



<https://www.facebook.com/GardenViewPlace/>

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## "Around the Garden" July 2020



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Jamie Logan & Family

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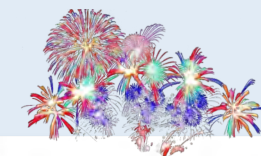
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The 4th of July is a Saturday Night—and there is always a great spot at Garden View to watch! This year we won't be able to have family over to watch with us, but the Fire Department ALWAYS puts on a wonderful display!

Those wishing to watch the fireworks must have a Resident Assistant with them, unless you have a balcony. Please be sure to ask before you go out.



### THE SHOW WILL GO ON!!!

The Monona Fire Department's annual fireworks display will take place Saturday, July 4th at dusk. Please come and enjoy one of... See More



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<https://www.seniorhousingcompanies.com> Page 8

Embracing Every Moment

*\*Our Calendar activities are free (except meals out) and open to the public! Please feel free to join us! Even Stay for a tour! (activities are subject to change, so call ahead)*



## Jamie Logan

COMMUNITY DIRECTOR



“As the father of 4, I’ve learned that being a dad is the most rewarding role I could ever play. Nothing makes me more proud than seeing my kids succeed and become genuinely good people. There have definitely been some challenges in the last 25 years, but I can’t say I would change a thing about my experience as a parent.”

*Father's*  
— DAY 2020 —

Well, 2020 has dealt us a lot that was never expected— but, we were able to watch our church services, no matter what your denomination, through June.

As some churches have resumed with a new formatted service, soon they will be back on your TV scheduled as you see to the right. I understand St. Paul Lutheran will continue with services on Y-Tube as well—but not available until 1:00pm day of service. An RA can start the service for you. We will keep you updated with scheduling.

## Church Service Streaming

Channel 4/37 Programming Schedule	
<b>Monday</b> 7:00PM - St. John's Lutheran (Luana)	<b>Thursday</b> 7:00PM - St. Paul's Lutheran (Postville)
<b>Tuesday</b> 10:15AM - St. John's Lutheran (Farmersburg) 12:00PM - St. John's Lutheran (Luana) 5:00PM - St. John's Lutheran (Farmersburg)	<b>Friday</b> No Scheduled Programming
<b>Wednesday</b> 10:15AM - St. Paul's Lutheran 12:00PM - Faith Lutheran 5:00PM - St. Paul's Lutheran 7:00PM - Faith Lutheran	<b>Saturday</b> 8:00AM - St. John's Lutheran (Farmersburg) 10:00AM - St. John's Lutheran (Luana) 12:00PM - St. Paul's Lutheran 2:00PM - Faith Lutheran
	<b>Sunday</b> No Scheduled Programming
Please contact our office at 539-2122 if you have video that may be of interest to the customers we serve!	

## RESIDENT REFERRAL

### A RESIDENT REFERRAL CARD IS WORTH A FULL MONTH'S RENT!

Ask Marnie or Sara for a RESIDENT REFERRAL CARD, fill out your name and contact information on the card before passing it on to someone you know who may be interested in Assisted Living, Memory Care or Respite Care at Garden View Place.

*\*Caring to share how much you enjoy living here is the highest compliment we could ever receive! And when you choose to share that with family and friends, well~ "Thank You! And let us show YOU how much we appreciate it!"*

When your referral card is presented to someone and your referral moves in, we'll THANK YOU for your thoughtfulness with a FREE MONTH'S RENT!

If you have ANY questions, just call us ~ **563-539-4528**



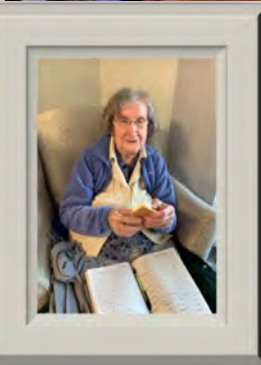
## "Around the Garden"



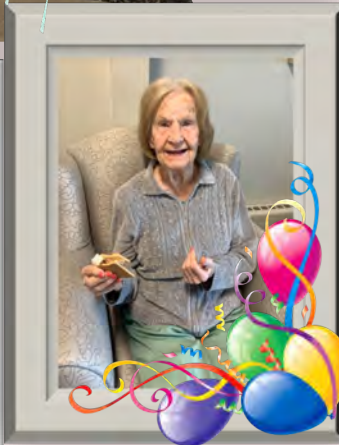
LaVonne at the top, visiting with her G-grandkids!



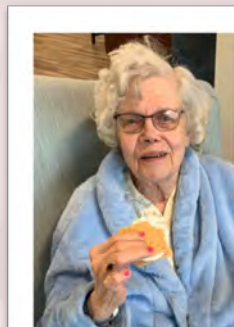
Shirley and Sweetie! Who's who???



From S'mores Night



Life is like a  
**CAMERA**  
just focus on what's IMPORTANT  
& CAPTURE  
the good times  
DEVELOP from the negatives  
& if things don't work out  
JUST take another SHOT



# Live2B July 2020 HEALTHY

Live2B  
HEALTHY

July 2020

## Healthy & Hydrated

It's July, and generally the hottest season of the year. It seems like a particularly good time to talk about remaining healthy & hydrated; not only during exercise, but throughout the day.

### Hydrated vs. Dehydrated

Water is the primary fluid in our bodies and serves a vital role in our digestive system by helping to transport nutrients from the foods we eat. Water is also responsible for removing toxins from our body, regulating our temperatures and lubricating our joints. Water is not stored by our body, so it must be replaced on a daily basis.

When our body does not get adequate amounts of water, we become *dehydrated*. There are different levels of dehydration, ranging from mild to severe. Mild dehydration is not dangerous, but severe dehydration can be life-threatening.

### Why are seniors more prone to dehydration?

- All sensations, including thirst, tend to dull as we age.
- Water and sodium balance changes with age.
- Difficulty accessing water, due to mobility issues.
- Certain medications may cause dehydration.

### How Much Is Enough?

Seniors require between 7-8 cups of water per day.

### Signs & symptoms of dehydration:






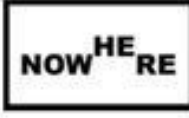

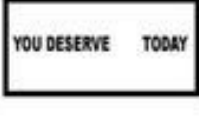
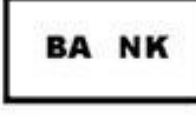




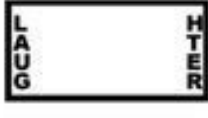


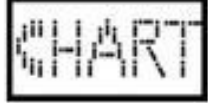

- Thirst
- Headache
- Weight loss
- Darker colored urine
- Increased heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth & eyes
- Constipation

To locate FREE local senior fitness classes in your area, please visit:  
<https://franchise.live2bhealthy.com/class-schedule/>  
Enter your zip code to find locations near you.

Participant Newsletter



## Word Picture Puzzles

1		2		3	
4		5		6	
7		8		9	
10		11		12	
13		14		15	
16		17		18	

## History of Independence Day

VEFVCRXHKCFPQOSISPARKLERS  
 UUUFTPATRIOTBHZXZHMKVOHSG  
 PHQPHFAMYBDWUHJDITORHQIVDC  
 YOLPJPOVKSEJBMSLCUBQDFVSG  
 HANSTARSANDSTRIPESNYAWVAF  
 TUNVAQYWHUKHKUTUFENYIOVDP  
 JSNKKPUFGGORTIHZSOLYBOPEJ  
 MCUFESSYUSLGVGKFXTVVVQMP  
 LSJPAEMKCNHUZNXRAGGIJOC  
 OTDRQCDDJDZKVS MNMEZFITICI  
 WLHEQBPOPPYSPUBALQPRCCFDRX  
 NETDWILLLOUVQOJFECREOCANAS  
 QEMCQLIPLDSENATELEDLOQDTO  
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 AUJSTRLIXXAMERICATIEQNQLI  
 YBIZPIUWRYZVDFXLTAJSERSQE  
 ULJXRGE BETSYROSSETXTBTQER  
 WIIBNHCEYOZEVGFTNITYQKUWL  
 BCQMHTMMEWEQFIIOVVXLJAPHU  
 NAGRUSQVURXORQASNECNVUEIM  
 GNNLIBERTYBELLTYHSDVMBMTM  
 VEOCFBDBTSTARS PANGLED FSEI  
 DZNVKLPTAOFGI INDEPENDENCE

House of Representatives	bill of rights	Independence
Star Spangled	yankee doodle	Betsy Ross
liberty bell	sparklers	America
colonies	patriot	blue
USA	senate	Red
Stars and Stripes		white