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HOME, GARDEN & LIVING SHOW

2 HARLAN TRIBUNE & PENNYSAVER **TUESDAY,** MARCH 19, 2019

Enjoy a stress-free summer with the kids

holidays and playdates, summer vacation can feel like endless planning and shuffling from activity to activity. Fortunately, you can use these tips and tricks to cut down on your stress and enjoy quality family time together.

Create a schedule. Jot down family activities and commitments on a large calendar and keep it on the fridge so everyone can see what's coming up. This will help give the kids a sense of security and routine that's missing during the summer months. Just be flexible, and



Between camp, going on holidays and playdates, summer vacation can feel like endless planning and shuffling from activity to activity. Fortunately, you can use these tips and tricks to cut down on your stress and enjoy quality family time together.

Between camp, going on make sure to schedule plenty of free time to relax and en- joy quiet time with a book.

Cut down kitchen time. Don't like having to choose easy meals? Look for simple, nutritious meal options that take much of the work out of

Plan special dates. Getting out of the house regularly doesn't mean having to use between healthy and quick, up the family travel budget. Give the kids an excuse to use up their energy and get some fresh air by scheduling some fun, free activities.

Go to the park, spend time in the library and visit your local community swimming pool. Keep the kids on top of chores and other duties by presenting these activities as rewards for a job well done.

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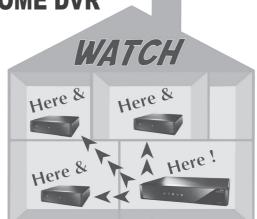


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How color can affect your garden

the spectrum in flowering perennials. So whether you prefer soft pink, are partial to bright red or want to relax in a garden and gaze at something deep blue, chances are you'll find a perennial to tickle your fancy.

The NGA offers the following breakdown of colors to help gardeners learn how their gardens can set the mood they're looking for.

Bright colors

A garden full of bright colors like red, orange, magenta, and yellow can provide a landscape with vigor and energy. The NGA notes that brightly colored flowers can withstand especially bright sunshine, meaning gardeners can marvel at their appearance even when the sun might be adversely affecting other plants and flowers.

Pastel colors

Pastels, which include soft pink, powder blue, lavender, and peach, create a tranquil

Flower gardens can add color and awe- feeling in a garden. This makes pastel perinspiring appeal to a property. The Na- fect for those who want their gardens to be tional Gardening Association notes that a relaxing, peaceful respite from the husgardeners can find nearly every color of the and bustle of everyday life. The NGA notes that pastels may looked washed out in the midday sun, so they might be best enjoyed early in the morning or late in the afternoon.

Complementary colors

Complementary colors are those that are opposite one another on the color wheel. Orange and blue are examples of complementary colors. According to the NGA, complementary colors can add creative energy and vitality to a garden.

Harmonious colors

These colors are those that are next to each other on the color wheel, such as orange and red. The NGA recommends harmonious colors for gardeners looking to create a unifying feel in their gardens without resorting to a monochromatic color scheme. Harmonious colors give off a gentle feeling that can make for a relaxing garden atmosphere.

Monochromatic colors

Monochromatic gardens can be awe-incolor and don't provide an array of aweinspiring colors. The NGA notes that gardeners with monochromatic gardens make them interesting by using plants of various

sizes and shapes.

When planting a garden, gardeners can spiring even though they stick to a single choose whichever color scheme they prefer. To learn more about the effects of color on a garden, visit the National Gardening Association website at www.garden.org.

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Whether you prefer soft pink, are partial to bright red or want to relax in a garden and gaze at something deep blue, chances are you'll find a perennial to tickle your fancy.

Don't miss any of the new and innovative home ideas ... be sure to attend!



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How tree services can protect your property

tion can protect them and their homes.

Cold weather can take its toll on a property, espe- the following ways that some professional arbor atten- ond floor of a home or higher have been compromised, cially in regions of the world where winters are harsh. Most parts of the landscape are vulnerable to damage from winter storms, but trees may be especially susceptible. By the end of winter, many homeowners wonder if their trees would benefit from some professional

Tree services provide a host of services. While fall is a popular time to remove trees from a property, doing so in spring is not unheard of, especially if trees were affected by winter storms and now pose a threat to a home and the people who live inside it.

Homeowners considering tree services can explore



Tree services provide a host of services. While fall is a popular time to remove trees from a property, doing so in spring is not unheard of, especially if trees were affected by winter storms and now pose a threat to a home and the people who live inside it.

Old trees that stretch well into the sky can be captivat-

ing, but they also can pose a threat to a home's foundathat may extend beneath walkways and even a home. In the latter instance, foundations may crack as roots try to stake their claim to the ground beneath a home. According to the home improvement resource HomeAdvisor, homeowners pay an average of just over \$4,000 to repair foundation issues, though major problems can cost considerably more than that. A professional tree service can remove aging trees that might be beautiful and awe-inspiring but still pose a threat to a home and the areas surrounding it.

• Tree services can improve visibility. Trees that have aged a bit since their last trimming might affect the view of a property from inside a home. Overgrown branches can compromise residents' ability to see and experience the natural beauty just outside their windows. The average homeowner may be able to trim short trees on his or her own, but if views from the sec-

it's much safer to call a professional tree service. Such • Tree services can help protect a home's foundation. services have the right tools and experienced personnel necessary to safely trim high branches on tall trees.

• Tree services can help prevent future damage. Even tion. Such trees may have especially large root zones if trees made it through a recent winter unscathed, that's no guarantee next winter or even the coming seasons of spring, summer and fall won't ultimately prove their undoing. One insurance company notes that weatherrelated roof damage, including damage resulting from falling limbs and branches weighed down by snow during the winter months, accounted for more than half of all their property loss claims between 2009 and 2016. Homeowners may be liable if a tree they knew posed a threat falls onto a passerby or a neighbor's property and causes damage or injury. Having all trees properly trimmed each year, but especially those that can fall on your home and your neighbors' homes, may prevent future damage and legal issues.

> Tree services can ensure trees maintain their aweinspiring beauty and help homeowners protect their homes and their belongings.



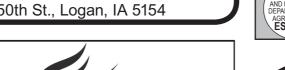






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HOME, GARDEN & LIVING SHOW & PENNYSAVER NUESDAY, MARCH 19, 2019

Memory care a component of assisted living

Aging brings about many changes, including some that may compromise seniors' ability to remain independent. In such instances, many families consider their aging relatives.

icans currently reside in assisted living communities, according to the National Center for Assisted Living. vices, one service in par- memory issues.

More than 835,000 Amerticular may be needed for seniors with Alzheimer's disease, other dementias or memory problems. Memory care units are separate While communities and facilities that cater to peoassisted living facilities for homes provide various serple with dementia or other

residence referral and re- individuals. This care is ofsource guide A Place for ten carried out in a separate Mom, memory care is a distinct form of long-term skilled nursing. Also called special care units, memory care facilities provide 24-

According to the senior hour supervised care for dents. wing or floor of a residential facility or community.

> Memory care facilities aim to provide a safe and secure environment for residents. This means limiting entry or egress to other areas of the facility for those who may have trouble navwhere they started out. The tion, meals and activities. Alzheimer's Association notes that six in 10 people with dementia will wander and become disorienthave alarms and "wander guard" precautions in place to make sure residents canrisk injury.

Another goal of memory care is to provide a stressfree, structured lifestyle that has set schedules and Senior Living. This can help keep distress minimal and make for more comfortable and happy resi-

In addition, memory care units offer programs that help slow the progression of dementias and cultivate cognitive skills. Fitness exercises, games, specialty food programs, activities, and much more may be offered to make residents more comfortable. Memory care facilities include comigating and remembering mon spaces for socializa-

"Alzheimer's patients must maintain their activity, walking, interacting with music, and art," says ed. This is dangerous for Lory Bright-Long, MD, the individual and others. CMD, of the American Memory care units often Medical Directors Association. "We have to awaken the senses so that the memory can have a hook. not roam unsupervised and This is accomplished in the memory care setting."

It is important for those considering assisted living and nursing home facilities to inquire about speroutines, states Brookdale cific memory care units if a loved one requires this environment. Start the search at APlaceForMom.com.



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6 HARLAN TRIBUNE & PENNYSAVER TUESDAY, MARCH 19, 2019

Benefits to open concept floor plans

The way a home is designed can say a lot of things about it. In fact, many real estate professionals and contractors can determine when a home was built based on the design of its interior. For example, homes with sunken living rooms were likely built sometime in the 1960s and 1970s.

Open concept living rooms are one trend that might one day make people nostalgic for the early 21st century. Many of today's home buyers want homes with open concept floor plans, which can give homes a more spacious feel, perhaps even creating the illusion that a home is bigger

Home buyers who have never before enjoyed open concept floor plans can consider these benefits to these wildly popular layouts.

Entertainment -- Many people who live in homes with open concept floor plans cite their convenience when entertaining as one of their biggest assets. Safety

Safety -- The safety of open concept floor plans may be most applicable to parents of young children. Open concept floor plans allow parents to keep an eye on their children while cooking dinner, working from home or tending to other chores around the house.

Flexibility -- Open concept floor plans give homeowners more flexibility. For example, homes with more traditional floor plans may have designated spaces for dining areas. These spaces don't leave much room to work with and may not be valued by homeowners who don't often host dinners at home. As a result, such rooms may just be wasted square footage. With an open concept floor plan, homeowners have the flexibility to make dining areas as big or small as they see fit and can even adjust the rooms on the fly on those occasions when people are coming over.

Open concept floor plans continue to be popular among home buyers and might prove to be the most lasting home



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