

# NEWTON MONTHLY MESSENGER



Happy  
4th of July!

## Community Toe Clinic

Our Toe Clinic will be on Thursday, July 7<sup>th</sup> from 1-3pm. This clinic is for our community members and is free to the public. Please contact Kim Judge or Katie Kuhn for your appointment/time slot. We offer foot/leg massages, toenail cutting, painting, etc.

## Dementia Support Group

Our support group will be Tuesday, July 12<sup>th</sup> at 3:30pm. Jeff Wisnieski and Mariah Fox will be holding this meeting and here to answer any questions and offer support. Anyone is welcome to join!

## Beat the Heat...

The high temperatures of summer are here! Many of us will soon be gathering for cookouts and fireworks, so here are some tips for staying cool even if you don't have air!

- Avoid alcohol and caffeine as they are very dehydrating. Drink water or sports drinks instead.
- Eat fruits that are packed with water!
- Don't rely on fans-take cool baths or showers instead.
- Wear loose fitting and light-colored clothing.
- Shield yourself from the sun using sunglasses, hats, sunscreen, etc.
- Use cold compresses if you get overheated-under your arms or in your groin area will cool you down fastest.
- Keep your stove/oven off.
- Limit your time outside!
- Know the signs of heat related illness and check on your loved ones!



## Highlights in Activities

- 7/5 Music by Paul Davis & Strawberry Shortcake Party 2pm
- 7/6 Resident Council Meeting 3pm
- 7/8 Horse Racing Game 10am, Outing to Pizza Ranch 11:30pm
- 7/11 Outing to Panda Garden 11:30pm
- 7/13 Salad Bar Luncheon, Summertime Jeopardy 3pm
- 7/14 Watermelon Bash 3pm
- 7/18 Making Strawberry Cheesecake Bars 10am, Ice Cream Social 3pm
- 7/19 Fishing Outing 10am
- 7/21 Lost & Found Clothing Activity
- 7/25 Music by Jerry & Mert 10am
- 7/26 Outing to Mexican Restaurant 11:30pm
- 7/27 Homemade Pie Party 3pm
- 7/29 Deep Fried Friday Treats 2pm

## July Dates to remember...

- National Grilling & Picnic Month
- National Ice Cream Month
- National Watermelon Month
- National Postal Worker's Day (1<sup>st</sup>)
- Independence Day (4<sup>th</sup>)
- Strawberry Sundae Day (7<sup>th</sup>)
- Be a Dork Day (15<sup>th</sup>)
- National Junk Food Day (21<sup>st</sup>).
- Amelia Earhart Day (24<sup>th</sup>)
- Take your houseplants for a walk Day (27<sup>th</sup>)
- Father in Law Day (30<sup>th</sup>)





## Resident Birthdays

- Ardythe Timmons 13<sup>th</sup>

## Welcome New Residents!

- Kurt Brunner
- Gisela Brunner
- Tawny Butcher
- Jim Cleverly

## Staff Birthdays & Anniversaries

- Happy Birthday Britney Kendrick on the 10<sup>th</sup>!
- Happy Birthday Mikie Hansen on the 18<sup>th</sup>!
- Happy Birthday Haylee Miller on the 20<sup>th</sup>!
- Happy Birthday to Barb Birkenholtz on the 27<sup>th</sup>!
- Happy Birthday Sara Bergeson on the 31<sup>st</sup>!
- Rachel Callow celebrates 1 year of service!
- Lori Odem celebrates 6 years of service!





## **Chocolate Éclair Ice Box Cake**

Pour 1½ cup of heavy whipping cream, sugar and vanilla into the cold bowl and whisk on high speed until medium to stiff peaks form. Do not over beat. In a bowl, combine vanilla pudding mix with cold milk. Whisk for several minutes until the pudding starts to thicken. Stir in Whipped cream. Spread a thin layer of pudding mixture in a 9x13 pan just to coat the bottom. Arrange approx. 1 sleeve of graham crackers on the bottom of a pan, breaking them as needed to fit around the top and bottom edges. Evenly spread half of the pudding mixture over the crackers. Top with another layer of graham crackers, then the remaining pudding mixture. Top with a final layer of graham crackers. Heat remaining 1 cup heavy cream in a small saucepan over medium-high until just boiling. Pour over chocolate in a small heatproof bowl, and let stand until chocolate melts, then stir until smooth. Spread over graham cracker layer, smoothing top with a spatula. Refrigerate to set, at least 2 hours and up to overnight. To cut clean, even pieces, place the pan in the freezer for 30 minutes before serving.



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