the most severe cases, people with sun poisoning may be transferred to the hospital's burn unit.



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

4		8	5					2
6					1			
	1	3		2		5	7	
	3		2				5	
		2	7			8	3	4
		1						7
								3
						7	8	
		6					4	



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 B E E R O T N C K H I H I S B
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 E A B E A N S K O R H T I I A
 U C S A U S A G E R N S T B B
 Q K E I T N J U E O K U F S E
 E Y A M S S L G C E O H C B K
 B A N A A J R D T K G O Y U V
 R R S U E U L P O S C G W R E
 A D C R B T S O B H S T E A K
 B E K M A N C A R O L I N A A
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 P H B P O R K H I C K O R Y H
 I A A C K T E X A S A B E E R
 T L A I S M O K E R G R I L L

- | | | | | |
|-----------|-------|----------|----------|----------|
| BBQ | PORK | BARBEQUE | BRISKET | TEXAS |
| BRAT | KEBAB | STEAK | KANSAS | CONTEST |
| RUB | SAUCE | GRILL | SMOKER | MEMPHIS |
| COOKOUT | RIBS | SAUSAGE | HOG | BEER |
| HICKORY | OAK | CHAR | CAROLINA | BACKYARD |
| SPIT | BEANS | PIT | HAWAIIAN | JERK |
| HAMBURGER | | | | |

F₄ U₁ N₁ &
 G₂ A₁ M₃ E₁ S₁



WORD SCRAMBLE

Can you unscramble these words?

- TECCNON _____
- LMCAIED _____
- XPOYR _____
- EHMO _____
- RDREVI _____
- ESNDE _____
- ALMEI _____

TRIVIA

Who was the first President to visit all 50 states?

RIDDLES

- What goes all around the world but stays in a corner?
- What type of cheese is made backwards?
- What runs around a whole yard without moving?

BRAINTEASER

First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?



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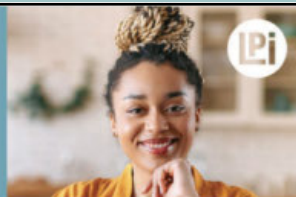
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Upcoming Lectures at the Western Sullivan Public Libraries

July 18, 2023, 4:00pm-5:30pm - Pam Golben presents "Welcome Pollinators!" at the Jeffersonville Branch located at 19 Center St. Jeffersonville, NY 12748

July 28th 5:00 pm – Evan Padua, local resident and co-owner of Sweetwater Guide Service, presents "Fishing on the Upper Delaware River" at the Tusten-Cochecton Branch located at 198 Bridge St. Narrowsburg, NY 12764

Free things to do this summer

Wurtsboro Street Fair–July 9, 2023, 12pm-5pm, Sullivan Street, Wurtsboro

Rainbow Fest – Hurleyville Pride 2023 – July 22,2023 2pm-7pm Hurleyville Performing Arts Centre, 219 Main Street, Hurleyville

Riverfest – July 23,2023 10am-4pm, Main Street, Narrowsburg

Vet Fest–Aug 5, 2023 11:00am-6:00pm, Grahamsville Fairgrounds, Grahamsville

The Blueberry Festival-Aug 12, 2023 - 9am-4pm, Canal Street, Ellenville

The Bagel Festival - August 13, 2023 - 9am - 4pm, Broadway Monticello-

Rock Hill's Free Summer Concert -Series every Wednesday, July – August 6:30pm-8:30pm, at the Rock Hill Farmers' Market Park, 223 Rock Hill Drive

**Digital Literacy Series
Part I
"What is the Internet?"
at the Livingston Manor Library**

**Saturday, July 8th
10:00-10:30am**

This five-part series will cover the computer basics you need to know.

Join the library to learn about:

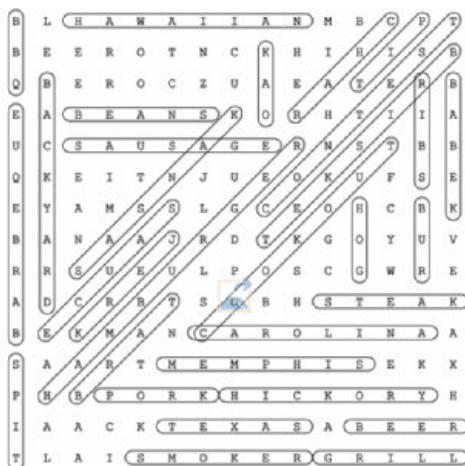
- the internet
- the cloud
- apps
- web browsers
- search engines
- icons
- menus
- settings
- security
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Q&A will follow each session.

SIGN UP FOR ONE OR MORE PARTS OF THIS SERIES:

livingstonmanorlibrary.org/programs/signup

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Answer to Sudoku

4	7	8	5	9	6	3	2	1
6	2	5	3	7	1	4	9	8
9	1	3	8	2	4	5	7	6
7	3	4	2	6	8	1	5	9
5	6	2	7	1	9	8	3	4
8	9	1	4	5	3	2	6	7
2	8	7	9	4	5	6	1	3
1	4	9	6	3	2	7	8	5
3	5	6	1	8	7	9	4	2

Word Scramble: 1.CONNECT 2.MEDICAL
3. PROXY 4.HOME 5.DRIVER 6.NEEDS
7.EMAIL

Trivia: Richard Nixon

Riddles: 1. A stamp 2. Edam 3. A fence

Brainteaser: Corn on the cob