

## What's New at Sandstone Senior Living?



### Fireworks, Fun, Food and FLUIDS!!

We hope you all have a wonderful 4th of July, surrounded by friends, family, food and fireworks!

The weather is HOT, the sun is out and it is so important that we all increase our FLUIDS ~ we don't want to be dehydrated!! Dripdrop.com provides some great information on detecting and avoiding dehydration:

- As we age, our feelings of thirst decreases, therefore increasing the risk of dehydration. Also, our "total body water decreases as we age (from 60 to 52% in men, and 52 to 46% in women). Therefore, an adult over 60 years old has less water to lose before becoming dehydrated."
- Try drinking small amounts of water throughout the day, instead of focusing on large amounts at one time! A good goal to set is (5) 8 oz glasses of fluids a day!
- Avoid large amounts of coffee/cafeinated beverages, because they are diuretics and will lead to a greater loss of body water.
- Eating foods high in water (fruits, vegetables & some dairy products) will help increase your body water!
- Warning signs that you are becoming dehydrated include: FATIGUE, DIZZINESS, THIRST, DARK URINE, HEADACHES, DRY MOUTH AND BODY CRAMPING. If you experience any of these... drink, drink, drink!

Here's to enjoying the summer weather and staying hydrated!! Happy 4th of July to you all!

~ Angie



***"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me." ~ Lee Greenwood***

### We celebrated our Amazing CNA's during National CNA Week June 13th—19th!



A few of our awesome CNA's joined the residents for a Dairy Queen Ice Cream Cake to celebrate National CNA Appreciation Week! Later in the week they received a special Sandstone Senior Living t-shirt as a token of our appreciation! The care and dedication each member of our CNA team provides to each of our residents is very much appreciated! Be sure to take a second and thank them when you stop in!



# June Memories at Sandstone Senior Living

*June Birthday Celebration!*  
*Happy Birthday to Connie P,*  
*Lavina R, Pat N, Brittney C!*



Father's Day BBQ

Happy  
Father's  
Day!

CNA Celebration



The DonneyBrook Girls Band





## **Sandstone Senior Living**

Misty L ~ 7/8

Lorraine F ~ 7/11

Wanda A ~ 7/17

Denise D ~ 7/25



## **Mark Your Calendars!**

*It's Time to Celebrate  
our June birthdays!!*

**When:** Thursday, JULY 11th @ 3:00 pm

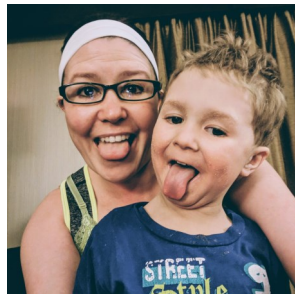
**Where:** UL Dining Room

**What:** Treats, Coffee and Entertainment  
with our friend Arne!

## **Meet our Newest Caregiver**

### **Welcome to our Family, Amanda G!**

You will see a new face around Sandstone Senior Living on Sunday, Monday and Tuesdays with the overnight crew! Amanda is excited to start her new adventure with us!



Amanda is a loving mom to 2 kids, and a grandma to 1! In her free time she loves to bake, hike, camp and teach her youngest kiddo exciting new things! She loves everything that has to do with history!

Welcome to the family, Amanda! We are glad you are here!!

## **Rock Star of the Month!**

### **Congratulations Ray!**

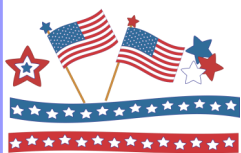
### **You're Our JUNE Rock Star!**



Lets all give Ray a big shout out for being our Rock Star of the month AND turning 50!!!

Ray's hard work and dedication brought him 3 stars up on the wall ~ His awesome fresh baked bread and rolls (yum!) and for always being so caring are so appreciated!

Thank you, Ray! And... welcome to the day crew!!



# **JULY**

### **Join Us For The Upcoming Activities/Events!**

1st: UL 3:00 Ice Cream Social! Join us for a cold treat!

2nd: LL 11:15 Outing to Spearfish Park for a picnic!

2nd: UL 3:00 4th of July Craft ~ Snacks and Celebration

8th: UL 3:00 Elsie Plays Piano!

9th: Scrapbook Club

10th: UL 3:15 Manicures!

11th: UL 3:00 July Birthday Social!

12th: LL 1:15 Outing to Walgreens

15th: UL 10:30 Donuts & Coffee with Donna

16th: LL 3:00 Karaoke Fun

18th: UL 3:00 50th Anniversary of the Moon Landing!

22nd: LL 3:00 Outdoor Games

23rd: Podiatrist is here

23rd: LL 3:00 Flip Flop Craft

25th: LL 10:45 Communion

25th: UL 3:00 Manicures

26th: LL 11:15 Lunch outing to DQ

27th: Henry Ford's Birthday, Let's Talk Old Cars!

30th: UL 3:15 Resident Council



### Save the Date!

Don't forget to attend the Resident Council Meeting,  
Tuesday, July 30th 3:00pm LOWER Level



### **Don't forget about the WALL OF STARS!**

If you see a caregiver going above and beyond the "call of duty"... here is your chance to give them a shout out! The Wall of Stars is located in the UL at the top of the stairs



#### The rules are easy:

1. Witness a caregiver being awesome
2. Grab a star and fill it out
3. Give the star to Connie or Angie

The last day of the month a Star will be randomly drawn for a prize and the honored title of ROCK STAR OF THE MONTH!

### Daily/Weekly Activity Reminders:

- \* Exercise is EVERY weekday morning at 10:00 am ~ the menu board will remind you of what level to join us on!!! ***We will be getting outside and enjoying the sun with Walking Club on Thursday mornings, 10:00am! (Weather permitting)***
- \* Join us on the Lower Level every Monday at 1:30 for a Bible Study (And Communion is the 3rd Thursday at 10:45am on the Lower Level)
- \* BINGO!! Every Wednesday at 2:00 pm (UL) and Saturday at 3:30pm (LL)! Fun and prizes!!
- \* You asked for it! Ice Cream Social on the 1st Monday and don't forget Manicures are now 2 times a month!
- \* Happy Social Hour EVERY Friday at 3:00pm— Join us for socializing and storytelling with your Sandstone Senior Living Family!



Have an idea or thought you would like to share? Did you know there are suggestion boxes by both the main door upstairs and downstairs? We will discuss all suggestions at the next Resident Council Meeting.



## **Be on the lookout for the August newsletter!**