



The Declarations Quarterly

Summer 2026 | Edition 45

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Summer Bucket List

Daria Sbraccia, Team Leader 1

Summer is here, folks! You know what that means: it is time to create a summer-themed bucket list. The purpose of creating a bucket list for this year is to help encourage people to enjoy the season and make it fun and memorable! A blog by Day Designer says that by creating a bucket list, it helps to improve creativity, allow time for meaningful activities, balance productivity and rest, and create memories. A few examples to add to your bucket list could be:



The wonderful thing about creating a bucket list is that it can be unique and completely your own! You can even include outdoor activities (i.e., hiking), reading a book, enjoying iced coffee, visiting a local farmer's market, watching fireworks, baking new recipes each week, etc. We tend to often forget the beauty that lies in the season, so embrace this season and make the best of it by allowing yourself to participate in fun activities that bring you joy!

Blog Website: [*Summer Bucket List Ideas for Intentional Living – Day Designer*](#)



Summer Heat Prevention

Quinn Olsen, Team Leader 1

With summer in full effect, temperatures are starting to increase throughout the state. High temperatures can often create heat exhaustion, and it is important to stay proactive with staying cool for your mind and body. Here are 5 simple ways you can stay cool during these times:

1. **Hydration** - Drink water, electrolytes throughout the day and avoid any drinks high in sugar or caffeine.
2. **Wear light clothing** - Allows for more circulation and to reflect heat.
3. **Utilize cooling tools** - Use ice packs/ cold cloth on pressure point areas (wrist, neck, forehead) to cool body temperature.
4. **Stay inside or in shade** - Avoid direct sunlight to minimize risks.
5. **Limit physical activity** - Limit strenuous exercises during high temperatures and find alternative options (indoor gym, exercising at nighttime, etc.).

Cool Down with Puzzles

Jennifer Beattie, Director of CSS Administration

This summer so far has been very warm, so stay in the shade or in air conditioning and curl up with some fun puzzles to exercise your brain!

Answer to Sudoku on [page 13](#) and Scramble on [page 14](#).

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

Summer Scramble

CENUSSENR

HCABE

OOPL

LSASHP APD

FSRRIKEWO

NATWLROEEM

PCOISLEPS

CBAHE LLAB

EMALODNE

CBEBEURA

MUITIWSS

DSASLAN

FIRYFLE

ASEUGLL



Summer SELF-CARE EFFORT LADDER

Submitted by
Jennifer Hodge, Jefferson Team



LOW EFFORT



SOME EFFORT



MORE EFFORT



MAX EFFORT



**Move &
Glow**

- Drink a cold glass of water
- 5 minute gentle stretch
- Apply sunscreen

- Take a walk around the neighborhood
- Make a fruit smoothie
- Eat a meal outside

- Try a new healthy recipe
- Take a YouTube fitness class
- Prep a healthy snack for the week

- Go for a hike
- Have a beach day
- Explore a local town or neighborhood



**Mood
Bloom**

- Take three deep breaths
- Watch the clouds or watch the trees sway
- Listen to your favorite song

- Journal or read outside
- Write a positive thought for the day
- Take a screen break

- Take a grounding walk
- Enjoy a comfort movie
- Find a creative outlet

- Try a guided meditation or gratitude practice
- Take a long bath or do a self-care routine



**Keeping
Connected**

- Text someone you thought of today
- Look at photos from happy memories
- Wave or smile at a neighbor

- Have a short phone call with a friend
- Strike up a conversation with a neighbor

- Visit a local park or café
- Write a note or card to a friend

- Get coffee with a friend
- Attend a community event
- Host a friend at home



**Summer
Refresh**

- Open windows for fresh air
- Make your bed
- Sit outside for 5 minutes

- 10-15 minute tidy
- Clear one surface in your apartment
- Change and refresh bedding

- Do a load of laundry
- Complete a quick fridge clean-out
- Buy a new plant for your space

- Organize and donate unused clothing
- Set up a "comfort corner" or "self-care station" in your space

Summer's Sweetest Superfoods

Olivia McGinley, Assistant Director of Nursing

Fresh summer fruits are a delicious way to nourish your body and mind. Learn how these popular seasonal favorites can support your health through important vitamins and nutrients!



Watermelon

Key Nutrients: Vitamin A & C

Benefits: supports hydration, heart health, and healthy blood pressure

Strawberries

Key Nutrients: Vitamin C, fiber, antioxidants

Benefits: helps protect cells from damage; supports immunity, heart health, and brain function

Peaches

Key Nutrients: Vitamin A & C, potassium, fiber

Benefits: supports skin health, heart health, digestion, and hydration

Pineapple

Key Nutrients: Vitamin C, manganese, bromelain

Benefits: reduces inflammation; supports immunity, energy, digestion, and brain function

Happy Anniversary!

Please join us in celebrating the anniversaries of the following staff members!



Kellen Polito
Director of Quality Assurance
16 year anniversary
Hired: 8/20/2010

Mike McEniry
Property Manager
15 year anniversary
Hired: 8/29/2011



Barbara Mele
Director of Administration
13 year anniversary
Hired: 8/12/2013



Quinn Olsen
Team Leader 1
3 year anniversary
Hired: 8/1/2023

Shauna Fontenelli
Clinical Director
4 year anniversary
Hired: 9/27/2022



Agency Changes

For FY27, we made some structuring changes to our programs. The following staff have been promoted!

Shauna Fontenelli to Clinical Director
Jennifer Hodge to Assistant Program Director
Daria Sbraccia to Team Leader of Adams and Sherman
Quinn Olsen to Team Leader of Franklin and Jefferson

Congratulations!

Watermelon Feta Summertime Salad

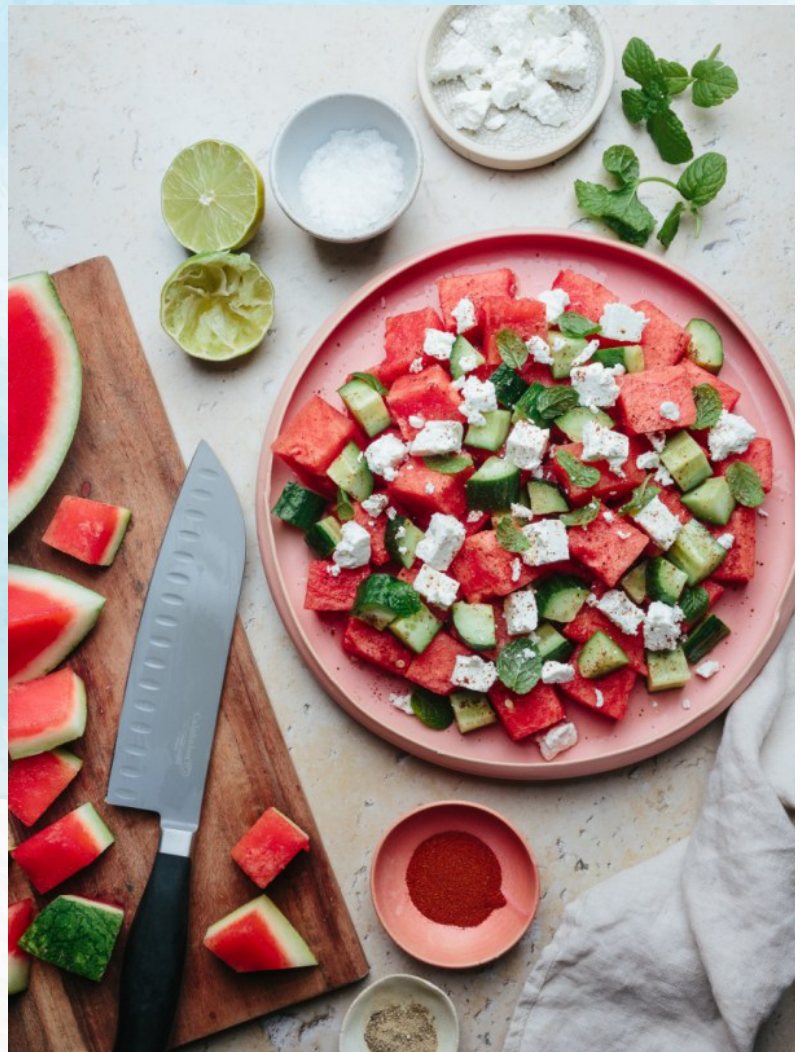
Kellen Polito, Director of Quality Assurance

As the weather warms up, light and refreshing meals can be a great way to enjoy the season while keeping things simple. One of my favorites is a watermelon, feta salad with balsamic glaze. I have found it to be perfect for barbecues, regular dinners, beach days, or a quick side dish. If you like sweet and salty flavors, then you will love the combination of having a sweet watermelon that meets the saltiness of the feta. Pair that with the tangy balsamic glaze and believe it or not, you have a refreshing and satisfying snack.

To make this salad, start with about 6 cups of cubed seedless watermelon and place it in a large serving bowl. Add 1 cup of crumbled feta cheese, $\frac{1}{4}$ cup of thinly sliced red onion, and $\frac{1}{4}$ cup of fresh chopped mint or basil (I prefer mint). For extra crunch, you can also add sliced cucumber. Toss the ingredients together, being careful not to break up the watermelon too much. Just before serving, drizzle the salad with 2-3 tablespoons of balsamic glaze and, if desired, add a light sprinkle of black pepper or an alternate spice.

This salad is best served cold and prepared close to the time it will be eaten. It can be enjoyed on its own or paired with grilled chicken, burgers, sandwiches, or other summer favorites. Watermelon feta salad is a simple reminder that healthy, seasonal food does not have to be complicated. With just a few fresh summertime ingredients, you can create a dish that feels amazingly refreshing and perfect for summer.

Photo credit: [Beyond Sweet and Savory](#)



Homemade Fruit Popsicles

By: Camryn LaSala, Adams Life Coach

Recipe and Photo from: JoyFoodSunshine.com

These fruit popsicles are a fun and easy way to cool down from the Summer heat and can be customized based on your preferences of fruit, juice, yogurt, etc.. This recipe is simple and made from only 5 ingredients!

Serving Size: 6 Popsicles

Prep Time: 5 minutes

Total Time: Around 8 Hours

Ingredients:

$\frac{3}{4}$ cup of yogurt or juice of your choice

2 $\frac{1}{2}$ cups of fruit of your choice

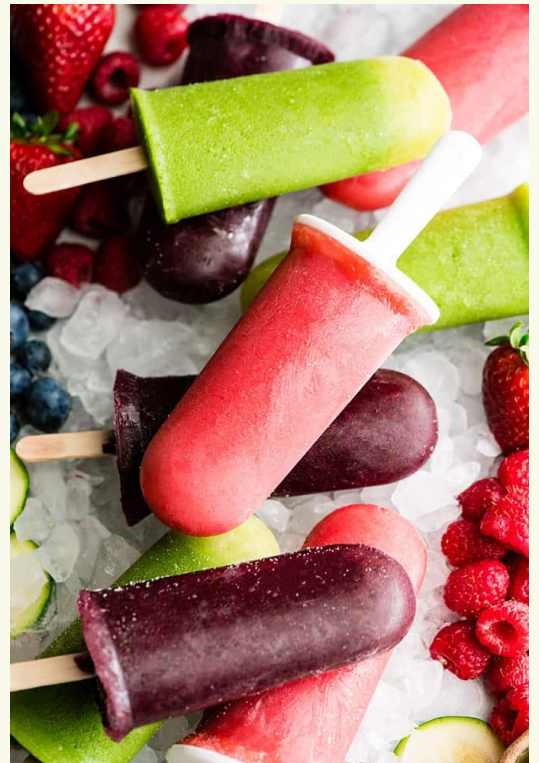
4-6 tablespoons of honey

$\frac{1}{4}$ teaspoon of vanilla extract

$\frac{1}{2}$ teaspoon of lemon juice

Instructions:

1. Add all the above ingredients into a blender
2. Blend for 50-70 seconds or until completely smooth
3. Distribute mixture evenly into popsicle molds
4. Secure the molds with lids and sticks and place in the freezer
5. Freeze for around 8 hours or overnight until completely frozen



Recipe: <https://joyfoodsunshine.com/homemade-fruit-popsicles/>

Summer Reading

Jennifer Beattie, Director of CSS Administration

Summer is the perfect time to relax with a good book. Whether you're on the beach, inside in the air conditioning, at the library, or reading in the shade outdoors, you can enjoy some quiet time while reading.

Public libraries are an amazing resource that a lot of people tend to overlook. You can go browse books, magazines, movies, and other forms of media at your leisure. Another option that many libraries offer is digital lending. Once you have a library card, you can borrow physical books or you can use an app like Libby or another app linked with your local library.

I recently began borrowing books from my local library using the Libby app. I am able to make a list of books I'm interested in, sign up for a waiting list, and put a book on hold but maintain my spot in line if there is a wait. I had previously paid for a monthly subscription through Amazon for books, so most of my reading was through the Kindle app. Libby allows you to borrow books through their platform or to borrow via Amazon Kindle, so I don't have to change the way I'm used to consuming books! You can also borrow audiobooks!

Monmouth County libraries offer Libby for eBooks, eAudio, and eMagazines; Kanopy to stream films; Rosetta Stone for language learning; Flipster for digital magazines; Ebsco for eBooks, and medici.tv for classical musical videos.

In addition to reading, libraries are often a great way to get out and socialize with other people with similar interests. They often have story time for young kids, book discussions, movie viewings, game nights, and other activities. There are options for adults, teenagers, and kids alike.

As they said on PBS Kid's show Arthur, "Having fun isn't hard when you've got a library card!"

Currently Reading: *Dungeon Crawler Carl* series by Matt Dinniman

Recent Reads:

Let's Split Up by Bill Wood

Death in the Dark by Bryce Moore

Hidden Pictures by Jason Rekulak

Nancy Drew books by Carolyn Keene



Puzzle Answer Keys

Sudoku Summer 2026

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

Summer Scramble

CENUSSENR

SUNSCREEN

HCABE

BEACH

OOPL

POOL

LSASHP APD

SPLASH PAD

FSRRIKEWO

FIREWORKS

NATWLROEEM

WATERMELON

PCOISLEPS

POPSICLES

CBAHE LLAB

BEACH BALL

EMALODNE

LEMONADE

CBEBEURA

BARBECUE

MUITIWSS

SWIMSUIT

DSASLAN

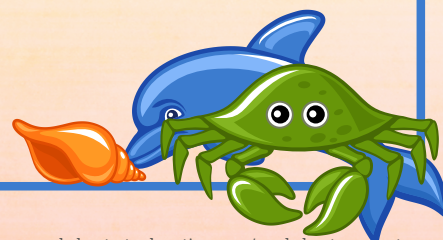
SANDALS

FIRYFLE

FIREFLY

ASEUGLL

SEAGULL



Reasons to Celebrate!

Warm Welcome to...

**Eddie Ostrowicz,
Jefferson Life Coach**

Happy Birthday to...

**Alexa Raspante: July 17
Shauna Fontenelli: July 22
Mike Wilmot: July 23
Jim Marhold: July 23
Jennifer Hodge: July 30
Erin Mullen: August 3
Jennifer Beattie: August 11
Mike McEniry: September 2**

Upcoming Holidays...

**7/26: National Disability
Independence Day
8/16: National Senior Citizen's Day
8/26: Women's Equality Day
8/31: Overdose Awareness Week
September: Suicide Prevention
Awareness month & National
Recovery Month
9/7: Labor Day
9/11: 9-11 Remembrance
9/12: Rosh Hashana
9/21: Yom Kippur
October: Domestic Violence
Awareness Month**