

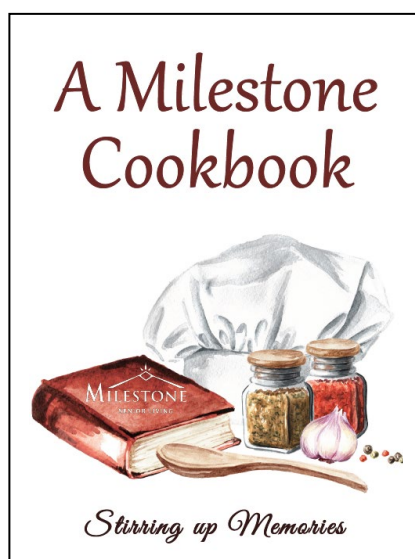
Milestone Moments



2021

ATTENTION RESIDENTS, FAMILIES, STAFF, AND FRIENDS

Your activity department is still in need of recipes. If you or your loved one has a family favorite and are willing to share for our Cookbook, please send them to me at lifenrichmentst@milestoneseniorliving.com. Our milestone is to create a cookbook to share with others, and as we say stir up memories. Our cookbooks will be selling for \$10.00 each. All proceeds will go to the walk to end Alzheimer's.





Here is one of my family favorites that some residents have had the joy of tasting. This is a summer treat. Very lite and sugar free.

Mom's Jell-O Dessert

Graham Cracker crust

9x13 in. pan

1 ½ C. finely ground graham cracker crumbs

1/3 C. white sugar (I use 1/3 C. Splenda)

6 Tbsp. melted butter

Bake at 375 degrees for 6-8 min.

Cool completely.

Center

4 small boxes of sugar free Jell-O, or 2 large boxes

4 lite yogurt, same flavor as Jell-O

1 - 16 oz. container Lite Cool Whip for the center layer

Topping

8 oz. Lite Cool Whip

Bake graham cracker crust according to directions. Mix Jell-O with ½ cup boiling water. Then mix in yogurt. Whip in 16 oz. of cool whip. Pour over cooled graham cracker crust. Refrigerate at least 1 hour. Then apply a layer of cool whip on top. Wala! Add fresh fruit on top if you would like to add to this beautiful dessert. I personally like using raspberry flavors. **FYI-DO NOT** use regular Jell-O. I have found out that it does not set or taste the same. Personally, I am not someone who likes the sugar free flavor, but you would never know this is a sugar free dessert. I hope you give this a try and you and your family enjoy.

Your Life Enrichment Coordinator,

Laura Brown



BUSTED!!!!!! These three ladies went above and beyond for the New nurse for Agrace. At the end of the visit, he made a special Stop to let me know he never felt so welcomed in a community Before. Great job ladies!!!

A Note from Your Nurse....

The summer brings warmer weather, afternoons at the pool, outdoor adventures, and a greater risk for dehydration. With hotter temps, it's crucial for seniors to stay hydrated for short term and long-term health and wellness. Seniors are at higher risk of dehydration and those with dementia are six times more likely to be dehydrated than those without the disease. Learn how you can recognize signs of dehydration in yourself or a loved one.

Signs of dehydration in Seniors include- dry mouth, headache, constipation, fever, muscle cramps, less frequent urination, dizziness, rapid heartbeat, sunken eyes, irritability or confusion.

If you notice these in yourself or a loved one, get out of the heat, sip water, and seek medical attention, if necessary.

8 ways to avoid dehydration in the heat

1. Avoid sports drinks and other sweetened fruit juices.
2. Invest in a reusable water bottle and carry it with you.
3. Drink coconut water
4. Drink vegetable and fruit smoothies
5. Drink water before you feel thirsty.
6. Avoid caffeine and alcohol.
7. Drink water throughout the day.
8. Listen to your body.

Volunteers needed....

As most of you know I plan and do the activities daily here at Milestone. That can become quite a challenge when it comes to adding extras like fundraising and special events. I would like to reach out and ask for volunteers to join our team. Volunteers can add so much to enhance the lives of the people we care so much about. It could range from a one on one visit to make someone's day to helping plan an event that everyone will enjoy. It also helps to have fresh ideas, and that in turn is fun for everyone. If you are interested in volunteering please contact me, Laura Brown.

lifeenrichmentst@milestoneseniorliving.com.

Let's get together and most importantly...

*Let's make a
difference!*

Celebrating July

July 1st- International Joke Day

The best way to start the second half of the year is with a smile.

July 2nd- World UFO Day

July 4th- Independence Day

July 5th- National Graham Cracker Day

July 15th- National Gummie worm Day

(Making dirt cups on the 13th)

July 18th- National Ice Cream Day

(Pick a flavor)

July 22nd- National Hammock Day

(Pondering Time)

July 25th- National Hot Fudge

Sundae Day

July 31st- National Avocado Day

(Liz this day is for you)



Welcome to Our Team



Deon Mason is the newest member of our culinary team. Deon is married with five boys at Home and enjoys spending time with them. Loves to cook for others. Please welcome him to The Milestone Team.