Lodge Care News

Volume XXV Number VI

July 2024

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Lodge

NURSING & REHAB CENTER

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A Nation's Strength

By William Ralph Emerson

What makes a nation's pillars high And its foundations strong? What makes it mighty to defy The foes that round it throng?

It is not gold. Its kingdoms grand Go down in battle shock; Its shafts are laid on sinking sand, Not on abiding rock.

Is it the sword? Ask the red dust
Of empires passed away;
The blood has turned their stones to rust,
Their glory to decay.

And is it pride? Ah, that bright crown Has seemed to nations sweet; But God has struck its luster down In ashes at his feet.

Not gold but only men can make A people great and strong; Men who for truth and honor's sake Stand fast and suffer long.

Brave men who work while others sleep,
Who dare while others fly...
They build a nation's pillars deep
And lift them to the sky.



Around the Lodge:

Lodge & Buzz

July brings in the "dog days" of Summer. In America we celebrate 4th of July with picnics, parades and family cookouts. Originally celebrated for our independence from the British Empire, it became an official paid federal holiday in 1941.

A few more fun facts that happened in July: July 2nd, 1962 the first Walmart opened in Rogers, AK introducing America to the future of mass retailers and Neil Armstrong walked on the moon on July 29th, 1969.

Home gardeners are starting to harvest the fruits of their labors with tomatoes, peppers, corn and onions. All great ingredients for Summer salads and picnic side dishes.

Here at the Lodge, residents might enjoy some refreshments out on our courtyards with friends and family. Happy July to all!

Easy Cherry Tomato Corn Salad

If you're making this cherry tomato and corn salad in the summer, use fresh, sweet corn right off the cob. Just sauté the kernels for five minutes in a skillet before adding them to the salad.

Prep Time: 20 minutes; Total Time: 20 minutes Servings: 6

Ingredients

1/4 cup minced fresh basil
 2 cups frozen corn, thawed
 3 tablespoons olive oil
 2 cups cherry tomatoes, halved

2 teaspoons lime juice 1 cup peeled, seeded, and chopped cucumber 1 teaspoon white sugar 1 jalapeño pepper, seeded and chopped

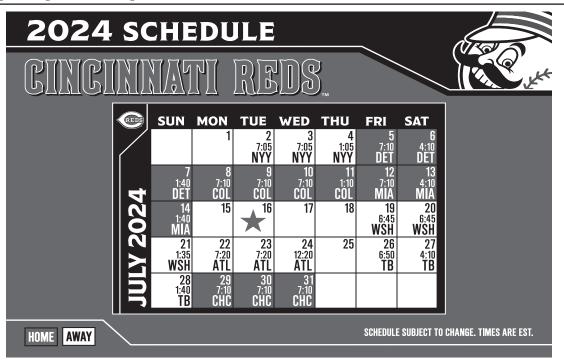
¹/₂ teaspoon salt 2 shallots, minced

¹/₄ teaspoon ground black pepper

Instructions

- Combine basil, olive oil, lime juice, sugar, salt, and pepper in a jar. Screw on the lid and shake until dressing is completely blended.
- Stir corn, tomatoes, cucumber, jalapeño, and shallots together in a bowl. Drizzle dressing over corn mixture and toss to coat. Refrigerate until ready to serve.

Per Serving: Calories 138; Total Fat 7g; Saturated Fat 1g; Sodium 203mg; Total Carbohydrate 18g; Dietary Fiber 2g; Total Sugars 4g; Protein 3g; Vitamin C 17mg; Calcium 19mg; Iron 1mg; Potassium 327mg



From the Administrator

A Nurse's Note:

From the Administrator

I hope everyone is having an enjoyable summer.

I want to introduce Alisia Falcon. She is our new Dietary Tech Student. She will be



going to care conferences and visiting residents about menu preferences. Once she finishes her internship, we hope to bring her on full time!

Measure wealth not by the things you Have, but by the things you have for Which you would not take money

If you have any questions, please do not hesitate to call.

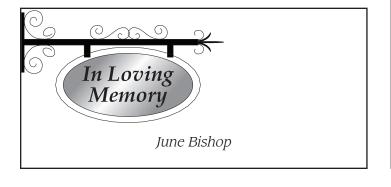
Judy Tracey, R.N., LNHA Administrator



Famous Movie Quote:

A little nonsense now and then is relished by the wisest men.

– Willy Wonka



From the Director of Nursing

Dear Friends and Family,

As the heat of summer settles in, July arrives with its promise of long days filled with sunshine,



laughter, and cherished moments with loved ones. This month is particularly special as we celebrate Independence Day, a time to honor our nation's history and enjoy festive activities with family and friends.

Independence Day, celebrated on July 4th, marks the anniversary of the adoption of the Declaration of Independence in 1776. Here are some interesting facts about this historic day.

Our Founding Fathers: The Declaration of Independence was drafted by Thomas Jefferson and signed by 56 delegates from the 13 original colonies.

The Liberty Bell in Philadelphia is rung 13 times every July 4th to honor the original 13 colonies.

The tradition of fireworks dates back to the first anniversary in 1777, when fireworks were set off in Philadelphia.

Fourth of July Parades: The oldest continuous Independence Day celebration in the United States is the Bristol Fourth of July Parade in Bristol, Rhode Island, which began in 1785.

July is a month to celebrate freedom, family, and fun. Let's make the most of this vibrant time by engaging in activities that bring joy and togetherness. Wishing you all a wonderful and safe Independence Day and a delightful July!

Angelia Sweeney, RN Director of Nursing



July 2024 The Lodge Nursing & Rehab Center Activities

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	SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY	
	Menus w Residen every Wedn	ts	10:00 10:30 11:30 2:00 3:00	Skee-Ball Spelling Beverage Cart Snack Cart Bingo	1	10:00 10:30 11:30 2:00 3:00 3:00 4:00	Baking Cornhole (E) Beverage Cart Snack Cart Bingo Finish the Phrase (E) Magazine Cart	2	10:00 11:30 2:00 2:00 3:00 3:00	Joe's Jive Beverage Cart Snack Cart Exercise w/June Arts and Crafts Going Outside Visits from Coco	3	10:00 10:00 11:30 2:00 3:00 3:00 4:00	Ring Toss (E)	4	10:00 10:30 11:30 2:00 3:00	Guess What Balloon Toss Beverage Cart Snack Cart Bingo	5	10:00 11:00 3:30	Horseracing Bingo Snack Cart	6
10: 11: 3:3	:00 <u>Faith Bible</u>		10:00 10:30 11:30 2:00 3:00	Skee-Ball Spelling Beverage Cart Snack Cart Bingo	8	10:00 10:30 11:30 2:00 3:00 3:00 4:00	Baking Cornhole (E) Beverage Cart Snack Cart Bingo Finish the Phrase (E) Magazine Cart	9	10:00 11:30 2:00 2:00 3:00 3:00	Joe's Jive Beverage Cart Snack Cart Exercise w/June Arts and Crafts Going Outside Visits from Coco	10	10:00 10:00 11:30 2:00 2:30 4:00	Ring Toss (E)	11	10:00 10:30 11:30 2:00 3:00	Guess What Balloon Toss Beverage Cart Snack Cart Bingo	12	10:00 11:00 3:30	Hangman Bingo Snack Cart	13
10: 11: 3:3	:00 States and (10:00 10:30 11:30 2:00 2:00 3:00 6:30	Skee-Ball Spelling Beverage Cart Snack Cart Resident Council M Bingo Bible Study	15 eeting	10:00 10:30 11:30 2:00 3:00 3:00 4:00	Baking Cornhole (E) Beverage Cart Snack Cart Bingo Finish the Phrase (E) Magazine Cart	16	10:00 11:30 2:00 2:00 3:00 3:00	Joe's Jive Beverage Cart Snack Cart Exercise w/June Arts and Crafts Going Outside Visits from Coco	17	10:00 10:00 11:00 11:30 2:00 3:00 3:00 4:00	Trivia Ring Toss (E) Entertainment w/ John Simpson Beverage Cart Snack Cart Bingo Table Bowling (E) Basketball	18	10:00 10:30 11:30 2:00 3:00	Guess What Balloon Toss Beverage Cart Snack Cart Bingo	19	10:00 11:00 3:30	Horseracing Bingo Snack Cart	20
10: 11: 3:3			10:00 11:30 2:00 3:00	Skee-Ball Beverage Cart Snack Cart Bingo	22	10:00 10:30 11:30 2:00 3:00 3:00 4:00	Baking Cornhole (E) Beverage Cart Snack Cart Bingo Finish the Phrase (E) Magazine Cart	23	10:00 11:30 2:00 2:00 3:00 3:00	Joe's Jive Beverage Cart Snack Cart Exercise w/June Arts and Crafts Going Outside Visits from Coco	24	10:00 10:00 11:00 11:30 12:00 2:00 3:00 3:00 4:00	Trivia Ring Toss (E) Entertainment w/ Mike Pendell Beverage Cart Grill-Out Snack Cart Bingo Table Bowling (E) Basketball	25	10:00 10:30 11:30 2:00 3:00	Balloon Toss Beverage Cart Snack Cart Bingo	26	10:00 11:00 3:30	Hangman Bingo Snack Cart	27
10 11: 3:3	States and 0		10:00 11:30 2:00 3:00 6:30	Skee-Ball Beverage Cart Snack Cart Bingo Bible Study	29	10:00 10:30 11:30 2:00 2:30 3:15 4:00	Baking Cornhole (E) Beverage Cart Entertainment w/ The Dulcimer's Snack Cart Bingo Magazine Cart	30	10:00 11:30 2:00 2:00 3:00 3:00	Joe's Jive Beverage Cart Snack Cart Exercise w/June Arts and Crafts Going Outside Visits from Coco	31	t	Room Visits are done hroughout the Week		E Shor	terested in watching Catholic Mass? You can watch it on WTN – (Channel 61) wing daily at 7:00 p.m nion offered every Mo y St. Margaret of York			***************************************	**.

^{*} Mail Delivery offered throughout the day



Shelter Pointe

July Fourth Word Scramble

		to write out the scrambled secret message.	
	ASTSET		
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	DEARAP		
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	ERIRFKWOS		
	ARLANCDITEO		
	FDREOME		
	DER		
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		TIBEBLA BED	ВЕУТ <i>В</i>
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		MICH INDEPENCE	STSET
		NOILNIOS	

Mord Scramble

July Fourth

Shelter Pointe Daily Activities for July 2024

	Shortor runto bury h	LUUIVIUI	05 101 9uly 2021
MOND	AY	THURS	SDAY
8:30	Breakfast	8:30	Breakfast
9:00	Channel 9 News	9:00	Channel 9 News
10:00	Beachball Toss	10:00	Cornhole/Spelling
11:00	Wet Your Whistle/The Price is	11:00	Wet Your Whistle/Pictures/The
	Right (TV)/Pictures		Price is Right (TV)
12:30	Lunch	12:30	Lunch
2:00	Basketball	2:00	Arts & Crafts
3:00	TV Time/Puzzles/Laundry/	3:00	TV Time/Puzzles/Laundry/
	Coloring		Coloring
3:15	Snack	3:15	Snack
5:30	Dinner	5:30	Dinner
TUESD	AY		
8:30	Breakfast	FRIDA	Υ
9:00	Channel 9 News	8:30	Breakfast
10:00	Parachute/Guess What	9:00	Channel 9 News
11:00	Wet Your Whistle/Pictures/The	10:00	Balloon Toss
	Price is Right (TV)	11:00	Wet Your Whistle/Pictures/The
12:30	Lunch		Price is Right (TV)
2:00	Nails	12:30	Lunch
3:00	TV Time/Puzzles/Laundry/	2:00	Finish The Phrase
	Coloring	3:00	TV Time/Puzzles/Laundry/
3:15	Snack		Coloring
5:30	Dinner	3:15	Snack
		5:30	Dinner
WEDNI	ESDAY		
8:30	Breakfast		
9:00	Channel 9 News	SATUF	RDAY
10:00	Noodle Fun/Bingo	2:00	Ringtoss
11:00	Wet Your Whistle/Pictures/The	3:00	Snack Cart
	Price is Right (TV)		
12:30	Lunch		
2:00	Baking	SUNDA	ΑY
3:00	TV Time/Puzzles/Laundry/	2:00	Bowling
	Coloring	3:00	Snack Cart
3:15	Snack Cart		
5:30	Dinner		
		All activit	ties and times are subject to change.

Pet visits offered throughout the week.

One-On-One visits are offered

throughout the day.

July Birthdays STAFF

Ellie Ritter	7/4
Susan Lawrence	7/9
Jayne Yamson	7/11
Threasa Alsip	7/15
Rob Jenkins	7/17
Jose Perez	7/18
Hotatian McKnight	7/19
Markeith Collins	7/22
Angelia Sweeney	7/23
Amber Lovely	7/25
Yolanda Vest	7/25
Marc Hamilton	7/28
Demetria Morrow	7/30

RESIDENTS

Dora Padgett	7/6
Joan Farmer	7/14
Joyce Leisure	7/16
Michael Bronnert	7/29
Doris Perinne	7/30
June Forste	7/31

Shelter Pointe Resident's Birthdays

Darlene Cardamone – 25th Rhoda Webb – 26th Helen McDermott – 27th



The Lodge Nursing & Rehab Center Staff Directory

Administrator	Judy Tracey, RNC, LNHA
Corporate Director of Clinical Services	Santanna Rapp, RN
Director of Nursing.	Angelia Sweeney, RN
Assistant Director of Nursing	
Admission and Marketing Director	Stevie Landrum
Admission Coordinator	Crystal Harris
Case Manager	Jayne Yamson, RN
Social Worker	Elizabeth Rudowski
Activities Director	Kim Lewis
Director of Dietary Services	Kyle Morton
Environmental Supervisor	Marc Hamilton
Maintenance Supervisor	Jeremy Curtis