

# From the Director's Chair

July 2019



## Having Trouble Sleeping?

I recently learned that computers and cell phones emit something called blue light that actually suppresses the melatonin in our brains that is necessary to fall asleep. In a recent study by Sleepfacts.org, suggestions were given to help us put away our devices and develop some healthy, effective pre-sleep activities.

- 1) Take your device out of your bedroom if you can't stop yourself from answering the phone or checking Facebook before bed or when waking in the middle of the night. Stay away from your device before bedtime.
- 2) Writing down the things that are on your mind just before going to sleep is a proven strategy for falling asleep. Apparently when we put our thoughts on paper we give our brains permission to stop thinking about them. It helps your mind unwind from the thoughts of the day.
- 3) Give yourself permission to put some uncompleted tasks on hold until a future date. This is not procrastination, but rather a reorganization of your to-do list. Some things are critical to get done, others can wait.

Hope these tips help you. Sweet Dreams!

## Camp Schedule

**July 16-18**

Elks Point

**August 13-15**

South Pike Bay,  
Cass Lake

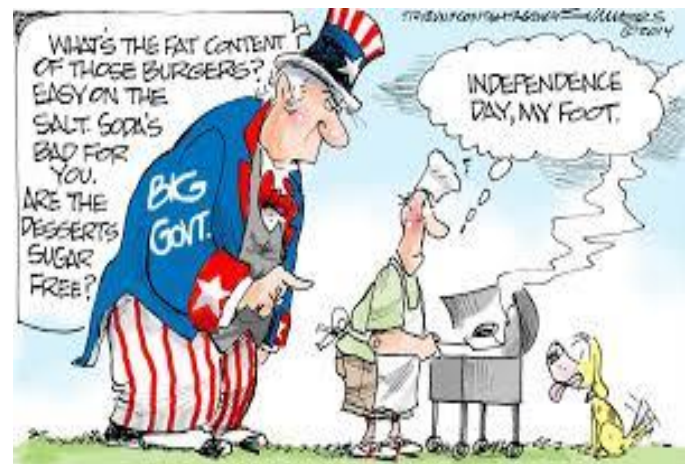
**September 24**

Maplewood

Attend the camp meetings to go camping & get all the details.

## PARADE TIME

Wave, smile, socialize, and toss some candy from our parade wagon in the upcoming parades this summer. Sign up with your activity director & join the fun!



Follow us on Facebook for all the summer fun pictures & activities happening in the clubs!

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