

# The of the Matter...

*Life. Well. Lived.*

## **Baking Activity**

Residents Carolyn Gerken & Georgia Williams benefit from the many therapeutic effects baking provides.

Exercise:  
Peel...Chop...Stir



Aromatherapy & Reminiscing  
“Smells like Mom’s kitchen”



Enjoy! What a treat with  
Apple-Raisin Muffins!

## **Board of Directors**

*Chairman, Betty Koenig  
Nina Anderson  
Dick Bennett  
Bill Monter  
Village Board Representative*

# Caregivers of ECC



"People Matter"



## ECC Service Anniversaries:

Pam Wescoat 17 Years

Kate Reiners 8 Years

Lacey Bowden 4 Years

Karmyn Graber 2 Years

## Staff Birthdays:

Jane Wolseleben-21st

## Residents Birthdays:

Dorothy Lerdall-5<sup>th</sup>

Donny Esslinger-10<sup>th</sup>

Georgia Williams-24<sup>th</sup>

## Dehydration in the Elderly

When the body has insufficient water and other fluids to function properly, dehydration takes place. This can lead to blood clots, seizures, and other potentially fatal complications. Even mild dehydration can have adverse effects on mood and energy. It's very important to catch dehydration early on, but the signs aren't always obvious ones like thirst and fatigue.

### Signs and Symptoms:

- Thirst, (although some elderly have a decreased sense of thirst)
- Dry skin, dry mouth, bad breath
- Headaches, muscle cramps
- Fever & chills
- Craving sweets
- Confusion
- Urinary Tract Infection
- Weakness, sleepiness
- Constipation

### Tips To Avoid Dehydration:

- Drink lots of fluids
- Consume food & drink with sodium and potassium to restore electrolyte balance: broths or soups, fruit juice, soft fruits, & vegetables
- Avoid being in the hot sun for long periods of time

Dehydration is something that we all are at risk for. Talk to your physician if you have concerns.

References: Everyday Health

## COMMUNITY SERVICES AVAILABLE

Whirlpool Baths  
Free Blood Pressure Checks  
Adult Day Services  
Out-Patient Therapy  
Bladder Retraining Program  
Exercise Equipment

**IT'S OUR MISSION TO SERVE THE RESIDENTS OF OUR COMMUNITY, IF YOU HAVE A SPECIFIC NEED, GIVE US A CALL, WE WILL DO OUR BEST TO HELP YOU OUT!**

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## National Laundry Workers' Week

**July 10-16, 2016 we celebrate and thank the Care Center's Laundry staff.**

**Beth Willson, Supervisor  
Brenda Pretzer  
LaVonne Tiede  
Dorothy Hergenreder  
Timothy Smith  
Zacob Evans**