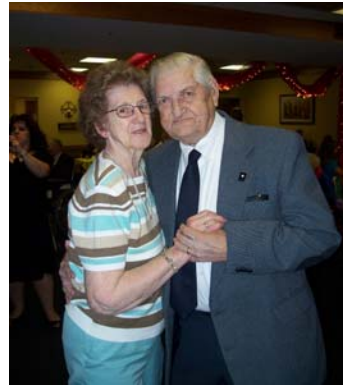




Tenants Show off Dancing Shoes

On April 30th, many tenants danced to the music of *Pat Moore and His Band* as they celebrated the Senior Prom with Care Center Residents. This delightful event is an annual tradition, offering tenants the chance to enjoy the evening with guests.



Mary Davy (far left) enjoys dancing with staff member Everett Thies. Gene & Grace Johnson also take to the dance floor as a married couple.

MARK YOUR CALANDAR FOR THE TENANT SUMMER POTLUCK PICNIC on August 19th, from 5:00—7:00pm. It is a great get-together for tenants & their families!

A Message from our Property Manager

I would like to give a big THANK YOU to all of the Cerenity Residence Staff. I am very lucky as a manager to have people like you. From the nurses and resident aids to the support staff and housekeepers, the time and energy you exhibit is incredible! We have gone through great change and growth the past couple years and you are definitely the reason why we have seen SUCCESS!

Please come join us on August 19th to celebrate our tenants, staff and summer! Our annual Tenant Summer Potluck Picnic will be from 5-7pm. One invitation will be mailed to the tenant's family. We ask that this individual let other family members know about the event. We also ask each family to bring a dish to share. Invitations will be mailed soon.



Katie Rideout

Meet Our New Tenants

We welcome our newest tenants who have chosen to call Cerenity Residence -WBL, their home!



Sally Schons



Jo-Ann Pittman



Noreen Bichner



Sylvia Manson



Elaine Sickler and her grandson are often found enjoying each other's company!

Make a Note of these Upcoming Events

On Tuesday, July 20th at 11:30am, tenants are invited to a picnic at a local park. This enjoyable event is free of charge and a favorite year after year.

Friday, July 30th has been booked for the Paddleboat ride on the St. Croix River. Your payment includes a delicious lunch and scenic cruise. We will be leaving here at 10:30am.



*Activity Coordinator
Holly Gardner*

Each month we will be holding a new event—the CAT Club (short for Crafts And Talk). This new activity encourages an independent group to enjoy visiting with each other while taking part in each attendee's hobby of choice. Needlework, puzzles, and "word search" are a few examples of the activities we expect to see. Keep an eye on your activity calendar for upcoming dates!

Reminders

- Out of respect for those tenants eating **continental breakfast** later in the morning, we ask tenants who eat breakfast in our dining room to refrain from taking food out of the dining room. However, tenants wishing to eat breakfast in their apartments are welcomed to take continental breakfast items to their apartments.
- Remember to bring back any of our **silverware or dishes** you might have in your apartment.
- It's important to have your **"I'm Okay" signs** out by 10:00 each morning.
- **Don't let strangers into our building** through the front security door. Anyone who has a legitimate reason for being in our building is able to enter.
- To make **Lionmobile reservations**, phone them at 651-653-3122 from 1:00-4:00pm Monday—Friday.

Be Prepared for Severe Weather

With the nice warm weather comes the potential for severe weather and tornados. So, these guidelines are helpful to review. If you have any questions about the weather, please press your pendant for staff assistance.

Public “Watch”

(Weather Conditions could produce a tornado or severe storms)

- Close your windows.
- Close your curtains.
- Prepare for relocation if “warning” occurs.
- Stay tuned to your radio or television
- Either an “All Clear” will be announced or a Public “Warning” will be issued

Public “Warning”

(A tornado or funnel cloud has been sighted. Civil Defense Sirens are sounded.)

- Leave your apartment & close the door.
- Go to your hallway, staying away from windows.
- If there is time, go to the 1st floor. If the power is out, use the stairway.
- Once on the 1st floor, wait in the hallway that is closest to the Care Center until the “All Clear” is announced.

Tenants Enjoy Summer Fun!



Claude Blenkush (left) and Dick May were two of many tenants and residents from our campus who enjoyed the June 18th Manitou Day parade in White Bear Lake.



The Men’s Card Group gathered on June 22nd, and enjoyed snacks and refreshments. Attendees were (clockwise starting from far right): Gene Johnson, Don Van Dusartz, Sid Gorsetman, Floyd Stielow, Claude Blenkush, and Ray Landucci.



Darlene Gleason (left) and Grace Johnson took part in a lovely afternoon pontoon ride on White Bear Lake.

**A PUBLICATION OF CERENITY
RESIDENCE—WBL**

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We were delighted to celebrate the June birthday of our dedicated volunteer, Nancy.

A Message from our Nursing Staff

More than one million elderly people are hospitalized each year for dehydration. This problem intensifies during the summer since heat increases our body's water loss.

Adults need about 6 cups of fluids a day. The best sources are water, juices, and milk. However, ice cream, soup, and gelatin are also good sources. Caffeinated beverages can lead to fluid loss, so they should be avoided as much as possible.

Since people tend to get a high percent of their fluid intake at meal times, make sure to ask our dining staff for plenty of fluids. It's also wise to keep your favorite beverages on-hand so that you will be able to drink plenty of fluids between meals.

Courtyard News

Thanks to the hard work of the Carpentier family each spring, our courtyard's flowers, plants and bushes look gorgeous. If anyone would like to volunteer to assist in this area, please let us know.

We would also like to extend a special thank you for the Eagle Scout project that resulted in the beautiful new pergola that will provide much needed shade.

A new patio set has also been added to finish off the courtyard's "new look."

Get to Know our Dining Staff

Have you ever forgotten a name? Here is your chance to put names with faces.

