

June Newsletter

Halle's Headlines

Welcome to the Warm Summer Months!

Warm certainly is an understatement! We have been seeing some extremely hot days and there are more to come!



Because of this hot weather, I just want to take a moment to remind everyone of the importance of hydrating! Your body needs the water, so please make sure to **drink WATER!** It is also very important to protect your skin! The sun produces harmful rays that can be damaging to your skin and let's be honest, no one likes to deal with a sunburn! If you are headed outside, ask a staff member for some **sunscreen**. We have a few bottles ready to go so that you can be protected! Enjoy the sun!



In the month of June, we will be **celebrating our Care Attendants**. They do so much for our residents and we want to take some time to show our appreciation. We are so thankful for each of the wonderful ladies that make up our awesome team! During the week of June 10-16, make sure to say thank you to each of the Care Attendants that you see! They really do make a difference at Country Meadows.

Being that we have officially made it to the summer months, the summer vacations will start. I will be out of office the week of June 25-29 and will return on July 2nd.

Enjoy your summer! -Halle Bolduc

Director's Notes

National Care Attendant Week!

June 10—16th!

Except for a few, most residents hesitate to move into Country Meadows, or come in "*kicking and screaming*," due to a sense they lost control of their living situation. Kids, nephews, nieces or a treasured friend, may insist a move to assisted living because "*you need extra help, now.*" One thing we know for sure is that time continues to move; faster and faster. Most of our residents have scaled down and moved to town from the farm. Others move here to be closer to their kids. Either way, moving to assisted living is a major life change. Staff at Country Meadows do their very best to make this transition as smooth as possible for new residents. We all have our roles in managing the operations and providing health care services offered here. Our Care Attendants are our "hands-on" staff who work diligently every day! They work in this field because they have a passion for caring for seniors. Their patience, compassion, hard-work ethic, grace and love is apparent each and every day.



"Hat's Off!" to our amazing team of Care Attendants at Country Meadows of Milaca! Our stellar reputation in this community is due, in a large part, to the care and love you share with our residents every day! Your every deed, large and small, does not go unnoticed! Please give an "**atta-girl**" to our Care Attendants today!

THANK YOU ~ KathyAnn



Have you checked us out on Facebook?

It's the best way to keep up with what is going on here! "Like" *Country Meadows of Milaca*



Nurse's Notes

F.A.S.T—Signs of Stroke Should Prompt FAST Action

The American Stroke Association developed this easy-to-remember guide to help identify the signs of a stroke.

F – Face drooping. Is one side of the person's face drooping or numb? When he or she smiles, is the smile uneven?

A – Arm weakness. Is the person experiencing weakness or numbness in one arm? Have the person raise both arms. Does one of the arms drift downward?

S – Speech difficulty. Is the person's speech suddenly slurred or hard to understand? Is he or she unable to speak? Ask the person to repeat a simple sentence. Can he or she repeat it back?

T – Time to call 9-1-1. If any of these symptoms are present, dial 9-1-1 immediately. Check the time so you can report when the symptoms began.

Here's to your health, Jeune, Jenny & Vicki

Pastor Dale's Passage

I have a confession: Although I'm a chaplain and love Christian music, I'm a lover of 60s music. The Beatles is among my favorites. They sang "I Wanna Hold Your Hand" and one in particular "Money Can't Buy Me Love". Here's more truth about money:

- 1) Money can buy a bed, but not rest 
- 2) Money can buy food, but not satisfaction
- 3) Money can buy luxury, but not contentment
- 4) Money can buy socks, but not security
- 5) Money can buy a house, but not a home.
- 6) Money can buy a church, but not a Savior.

But what money cannot buy, God offers as a free gift. *"The wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."* Romans 3:23

Enjoy music of all kinds... Make the best use of money. But remember; the BEST gifts are freely given by our Creator & Savior.

June Birthdays



Brenda Christopher
June 1st



Kim Swanson
June 6th



Ruth Peterson
June 9th



Esther Ruis
June 15th



Marcy Patten
June 17th



Norma Ovsak
June 30th