Examples of Life/Work Access Attractions include:

- **Stimulating Environment**
  - \*This Signature Touch is another great way to communicate with you, our valued family. See what’s happening at your local community, other Spring Hills Senior Communities, and get valuable information about care-giving, health and wellness, industry news, and more. Our goal is to engage you in all we do, provide education, inspiration, and connect with you!\*

**Practice Wellness – Stimulating Environment**

Life/Work Access Attractions offer opportunities to engage Residents by bringing their past life work back to the present, renewing their sense of fulfillment. These purposeful spaces are uniquely designed to spark memories and create activities that encourage interaction and independence in a safe and secure setting. These therapeutic environments can either be stimulating or calming to match the needs of the Resident.

Examples of Life/Work Access Attractions include:

- **General Store**: Residents enjoy the opportunity to shop (no money necessary) and explore a diverse array of items such as scarves, hats, costume jewelry, wallets, purses, books and more! This beloved shopping experience renews independence, improves Residents’ mood and provides comfort.

- **Kitchen Attraction**: Residents have access to a full kitchen, bringing back warm memories of home cooked meals and special moments with family. This attraction offers therapeutic benefits such as stress relief and improved focus.

- **Workshop Attraction**: Provides freedom to build birdhouses, model cars and planes. This stimulating space promotes thinking and keeps the joints moving.

**This Month’s Birthdays... August**

- 2 Mildred Venuto
- 2 Jerry DiRe
- 4 Geraldine Perlman
- 4 Anne Rapp
- 4 Judith Worthington

- 9 Geri Proia
- 13 Frances Marsden
- 15 Beverly Azorsky
- 20 Pat Mason
- 22 Frank Maiuri
- 23 Veronica Grassi
- 26 Mary Rosenthal
- 30 Florence Sherman

**Birthday Party**

- Assisted Living: August 7th @ 2:00 pm
- Spring Cottage: August 16th @ 2:00 pm

**Message from the Executive Director**

Dear Spring Hills Residents and Families:

When we age, our bodies become less efficient at regulating temperature for a couple of reasons. Seniors over 65 don’t sweat as much as younger adults, which unfortunately is one of the body’s most important heat-regulation mechanisms. Also, seniors store fat differently, which complicates heat-regulation in the body further.

Why’s this serious? Well, as the temperature rises, so too does your internal body temperature, especially when you’re exposed directly to the sun or extremely hot environments. Which is why seniors suffer from heat stroke more often than younger people throughout the summer.

There are a variety of lifestyle and health factors that increase the risk of developing a heat-related illness: dehydration. Chronic illnesses (heart and kidney diseases; blood circulation conditions) · Prescription medications that reduce sweating · Salt-restricted diets · Overdressing · Lack of airflow or access to air-conditioning.

Signs and Symptoms of Heat-Related Illnesses in Elderly Adults Early warning signs of heat exhaustion, which may precede the more serious heat stroke, include excessive sweating, tiredness, weakness, dizziness, headache and muscle cramps. Then as exhaustion progresses, symptoms may progress to nausea, vomiting and fainting.

Here’s what you can do to help those suffering from these symptoms: First have someone lie down in a cool place, and if you can put a fan directly on that person even better. Then take steps to lower body temperature. Air-conditioning, offering cool fluids, or providing access to a cool bath will also help.

Why Preventing Dehydration Is Important Studies have shown that when you feel thirsty – just 2 percent dehydration – your ability to regulate heat begins to decline. For seniors, who already struggle to manage internal heat, dehydration can deter the body’s natural cooling processes even more.

During heat waves, seniors should be drinking water and juices regularly, and a good rule of thumb is to drink fluids at every meal, as well as sipping fluids throughout the day rather than drinking them quickly. Also, avoiding alcohol can encourage better hydration.

Sincerely,
Sanjay Kansupada
Executive Director
**August 3rd, @ 5:00 pm**  
Summer Time BBQ Celebration!  
Please join Mark Shaw in Courtyard  
For a Summer Time BBQ! Family & Friends are invited. Please RSVP to Michele or Francesca by July 26th.

**August 7th, 14th, 21st & 28th @ 10:30 am**  
August Outings!  
Good News…Your Favorite Trips are Happening! Every Monday morning with Nick!

**Every Friday in August @ 3:00 pm**  
Music Therapy with Marie Ely  
Join us every Friday as Marie connects with residents performing drum circle, bell choir, and guitar session.

**August 10th @ 11:15 am**  
Tai-Chi with Morris  
Often described as meditation in motion to promote serenity through gentle, flowing movements. Please join it is a great stress reliever and promotes flexibility!

**August 17th @ 5:00 pm**  
Spaghetti & Meatball Dinner!  
Family & Friends are invited to join their loved ones for a Italian Night! 6:00pm  
Connections Support Group featured topic: Wellness & Communication Strategies. Please RSVP to Michele or Francesca by August 14th.

**August 22nd @ 5:00 pm**  
Spring Cottage Cruise Night!  
Family & Friends are invited to join their loved ones Captains Dinner! Captains Ball The Barrington Band will entertain at 7:00pm. Please RSVP to Michele or Francesca by August 14th.

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**August 23rd, 2017**  
Spring Hills Cruise Night  
Captains Dinner  
5:00 pm  
Captains Ball  
7:00 pm  
Barrington Band  
Family and Friends are invited.  
Please RSVP to Michele or Francesca by August 14th, 2017.

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**September 4th**  
Labor Day Picnic w/ Mark Dezzi!

**September 10th - 16th**  
National Assisted Living Week!

**September 10th**  
Resident Art Show w/ Debra Tursi!

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**September 7th, 14th, 21st & 28th @ 10:30 am**  
August Outings!  
Good News…Your Favorite Trips are Happening! Every Monday morning with Nick!

**Every Friday in August @ 3:00 pm**  
Music Therapy with Marie Ely  
Join us every Friday as Marie connects with residents performing drum circle, bell choir, and guitar session.

**August 3rd Barbeque @ 5:00 pm**  
BBQ with Mike and his All American Show!  
Family & Friends are invited to join their loved ones for a BBQ! Join Mike for a sing-along while he plays his guitar!

**August 2nd @ 3:00 pm**  
Story Telling with Steve Coar  
Please join Steve by the fireplace as he shares his Summer Time stories!

**August 16th @ 2:00 pm**  
Residents Birthday Celebration!  
Join us by the fireplace to celebrate our August Birthdays w/ Lenny King. There will be cake and refreshments served!

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**Iris – Like the long stemmed flower, the person will always walk in a straight line or lean to one side. They may be unable to coordinate speech but can sing almost anything with rhythm. Fine motor skills are usually missing as well and they may have difficulty with tasks that require these skills. Care team should always have a familiar song with rhythm up their sleeve. It may come in handy!**
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>10:15</td>
<td>Start w/ a Smile</td>
<td>10:30</td>
<td>Daily Chronicle &amp; More</td>
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<td>Daily Chronicle &amp; More</td>
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<td>11:00</td>
<td>Fitness for Life Exercises</td>
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<td>Kitchen Capers</td>
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<td>Sangria Sunday Social</td>
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SUNDAY: “Going My Way” Sunday Service

MONDAY: Fine Art Class w/ Debra

TUESDAY: Start w/ a Smile

WEDNESDAY: Kitchen Capers:

THURSDAY: Afternoon Bingo

FRIDAY: Classic Movie Night: “Wild Oats”

SATURDAY: American Sign Language

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*August 2017 Calendar*
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<td>9:00</td>
<td>Daily Chronic &amp; Events</td>
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<tr>
<td>10:00</td>
<td>Garden Walk &amp; Wheeling</td>
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<tr>
<td>10:30</td>
<td>Aromatherapy Movements</td>
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<tr>
<td>11:00</td>
<td>Scrapbooking Our Memories</td>
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<td>1:00</td>
<td>Activities On Wheels</td>
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<td>Coupon Clipping Club</td>
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<td>3:00</td>
<td>Christian Sunday Service</td>
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Last Month’s Highlights

Marie Swantek
Ben Wolfson
Jon Melnyk
Mary “Jo” Maiuri

Our Golden Chain of Friendship has been broken with the loss of these friends...

Faye Appel enjoyed the bright sunshine weather with her family.

Residents enjoyed a wonderful musical entertainment by Dena Underwood.

Last Month’s Highlights

Spring Hills residents enjoyed a Fourth of July Barbeque.

Staff enjoyed helping out with the celebratory meal for the Fourth of July.

Resident Trudy Blackman enjoyed the outdoors with her family during the Fourth of July Barbeque.

Tony, Iria, and Norman display their full regalia in honor of the patriotic day.

Spring Cottage Residents and family members enjoyed our Fourth of July party with Justin’s Classic Cocktail Entertainment.

Spring Cottage resident Muriel Rubin and her family enjoyed the Fourth of July party. It was extra special, because it was her birthday as well.

Spring Cottage resident showed off Starry Night painting.

Resident Trudy Blackman enjoyed the outdoors with her family during the Fourth of July Barbeque.

Spring Cottage Residents Flo, Doris, Delores, and care partner Cynthia enjoy Monday Makeovers.

Spring Cottage had a blast during July’s monthly birthday bash with Rachel Gittel singing some classic songs.

Spring Cottage enjoyed “Painting with A Twist” while learning about Vincent Van Gogh.

Spring Cottage had a blast during July’s monthly birthday bash with Rachel Gittel singing some classic songs.

Spring Cottage Residents Flo, Doris, Delores, and care partner Cynthia enjoy Monday Makeovers.

Faye Appel enjoyed the bright sunshine weather with her family.

Residents enjoyed a wonderful musical entertainment by Dena Underwood.

Remembrance

Our sympathies are extended to their family and friends at this time. They will be missed.
Our Mission

The mission of Spring Hills is to demonstrate “Caring with a Commitment to Quality”, by aspiring to the highest professional standards, while providing care and service in a nourishing, compassionate environment that supports the health and well-being of each of our residents. Our ongoing concern for the needs of our communities, along with a dedication to the highest personal and professional standards will inspire us to exceed the expectations of both our resident and our fellow associates. We will be the premier healthcare provider in the communities that we serve.