

The Chatterbox



6800 Parkside Cr De Forest, WI 53532 www.theparksidevillage.com

We wish you all a very happy 4th of July and summer. We will be continuing our safety precautions which means we will not be having any group gatherings in July. We hope you will enjoy the mini “socially distanced” parade we have planned for Thurs, July 2nd at 10 am. We will have a few festive vehicles and neighbors walking and pre-packaged goodies to celebrate our Independence day early. You can watch from your yards, driveways, common areas, balconies, where ever you are comfortable. Wave, cheer and celebrate America!!



God bless America

Land that I love

Stand beside her

And guide her

*Through the night with
the light from above*

Window washing, furnace filters, and smoke detector batteries will be done campus wide the week of July 6th. A reminder agenda will be posted on the main bulletin board and also e-mailed to you and a phone call to folks without e-mail access.

One guideline for living through a global emergency is to avoid spending every moment in “crisis mode.” A range of different activities can help people stay grounded in difficult times.

Make a point of: Following a normal routine as much as possible, Limiting time spent engaging with the news and social media, Finding ways to be physically active, Eating a healthful diet, Trying to get enough sleep, Avoiding alcohol, Focusing on what you can control, Maintaining social relationships as much as possible while practicing social distancing.

These practices will not change anyone’s circumstances, but they can help people realize that they still have a connection to their prior way of life. Focusing on this can help people take steps toward making themselves feel better.

We need to try and keep a positive attitude and enjoy what we can when we can.