

Seasons of Care



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JULY



On July 4, we celebrate **America's 250th Anniversary!** The day in 1776 that the Declaration of Independence was adopted by the Second Continental Congress in Philadelphia. The delegates to the Second Continental Congress declared that the Thirteen Colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states.

The Declaration of Independence is the statement declaring this decision, prepared by a committee of 5, including Thomas Jefferson, who authored the first draft, while he was in isolation over 17 days.

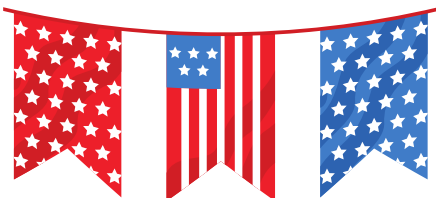
This month **WE** celebrate the freedom, courage, and independence that define our nation. At ViaLife Home Health & Hospice, **INDEPENDENCE** means something deeply personal – being able to live with dignity, comfort & choice, right where you call home.



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What Independence means in Home Health & Hospice

Independence doesn't mean doing everything alone - it means having freedom, dignity, and support to live life on your own terms, even while receiving care.



HERE'S WHAT THAT MAY LOOK LIKE!

****Staying in a Familiar Place*** - Independence often means being able to remain at home – surrounded by personal memories, routines, and loved ones – instead of moving in to a facility.

****Maintaining Personal Choice*** - Patients are respected as decision-makers in their care. This means choosing daily routines, having a voice in care plans and treatments, honoring personal values, beliefs, and preferences.

****Preserving Dignity*** - Care is provided in a way that protects privacy and self-worth, whether it's helping with bathing, dressing, or medical needs.

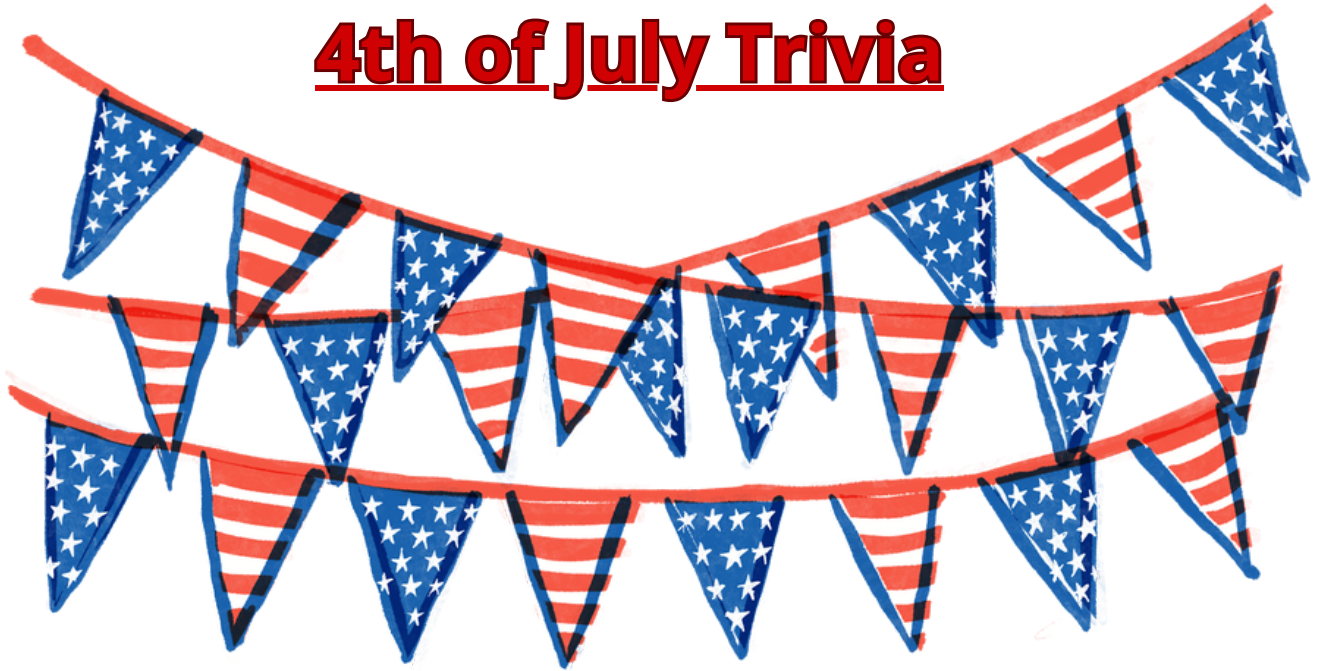
****Support without taking over*** - Care teams step in where needed--but encourage patients to do what they safely can on their own. This helps maintain confidence & a sense of control.

****Especially in hospice, independence includes:*** making meaningful choices about how time is spent - finding peace, closure, or connection - being supported emotionally without losing one's identity.

A simple way to say it: Independence in home health & hospice is not about being alone – it's about being supported in a way that lets you live life on your terms.



4th of July Trivia



1. Who wrote the majority of the Declaration of Independence?

- A. George Washington
- B. Thomas Jefferson
- C. Benjamin Franklin

2. How many stars are on the current US Flag?

- A. 48
- B. 50
- C. 52

3. What do stripes on the American Flag represent?

- A. The original 13 colonies
- B. The 50 States
- C. The branches of government

4. Which two Founding Fathers died on July 4, 1826?

- A. Washington & Franklin
- B. Jefferson & Adams
- C. Hamilton & Madison

5. What is the national bird of the United States?

- A. Hawk
- B. Bald Eagle
- C. Falcon

6. True or False: The Liberty Bell is rung every July 4th.

ANSWERS located at bottom of last page of newsletter...

Easy, Sweet Treats



Frozen Banana Bites

Ingredients:

- Banana Slices
- Yogurt
- Blueberries or strawberries

Directions:

Dip banana slices in yogurt, top with blueberry or strawberry, and freeze



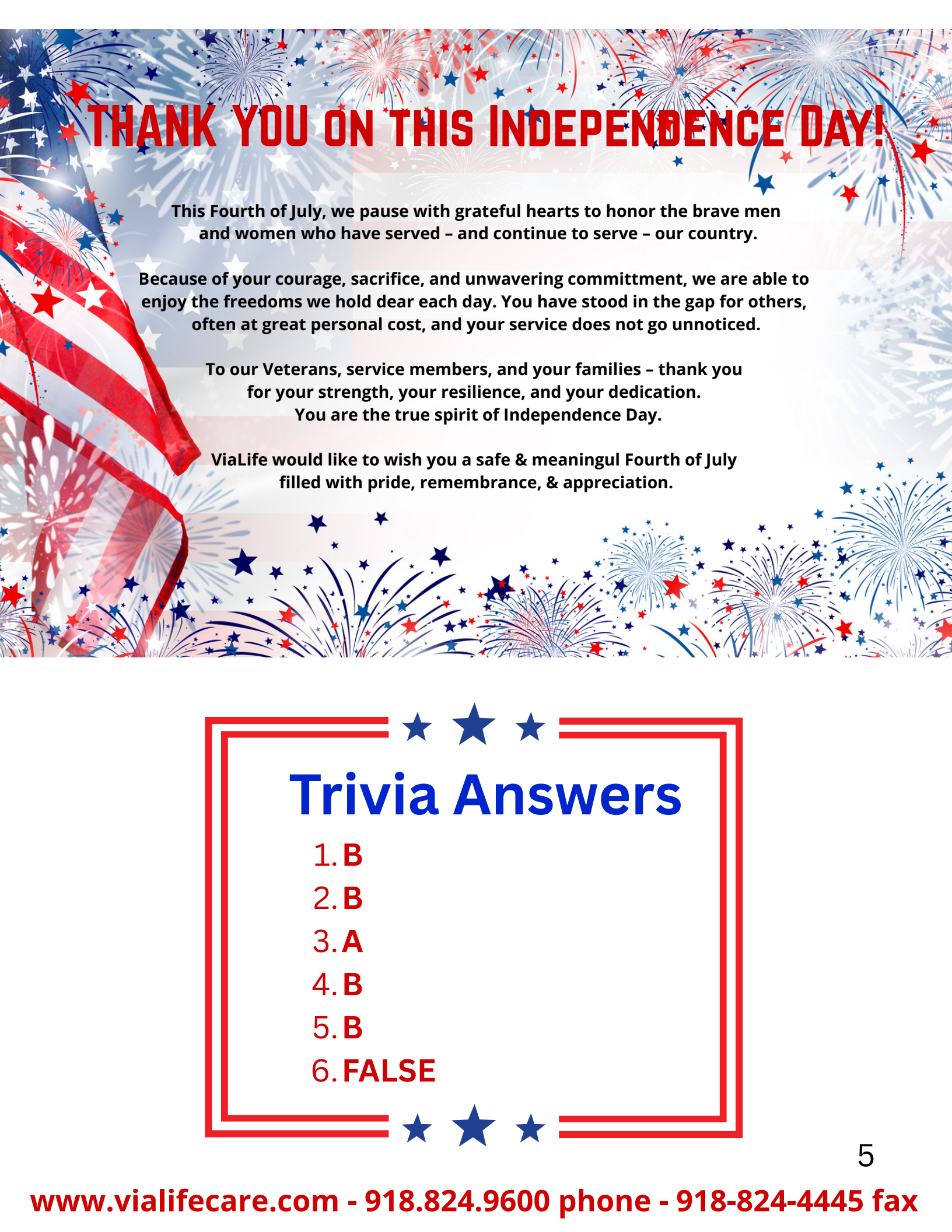
3 Ingredient Jell-O Cream Pie

Ingredients:

- 1 - 3 oz box of your favorite Jell-O
- 1 - 8 Oz tub of Cool Whip (thawed)
- 1 - Premade graham cracker crust

Directions:

Whisk the Jell-O packet into $\frac{3}{4}$ Cup of boiling water until fully dissolved. Stir in 1 Cup of cold water (or ice). Gently fold in Cool Whip until smooth and completely combined. Pour into the crust and chill for 4 hours until set.



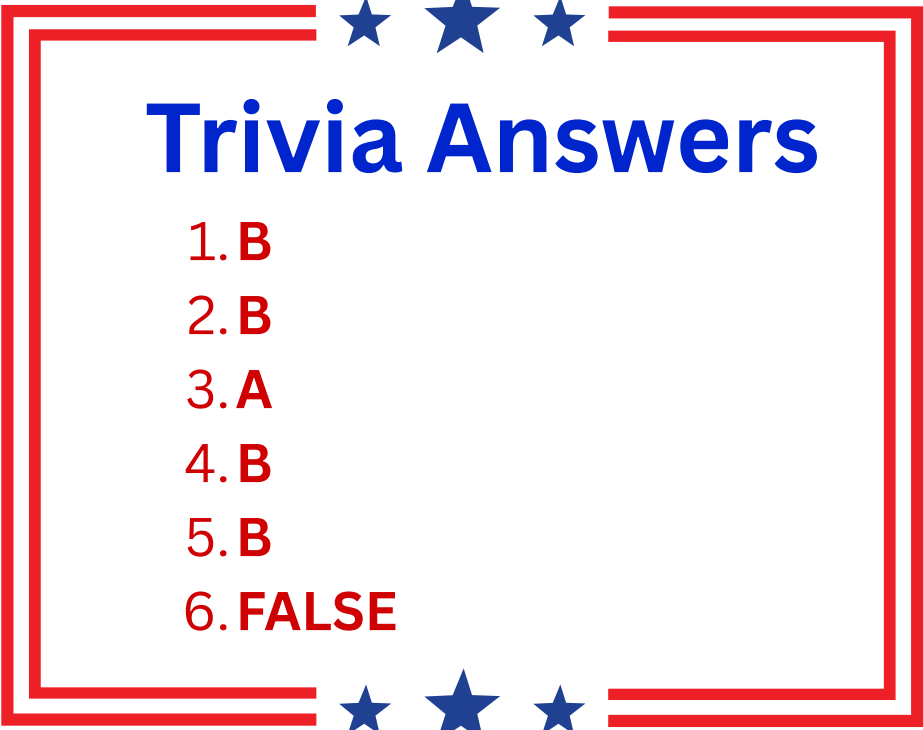
THANK YOU ON THIS INDEPENDENCE DAY!

This Fourth of July, we pause with grateful hearts to honor the brave men and women who have served – and continue to serve – our country.

Because of your courage, sacrifice, and unwavering commitment, we are able to enjoy the freedoms we hold dear each day. You have stood in the gap for others, often at great personal cost, and your service does not go unnoticed.

To our Veterans, service members, and your families – thank you for your strength, your resilience, and your dedication.
You are the true spirit of Independence Day.

ViaLife would like to wish you a safe & meaningful Fourth of July filled with pride, remembrance, & appreciation.



Trivia Answers

1. **B**
2. **B**
3. **A**
4. **B**
5. **B**
6. **FALSE**