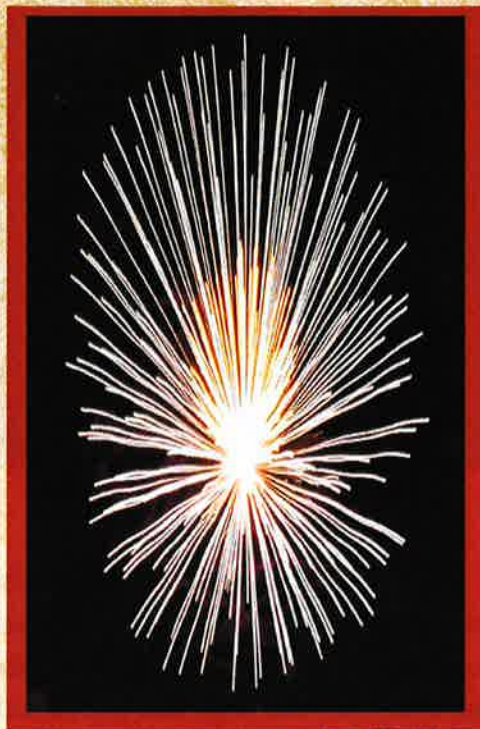


Newton Monthly Messenger

Beat the Heat!

During this holiday weekend many of us will be cooking out, watching fireworks, and getting together with family and friends! Here are a few tips to beat the heat. Wear light colored clothing, avoid alcohol and caffeine, eat fruits packed with water such as watermelon, shield yourself from the sun, try to avoid the hottest part of the day, check your medications for sun sensitivity, and use ice compresses to cool yourself off fast! High temperatures can become dangerous quickly. Be safe and Happy 4th!



Community Bingo

We are hosting Community Bingo here at our facility on Tuesday, July 31st from 2-3pm. This is free to the public and includes drinks, cookies, and prizes! Grab your friends and join us for this fun event!

Newton Health Care Center

200 South 8th Avenue East Newton, Ia.
50208
641-792-7440

If you are interested in touching the lives of others and making a difference, please inquire about our variety of volunteer opportunities. For more information, contact our Life Enrichment Coordinator; Kim Judge.

Resident Birthdays

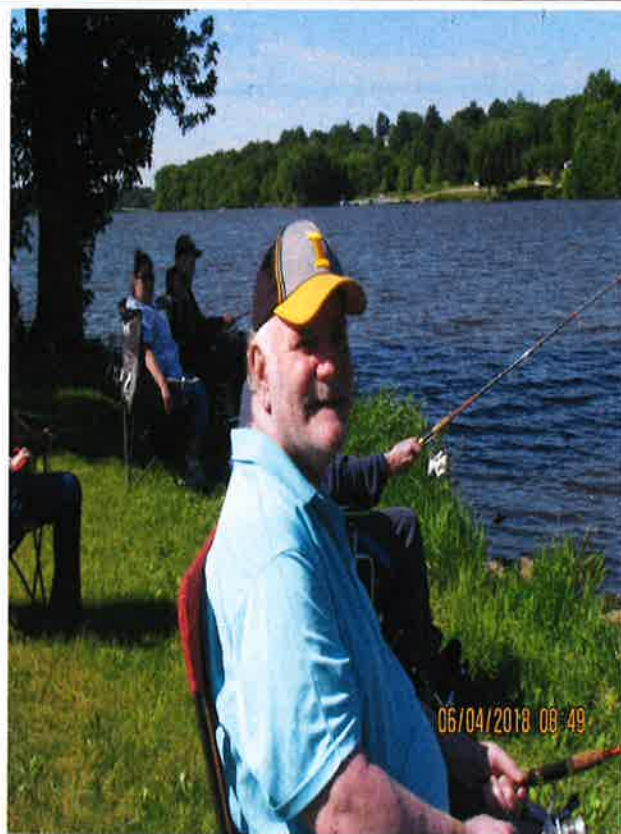
- Phyllis George 1st
- Jerry Damman 3rd
- Mary Hunter 16th
- Julia Poulson 23rd
- Jerry Sanders 23rd
- Connie Wilson 23rd

Welcome New Residents

- Delores Versteegh
- Gary Hoen
- June Neal
- Mary Szczuckowski
- Dwight Mortenson

In Loving Memory...

Lorna Valentine passed away in the month of June. Our thoughts and prayers go out to her family. She will be missed by all.



Rehab to Home...

In the month of June, we had 5 residents complete rehab and returned home successfully! Congratulations to Sharon Smith, Darrel Waring, Barb Meredith, Shirley Williams, and Zelda Lundberg! Way to go!



Resident of the Month- Helen Bell!

Helen was born on February 8th, 1928 to Morgan and Helen Turney. She was the youngest of her brother, Tommy, and her sister, Arlene. They lived in the country in Collins, Iowa.

Helen attended Sugar Grove Country School and graduated in 1946 from Newton High School. Shortly after she was married and had 4 children; Sharon, Steve, Debbie, and Mike. For work, Helen was the Bookkeeper at The Newton Daily News and The Newton City Water Dept.

Helen spent around 20 years in Arizona but decided to come back to Iowa to live. Her hobbies included bowling, playing cards, camping, traveling, and playing with her shitzu, Nikki. She has 7 grandkids, 12 great grandkids, and 1 great-great grandson!

When you see Helen, please congratulate her on being nominated for July Resident of the Month!



Pictured above is Helen with her son, Mike, her daughter, Sharon, and her great grandson, Severen.

Dates to Remember

- Outing to Moo's BBQ (2nd) 11:30am
- Outing to Tanger Outlet Mall (9th) 9:30am
- Community Bingo @ Senior Center (11th) 10am
- Scary Movie on the Big Screen (13th) 2pm
- Outing to Prairie Meadows Casino (16th) 10am
- Dementia Support Group (17th) 3:30pm
- Free Coffee @ Hy-Vee (19th)
- Hotdog Feed for National Hotdog Day
- Outing to Bass Pro Shop (24th) 10am
- Bagel Fest activity for National Bagel Day 10am
- Visit from Pet Therapy Chickens (27th) 2pm
- Community Bingo @ NHCC (31st) 2-3pm
- Making Sopapilla Cheesecake for National Cheesecake Day

Staff Birthdays & Anniversaries

Jim Good-Happy Birthday on the 4th

Kodi Pierce- Happy 21st Birthday on the 15th

Mikie Hansen- Happy Birthday on the 18th

Cydney Hillyard- Happy Birthday on the 22nd

5 years of service- Lindsey Hansen!

4 years of service- Suzie Jurgensen and Sam Montgomery!

3 years of service- Kodi Pierce and Kristy Baldwin!

2 years of service- Linda Brown, Lodi Odem, and Bev Kirchner!

1 year of service- Bethany Lee and Cydney Hillyard!

**Newton Health Care
Center**

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Newton, Iowa 50208**

