

August Newsletter

August Birthdays

- * Donna (2)
- * Margaret (6)
- * Abe (8)
- * Gladys (8)
- * Eva (9)
- * Margaret (14)
- * Elizabeth (17)
- * Sara (17)
- * Judith (18)
- * Tena (19)
- * Margaret (23)
- * Anne (24)
- * John (29)

Heimstaed Lodge Pioneer Day

August 13

1:00 pm

We encourage all staff and clients to dress for the occasion!

We would like to give a big thank you to everyone that has donated fresh produce to the Lodge.



Rhubarb donated to the Lodge

Flower of the month:

Gladiolus

Strength

Integrity

Remembrance

Infatuation



New Employees

Roseann P (Housekeeping)
Bella D (HCA)

Importance of Hydration During Hot Weather

We should all be increasing our liquid intake especially during warmer weather. Try to drink at least 6-8 cups of fluid daily, ideally sipping regularly throughout the day. Aging tends to decrease the body's total water volume and dulls the sense of thirst; seniors should not wait until they feel thirsty to drink. Dehydration tends to be a higher risk for seniors due to a blunted thirst signal, medication side effects, more difficulty with regulating body temperature and causes a decline in your thinking. So, drink plenty of fluids; make sure you are taking in more fluids than you are losing; try to drink more if you are outside in the warmer weather; and drink a variety of fluids to keep your body balanced.

The August birthday party is scheduled for August 25. If you have a family member with a birthday in the month of August, you are more than welcome to join them for the party!

