

# VILLAGE TIMES

## What is a Cataract?

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye.

The lens of the eye is located behind the pupil and the colored iris, and is normally transparent.

The lens helps to focus images onto the retina - which transmits the images to the brain.

Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina.

## Why do Cataracts Form?

Cataracts are probably caused by changes related to aging. Throughout our lives, our bodies replace old cells with new ones. As we grow older, the old cells in our eye's lens build up and block light as it tries to pass through. The end result is cloudy vision.

Besides getting older, other factors may cause cataracts to form. Eye infections, some medicines (such as steroids), injuries or exposure to intense heat or radiation may cause cataracts. Too much exposure to non-visible sunlight (called UV or ultraviolet light) and various diseases, such as diabetes or metabolic disorders, may also contribute to cataracts forming.

## Cataract Surgery

Cataract surgery has restored vision to millions of people. Every year in the U.S., more than two million cataract surgeries are performed.

The key to preventing vision loss is regular eye exams. If you are 65 or older, you should get a complete [eye exam](#) every one or two years, even if you have no problem seeing well. Be sure to ask your eye doctor for a dilated eye exam.



## ENERGY TIPS FOR EVERYONE

**Draw blinds,** shades or drapes to block the sunlight during the hottest part of the day, especially on south and west-facing windows.

**Reduce strenuous activities,** the more you do, the higher the body temperature will rise.

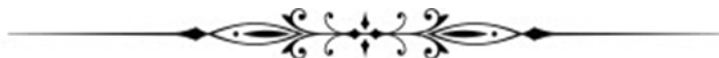
**Check with** a pharmacist or doctor to ensure that medications will not cause increased heat-related problems

**Avoid too much sun.** Use sun block with at least SPF 30 or higher when going outdoors especially for prolonged length of time.

**Watch out for heat** exhaustion warning signs such as weakness, nausea, heavy sweating, rapid pulse, and/or fainting.

**Defrost** your refrigerator's freezer regularly so it can operate more efficiently.

**Leave space** between your refrigerator and the surrounding walls and cabinets to allow air to circulate around the coils.



**Clear the clutter** use this month to clear your home. Walk your house with two bags; one for items to donate and one for items to discard.

**September is the next Quarterly Inspection**

## Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUE SKY  
BOATING  
BREEZE  
CAMPING

FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREEN GRASS  
HAT  
HIKING  
HOLIDAYS  
HOT  
ICE CREAM

JULY  
JUNE  
MOSQUITOES  
NO SCHOOL  
PICNIC  
ROLLER BLADES  
SANDALS  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS

SUNBURN  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SUNTAN  
SWEAT  
SWIMMING  
U V RAYS  
WASPS  
WATER FIGHTS  
WATERMELON

## IMPORTANT ITEMS

1. We are going to start a community garden, if you are interested please submit your name to the office.
2. Fire Wardens for each floor is as follow:
  - A. Mr. Lacey Jones , Mr. Onuche Oyibo 1st Floor
  - B. Mrs. Edell Bradley, Mrs. Wondolyn Myles - 2nd Floor
  - C. Mr. Bernard Graham, Mr. Louis McDonald - 3rd Floor
3. If you have NOT received your **IN and OUT Badge** for your door, please come by the office.
4. Please don't forget to sign up for the Active Shooter Class. The sign up sheet is in the community room. We will remove the sign up sheet on August 8, 2019.

**NON - MAINTENANCE RELATED PLEASE CALL  
(850) 933-6009 (Mr. O)  
ALL MAINTENANCE EMERGENCIES PLEASE CALL  
(850) 933-3019 (Mr. Gavin)**

## **THE HAPPENINGS IN THE VILLAGE**

**August 9th - Massey Exterminator**

**August 12th - Active Shooter Class at 6:00 pm (Please invite family)**

**Bingo**

**August 22nd - Tenant Meeting at 2:00 pm**

**Every Wednesday  
Exercise in the community Room 1:00 pm - 1:30 pm**

## **THE VILLAGE NEW NIGHT LIGHTS**



## **PROJECT FOR 2019**

**DON'T FORGET OUR MEMORY BRICK CAMPAIGN**

*Key to Independent Living*

