

Newsletter

Summer 2012

Make the most of your summer vacation

Summer vacations are a great time to have some fun, relax, and, most importantly, spend quality time with your family. Here are some tips for a great vacation:

- Do research to ensure the best means of travel and accommodations for your needs
- Make a budget ahead of time so there is no financial stress once you're on your way
- Make sure to include locations or activities that interest everyone
- Arrive early for any check ins or activities
- Travel light
- Include some physical activity each day
- Make time for downtime
- Laugh at the inevitable travel hiccups along the way
- Take lots of photos and make some memories



Boys of Summer

Major League Baseball is in full swing and there are hundreds of games between Memorial Day and Labor Day, including fun inter-league play. Grab a hotdog and enjoy America's pastime this summer.



Summer Must-Have: Sunscreen, sunscreen and more sunscreen

Sunscreen is not just for the beach. In fact experts suggest wearing sunscreen every day. A broad-spectrum product with a minimum SPF of 30 is suggested for days of any prolonged outdoor activity. For everyday use, dual purpose products like cosmetics or lotions that include an SPF can protect you from those damaging rays.

Maintaining a beautiful summer yard

Green lawns are the pride of many in the summer months, but these beauties require some work to maintain. First of all, it is important to sharpen your mower blades for the season and to avoid cutting grass too short. When you skip the lower blade settings on your mower, grass is better able to maintain needed moisture and also ends up thicker and more lush looking. Watering is also an important aspect of lawn care. The goal is to get roots, not the grass, wet, which is best achieved through early morning watering less often and for longer durations.



Independence Day Trivia:

- Both Thomas Jefferson and John Adams died on Independence Day, July 4, 1826.
- 30 places nationwide have Liberty in their name, 11 have Independence and five include Freedom.
- The use of fireworks more than doubled in the United States in the decade between 1992 and 2002. In 2003, American citizens blew up more than 220 million pounds of the decorative explosives.



Handling grief

Milestones like summer holidays, vacations or family reunions can be a very difficult point in the grieving process. However, skipping such events may only delay the healing process. Experts recommend that you anticipate and accept that such occasions will be emotionally difficult. It is helpful to make plans with family or friends ahead of time on strategies to handle the sadness as well as honor your loved one. These events can provide meaningful opportunities to share memories as well as your own needs in a supportive and loving environment.



What do summertime and planning a funeral have in common?

They both leave you feeling care free, able to enjoy family time and make new memories. Preplanning a funeral is easy and a great way to make sure your wishes are met. You can choose every detail, lock in the price and enjoy total peace of mind. We are here to assist you!