

Select Senior Living

11350 Martin St NW, Coon Rapids, MN 55433



Celebrating July

Staff Directory

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Vanessa Nguyen
Executive Director

Katie Bauer
Director of Nursing

Ashley Roy
Director of Marketing

Renee Voyce
Director of Life Enrichment

Eric Gebel
Director of Maintenance

Jameel Robertson
Director of Culinary

Hello Residents, Families & Friends!

July is a month filled with significant milestones and celebrations. From commemorating the 4th of July to International Joke Day on July 1st and culminating in the heartfelt celebration of Friendship Day on July 30th, this month is a time to honor meaningful moments. These events serve as a reminder of the importance of community, the value of freedom, and the joy that comes from sharing laughter and smiles with those around us.

We will also be celebrating summer with a summer BBQ on July 8th. There will also be an outdoor concert and Root Beer Floats for all who come down for the concert.



Laughter is the shortest distance between two people.

- Victor Borge

Resident of the Month For July



Vincent is our resident of the month for July.

He is married to Carolyn.

He was born on March 6 in Norfolk, Virginia.
He grew up in Connecticut.

We went to a Catholic high school and then
to one year at Fordham University.

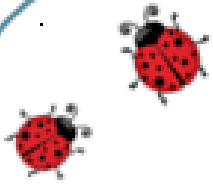
From there he enlisted in the United States
Airforce. Where he served for 7 years. The
first 3 years he swapped black boxes for the
B-52s. The last 4 years he learned and
became a computer programmer, and he
learned low level computer languages.

When he got out of the Air Force (on Friday December 13)
he began his career as a software engineer. He worked
hard, went to school nights and weekends and finally got his
Bachelor of Science when he was 50 years old.

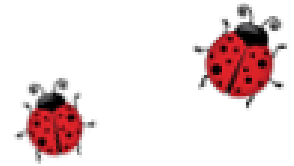
He worked for many companies but the last was Medtronic
as a software quality assurance engineer.

He likes living here because he likes the people he
encounters. They are nice and especially the dining room
table residents.





Life Enrichment Updates



Roald Dehl once said, "If I had my way, I'd remove January from the calendar altogether and have an extra July instead." Enjoy the outdoors but make sure to jump into a few of our activities before summer slips away.

We are excited to introduce you to our new Nursing Team, Mayra and Steve. We will be having a Meet and Greet time on **Thursday, July 10th** at 1:00 in the Community Room.

On Mondays, we still have our resident walking group. We meet in the front lobby at 12:30 and walk around the neighborhood. So, get those comfortable shoes on and join us!

We will be having another Concert at the Dam outing. It will be **Thursday, July 10th** at 6:15. The band will be the Holy Rocka ~~Rollaz~~. We should be back around 8:30. Sign up is required.

Our next summer BBQ is **Tuesday, July 8th**. There will be Root Beer Floats for all who attend the concert that will be provided by your Resident Council. The concert will be out in courtyard behind the dining room, if weather permits.

Also, make sure to come to the Activity Planning Meeting on **Wednesday, July 2** at 3:00. This is a time you can suggest movies that will be shown next month, outing you would like to see happen, or crafts you would like to do.

Music-

Friday, July 11- Darlin Jesse
Friday, July 18 – Tom Hipps
Friday, July 25 – Mark Milner

Craft-

Thursday, July 3 – Patriotic Owl
Wednesday, July 30 – Butterfly or Dragon fly Painting

Outings-

Thursday, July 10 at 6:15– Coon Rapids Dam Concert
Friday, July 11 at 9:45 – Walmart
Friday, July 18 at 11:15 -Pizza Ranch
Thursday, July 24 at 9:45- Dollar Tree

Nurses Corner

Hi, my name is Katie and I am the new Director of Nursing at Select Senior Living!

I come to you with over 14 years of nursing related experience. I have worked in long-term care settings, assisted livings, clinics and home care settings.

In my free time, I enjoy spending time with friends and family, being out on the lake or at the cabin and traveling!

Since summer finally decided to show up, I would like to talk about the dangers of the heat.

When the sun is out and the temperatures are high, we are all at a higher risk for dehydration, heat exhaustion, heat stroke and sunburn.

July Birthdays

Roger – July 10

Rosie – July 16

Winness – July 25

P. T. Barnum (circus showman) – July 5, 1810

Nancy Reagan (first lady) – July 6, 1921

Michelle Kwan (figure skater) – July 7, 1980

Milton Berle (comedian) – July 12, 1908

Harrison Ford (actor) – July 13, 1942

Phyllis Diller (comedienne) – July 17, 1917

Don Knotts (actor) – July 21, 1924

Gracie Allen (comedienne) – July 26, 1895


Paul Anka (singer) – July 30, 1941

Things to keep in mind when being out in the warm weather:

- wear sunscreen and hats
- use umbrellas
- stay in the shade
- and drink PLENTY of water, even if you think you drink enough, drink more!

Heat Exhaustion

- DIZZINESS, FAINTING
- INTENSE THIRST
- EXCESSIVE SWEATING
- RAPID WEAK PULSE
- NAUSEA, VOMIT
- PALE, COOL, CLAMMY SKIN
- MUSCLE CRAMPS, FATIGUE



OR





Heat Stroke

- HEADACHE, CONFUSION
- ELEVATED BODY TEMPERATURE
- NO SWEATING
- RAPID STRONG PULSE
- NAUSEA, VOMIT
- RED HOT SKIN
- MAY LOSE CONSCIOUSNESS

- Move to a cooler place
- Drink water if able
- Take a cold shower
- Use cold compresses to ease cramps

- Call 911. Body heat must be lowered rapidly or the person can die!
- Take immediate action to cool the person.
- Use cold packs or ice bags on neck, armpits, wrists, groin and ankles.

HIGH RISK

-  Seniors
-  Children
-  Outdoor workers & athletes
-  People with special needs or certain chronic conditions