

Why I'm Over the Moon for June!

June 4, 2024



Dear Friends,

One of my favorite and certainly one of the most memorable songs, from Rodgers and Hammerstein's Broadway smash hit "Carousel," is "June is Bustin' Out All Over."

With flowers and trees in full bloom, everything smells fresh and alive. Indeed, one of the lyrics of the song hits all the right notes: "June is a love song, sweetly sung." That's how I feel, for sure – and it's not just because June happens to be my birthday month.



We're already hard at work planning the next Lois' Vision4Kids program for the fall.

Rather, it's because June is home to the first day of summer. And summer means fun. School is out, shorts and swimsuits are in, and pools are open every day. June is a great month to enjoy the outdoors, cookouts, and family reunions, and shower Dad with love on Father's Day. June is also a great month for brides and June bugs and to wave your flag on Flag Day!

June is also home to Helen Keller's birthday (June 27), a day of particular interest given the recent work we've been doing in partnership with Bascom Palmer Eye Institute. As you know, we recently hosted another Lois' Vision4Kids program, where several hundred children in Palm Beach County received free eye screenings. If it was determined they needed prescription eyeglasses, the kids received two pairs, plus a pair of sunglasses – all free. And thanks to our partnership with the Palm Beach County Food Bank, children also received Lois' Food4Kids backpacks filled with healthy food, drinks, and snacks.

We're already hard at work planning the next Lois' Vision4Kids program for the fall; after all, if children can't see the chalkboard in their classrooms or read their assignments because the words on the page are blurry, they won't be able to learn correctly. And the Lois' Food4Kids backpacks are urgent and essential, especially during the summer months when the children aren't in school. Healthy bodies, healthy eyes, plus healthy minds, equals healthy children!

There is another day in June that should be of interest to us. The 20th is World Refugee Day. As you may remember, at the outset of the Russian invasion of Ukraine, when the media was filled with images and stories of children fleeing their homes for safety in other countries, often with just the clothes on their backs and little or no food, I made a significant donation to Save the Children to create a fund to provide water, hygiene kits, food, and infant care items to be immediately available to distribute to them and their mothers.

June is also Post-traumatic Stress Disorder Awareness Month. Very recently, I heard of a study that, for the first time, clearly demonstrated the efficacy of certified service dogs in lessening the severity of PTSD-related symptoms like stress, anxiety and depression while increasing the veterans' quality of life, social outcomes and independence.



The Pups4Patriots program is saving lives at both ends of the leash.

So we should also take great pride and celebrate our steady and transformative support of American Humane's Pups4Patriots program. Because many of the dogs being trained as service dogs for our veterans come from shelters, we are saving lives at both ends of the leash.

That is as happy a reason as any that we should all sing the words of Rodgers and Hammerstein, "June is a love song, sweetly sung...June is busting' out all over!"

With love always,

Lois



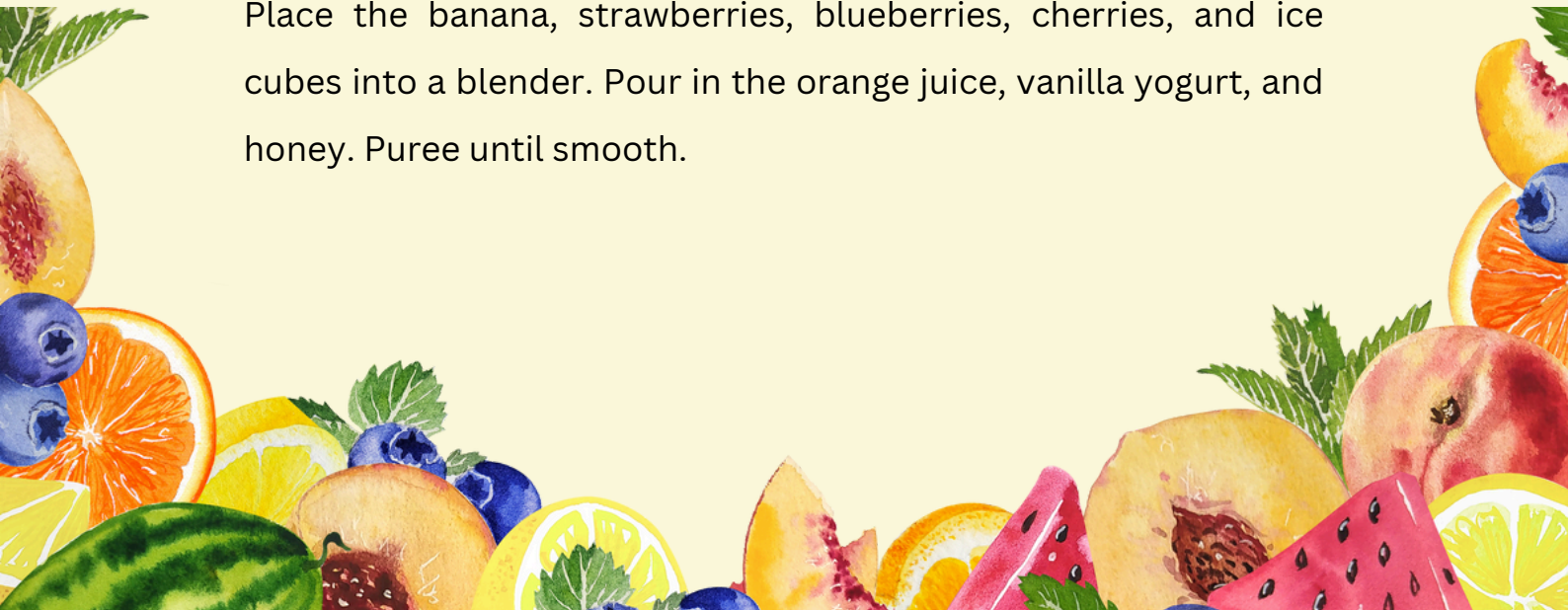
LIFE's Recipe of the Month...

Gather together your favorite fruits, orange juice, vanilla yogurt some ice and to make this delicious and HEALTHY summer smoothie.

Simple Summer Smoothie

Ingredients:

- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen cherries
- 4 ice cubes
- ½ cup orange juice
- ¾ cup vanilla yogurt
- ½ teaspoon honey (Optional)



Place the banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour in the orange juice, vanilla yogurt, and honey. Puree until smooth.

Ruff Rider

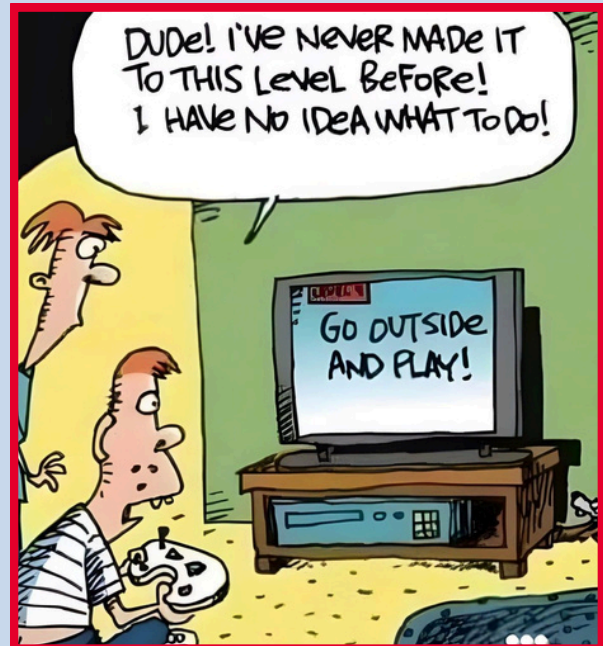


Surf's up! Dogs show they can ride the waves too in a swell canine calendar created by a husband and wife team from San Diego.

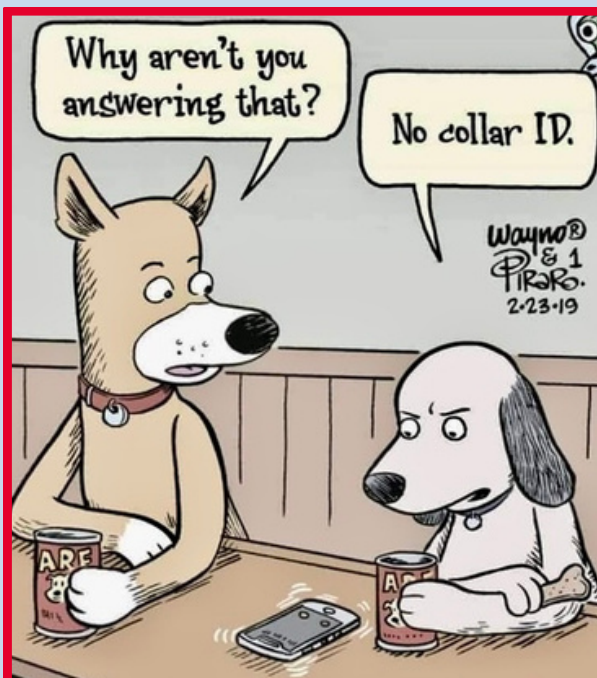
JUNE FUNNIES



"Our bodies store fat so we can survive during times when the supermarket is closed."



"The four food groups are: stuff that's bad for you, stuff that's really bad for you, stuff that will kill you now, and stuff that will kill you later."



"I found a good job for the summer. I'm a grief counselor in a swimsuit store."



SAVE THE DATE

**LOIS POPE AND THE BOARD
OF LIFE PROUDLY PRESENT
LIFE'S 31ST ANNUAL**

LADY IN RED GALA

SUNDAY, MARCH 2, 2025

THE BREAKERS, PALM BEACH

Proceeds benefit:

Proceeds benefit hungry children through the
Lois' Food4Kids program
at the Palm Beach County Food Bank, Lois' Vision4Kids
with Bascom Palmer Eye Institute,
and disabled veterans through the
Pups4Patriots initiative at American Humane

***For sponsorship, table, and ticket
information, please contact LIFE at***

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