

#### **Beat the Heat!**

When temps reach record highs, staying cool is not just about comfort. Extreme temps can result in heat related illnesses and stroke. The following tips can keep you cool and safe throughout our summer heat wayes.

- · Wear white, loose fitting clothing
- Drink water/sports drinks with electrolytes. Avoid caffeine!
- Take advantage of early mornings or late evenings for outdoor work.
- Spend hottest parts of days in malls, libraries, etc. if you do not have AC at home.
- Carry cold spray bottle of water/ battery operated fan in your car.
- Pay close attention to elderly/infants.
- Use common sense!

# NEWTON MONTHLY MESSENGER



#### **Father's Day Cook-out!**

To celebrate our Dad's, we are hosting a Father's Day Cook-out on Friday, June 20<sup>th</sup> at noon. We plan to celebrate out front on the patio, grill hamburgers, and have Dairy Queen Ice Cream! Wishing you all a Happy Father's Day!



## **NNHW A Success!**

National Nursing Home Week was a huge success! We had fun launching water balloons at staff, judging at our fashion show, playing baseball, dancing at our luau, and roasting marshmallows over our bonfire! Everyone had a ball



## **Covid-19 Updates**

Visiting hours continue to be Monday through Friday 8am to 7pm, and Weekends 8am-12pm. Katie Kuhn is your contact person to schedule these visits. Please contact her during business hours (8-4) to schedule at 792-7440. A lot of people have been showing up unscheduled, so again, we are asking that you please schedule a day prior to when you are wanting to visit! We are no longer requiring gowns unless your loved one is in isolation. We will continue to wear masks and goggles at this time. We are also planning another vaccine clinic for residents and staff who choose to participate. If you have any questions, please contact our new Administrator, Ian Christy.



## June Dates to Remember...

- National Corn & Cucumber Month
- National Iced Tea Month
- National Camping Month
- National Rose Month
- National Cancer Survivor's Day (6<sup>th</sup>)
- Anniversary of D-Day (6<sup>th</sup>)
- National Boating & Fishing Week (5-13<sup>th</sup>)
- US Flag Day (14<sup>th</sup>)
- Father's Day (20<sup>th</sup>)
- World Blood Donor Day (14th)





#### **Resident Birthdays**

- Marilyn Vanbaale 6th
- Carol Furgeson 21st
- Bo Modlin 27th

#### **Welcome Residents!**

- Ronald Berglund
- Marvelyn Adams
- Carolyn Schlangen

# Staff Birthdays & Anniversaries

- Mimi Amouzou 5th
- Sam Springer 7th
- Melissa See 7th
- Joey Oxenfield 11<sup>th</sup>
- Jannae McDonald 19th
- Paige Shaw 20<sup>th</sup>
- Vickie McKenna 30th
- Julleen Winter 1 vr. Service!
- Danette Dalton 2 yrs. Service!
- Matt Purdue 2 yrs. Service!
- Diana Hughes 2 yrs. Service!
- Kathy Worthington celebrates 31 yrs. Service!











