



## Safety in the Summer Sun

**Precautions should be taken year-round to protect your skin from the harsh effects of the sun. This is especially important in the summertime when the sun is at its hottest.** Aside from sunburns, heatstroke and dehydration are additional hazards to watch out for. With a few safety steps and by planning ahead you can avoid sunburns and sun-related issues.

**The best way to prevent sunburns, heatstroke and dehydration is to stay out of the sun.** But that isn't practical or very fun! Buy sunscreen that is specifically made for children and be sure

to apply it at least 30 minutes prior to going outside. This gives the sunscreen time to work. Once outside, reapply every two hours or more frequently if there is swimming or a sprinkler involved.

**Once outside, a hat is still important.** Ideally the hat will cover the face, ears and the back of the neck – all very sensitive body parts that are prone to getting burnt. Wearing a hat will also protect you against heatstroke.

**Staying out of the sun from 11:00 a.m. until after 2:00 p.m. is the best prevention.** This is the hottest time of the

day and when the sun is at its peak. By avoiding the outdoors at this time of day you can help prevent sun-related illnesses. Avoiding the sun isn't the only solution; it is being smart when you are out in it.

### BI-MONTHLY HEALTH TALKS with O'Connell Pharmacy

**JUNE 20TH AT 3:00PM**  
Wound Care

**AUGUST 15TH AT 3:00PM**  
Dehydration

**AVALON**  
Assisted Living Community

# American Family Choir Enjoyed By All



## APRIL BIRTHDAY CELEBRATION



*Kathleen and Jeff*



## June is Men's Health Month: The Importance of Walking

The simple exercise of walking can be important for all individuals, in particular today's generation of men as they seem to be in pursuit of a leisurely life as compared to their elder generation.

Walking is an excellent form of transport, making the individual independent of all sorts of hassles and worries. Not only is the practice of walking totally free and handy, it is also a convenient means to getting to and returning from a particular destination. Yet another benefit of walking is the relief one gets, such as being stress free, as walking relieves an individual of worries. In addition, the movement of limbs and arms certainly takes most of the pressure off the mind and body altogether. Other benefits include burning extra calories, feeling happier, feeling energetic, and above all the tendency to move about at a faster pace than those who lead a sedentary life style.



## HAPPY BIRTHDAY!

Happy Birthday to all of you!

JUNE 6	SHARON C.
JUNE 9	LILLIAN F.
JUNE 14	EDDA B.
JUNE 15	BLANCHE K.
JUNE 22	CAROLYN F.
JUNE 22	JANICE D.-



# Vi Entertains Us All with Her Kentucky Derby Hats & Informational Talk... So Much Fun!



Vi's Kentucky Derby Hats Presentation.



Carol R.



Vern S.



Edda B.



Kathleen H.



Louise D.



Oscar R.



Polly B.

## UPCOMING EVENTS

**JUNE 01 AT 3:00PM**

Music with Tom Kastle

**JUNE 08 AT 11:45AM**

Lunch Bunch Outing  
to HyVee Market

**JUNE 15 AT 2:45PM**

Music with Janet Lieb

**JUNE 20 AT 3:00PM**

Health Talks – Wound Care

# AVALON

Assisted Living Community

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**JUSTIN WHITE**  
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## Ukulele Group Performs

