

JUNE 2023



## *Hillside Terrace*

SENIOR LIVING

Happy Father's Day to all of you dads in the Hillside Family, hope your day is memorable and as special as each of you are! Last month we celebrated our Nurses for Nurse's Day and this month we will honor and thank our Resident Care Aides for the amazing loving care they give each day!

Summertime is here and our concern for you during this hot season is being sure you know the signs and symptoms of dehydration. Our bodies require a certain amount of fluids on a daily basis to function. The minimal amount is about four 8-ounce glasses. Requirements vary with activity and age, but most active people need two to three times this basic need. If we take in less or lose more fluid than is needed, the end result is "dehydration". The signs and symptoms include increased thirst, dry mouth, weakness or lightheadedness (especially upon standing), darkened urine and decreased urination. If you have any questions regarding dehydration or feel symptomatic of this, please contact your physician or notify our Wellness Nurses so we can assist you. Enjoy the beautiful sunshine and warmth but be cautious!

*Nanya and Vic Litz*  
*Chief Operating Owners*



### **Happy Birthday Residents!**

*Mary Williams 6/7*  
*Debbie Foster 6/9*  
*John Simpson 6/9*  
*Robert Hayosh 6/10*  
*George Lowrie 6/11*  
*Donna Kuchapsky 6/17*  
*Marilyn Stafford 6/19*  
*Helga Schacht 6/21*  
*Esther Baker 6/30*  
*Gary Kleinhenn 6/30*

### **Happy Birthday Team Members!**

*Ray Harris 6/7*  
*September Stephenson 6/17*  
*Michael Ferguson 6/25*  
*Sylvia Thompson 6/26*



SUNDAY	MONDAY	TUESDAY
<b>4</b>	<b>5</b> 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	<b>6 Wellness Day</b> 9:30 Exercise 1:30 Verna's Exercise 3:00 Movie & Popcorn
<b>11</b> 3:00 Chapel	<b>12</b> 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	<b>13</b> 9:30 Exercise 10:30 Arts & Crafts 1:30 Verna's Exercise <b>3:30 Music: San, Laz &amp; Emily</b> 4:00 Catholic Mass
<b>18</b> <i>Happy Father's Day!</i> 2:00 Movie & Popcorn	<b>19</b> 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo <b>3:30 Music: Paul &amp; June Birthday Party</b>	<b>20</b> 9:30 Exercise 10:30 Word Games 1:30 Verna's Exercise <b>3:00 Resident Council Meeting</b>
<b>25</b> 3:00 Chapel	<b>26</b> 9:30 Exercise 10:30 Kroger 10:30 Docuseries 2:00 Bingo 3:30 Manicures	<b>27</b> 9:30 Exercise 10:30 Word Games 1:30 Verna's Exercise 3:00 Movie & Popcorn



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 1:30 Communion 2:00 Meijer <b>3:30 Piano with Ed</b> 4:15 Manicures	<b>2</b> 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games	<b>3</b> 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man
<b>7</b> 9:30 Exercise 10:30 Arts & Crafts 2:00 Bingo 3:30 Sweet Treats 4:15 Garden Walk <b>6:30 Music: Harmony Choir</b>	<b>8</b> 9:30 Exercise <b>10:30 Outing to Ann Arbor Library</b> 1:30 Communion 2:00 Meijer 4:15 Manicures	<b>9</b> 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Hang-man	<b>10</b> 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Word Games
<b>14</b> 9:30 Exercise 10:30 Cards & Games 2:00 Bingo 3:30 Sweet Treats 4:15 Garden Walk	<b>15</b> 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 2:00 Meijer <b>3:30 Piano with Ed</b> 4:15 Manicures	<b>16</b> 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games	<b>17</b> 9:30 Exercise 10:30 Arts & Crafts <b>2:00 Music: Brad</b> 3:30 Hang-man
<b>21 First Day of Summer!</b> 9:30 Exercise 10:30 Cards & Games <b>2:00 Shopping at Maple Village</b>	<b>22</b> 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 1:30 Communion 2:00 Meijer 4:15 Manicures	<b>23</b> 9:30 Exercise 10:30 News & Views 2:00 Bingo 3:30 Word Games	<b>24</b> 9:30 Exercise 10:30 Arts & Crafts 2:00 Cards & Games 3:30 Hang-man
<b>28</b> 9:30 Exercise 10:30 Cards & Games <b>12:00 Lunch out at Olive Garden</b> <b>3:30 Music: Billy</b>	<b>29</b> 9:30 Exercise 10:30 Docuseries 11:00 Writing Group 1:30 Communion 2:00 Meijer 4:15 Manicures	<b>30</b> 9:30 Exercise 10:30 News & Views <b>2:00 Bingo for Bucks</b> 3:30 Word Games	

## Welcome New Residents!



**Skipper Hammond**  
— apartment 107



## NEWS FROM ACTIVITIES

Hello everyone and welcome summer! This month we return to the Maple Village Shopping Plaza to shop at our usual spots including Dollar Tree, Clothes Mentor, HomeGoods and Plum Market. We will also check out the newly opened Burlington, where you can find great deals on clothes, home décor and more!

Other outings this month include our monthly trip to the Westgate branch of the Ann Arbor Public Library, where you can not only rent out books, but also movies, CDs, records, magazines and more. They also have a coffee shop to enjoy while you find your next summer read. Lastly, we head to Olive Garden for yummy Italian dishes and those delicious breadsticks on Wednesday, June 28<sup>th</sup>.

*Everyone is Welcome,  
Erin Klein & Eryn Springstead*

### Reminder from your **Hillside Resident's Council:**

Our great staff cares for us all year round, month after month. Please consider recognizing them by donating to the year-end bonus fund with a check to "Hillside Resident's Council" or at [hillside terrace.net](http://hillside terrace.net) under the "Contact" tab