

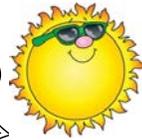
*Indian Oaks*  
ASSISTED LIVING



11355 131<sup>st</sup> ST N  
Largo, FL. 33774  
Ph. 727.593.0403



# THE COURIER



# AUGUST



## Recognizing National Immunization Awareness Month (NIAM)

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the vital role vaccines play in preventing serious, sometimes deadly, diseases.

### Senior Schedule

As a senior, you may need one or more vaccines, even if you received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Vaccines recommended for older adults can prevent:

-  Influenza (Flu)
-  Shingles (Herpes Zoster)
-  Diphtheria
-  Tetanus
-  Pertussis (Whooping Cough)

 Pneumococcal disease (Pneumonia)

## Know Your Neighbor- Elizabeth “Beth” Parker, RM 7

Q: What is the quote you live by?

A: “It’s hard to be good and it’s hard to be bad”

Q: What was the most important thing you learned in your life?

A: “That there are periods of life where you love, hate, don’t care, and don’t know what you’re doing; but in the end, you have to be in charge of the things that happen to you.”

Q: What was your past occupation?

A: “I was a teacher for sixty years”

Q: Where have you lived?

A: “New York, Georgia, and Florida. I loved traveling because of the opportunity of learning about different people.”

Q: What makes you smile?

A: “Travel and seeing my son”

Q: What is an important lesson you have learned?

A: “You never know how your life is going to end up, so you need to be cautious and prepared for anything that comes your way.”

Interesting Fact about Me:

I got the nickname “Beth” when I was twelve. A boy would come to my house-he was nineteen-and taught me how to dance, talk to boys, among other things. He told me that “Elizabeth” was too hard to say and “Beth” would be prettier.

