

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-5th

Donny Esslinger-10th

Georgia Williams-24th

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!

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**