

# The Geneva Lake News

## MANOR

JULY  
2023

Skilled Nursing • Respite Care • Rehabilitation Services



## UV Safety Awareness

UV Safety Awareness, which takes place during July, is a crucial time to focus on senior health and learn about the dangers of sun exposure. **As we age, our skin becomes more vulnerable to the harmful effects of ultraviolet (UV) radiation. Seniors are at a higher risk of developing skin cancer, sunburns, and other skin-related issues due to decreased skin elasticity and a reduced ability to repair damaged skin cells.**

Promoting UV safety and encouraging friends and family to take precautions against the sun's rays is extremely important to your overall well-being and skin health.

**Here are some tips to protect your skin this summer:**

**Use a broad-spectrum sunscreen with a high sun protection factor (SPF).** This helps block both UVA and UVB rays. Seniors should apply

sunscreen generously and reapply it every two hours, especially when spending extended periods outdoors.

**Wear protective SPF clothing, wide-brimmed hats, and sunglasses** to shield your skin and eyes from UV damage.

**Avoid indoor tanning.** Indoor tanning exposes the skin to high levels of UV radiation, increasing the chances of skin cancer and accelerating the aging process. Still want that golden, sun-kissed glow? Look for alternative options like self-tanning lotions or sprays.

UV Safety Awareness serves as a reminder for not just seniors, but individuals of all ages to prioritize their health and take proactive steps to safeguard their skin from the harmful effects of UV radiation. **Together, we can ensure that our loved ones can enjoy the summer months safely, without compromising their well-being.**

## Geneva Lake MANOR

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Quentin Hoskins, Administrator  
Teri Russo, Business Office Manager  
Nicole Weber, Activities

 **Like Us On Facebook**

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

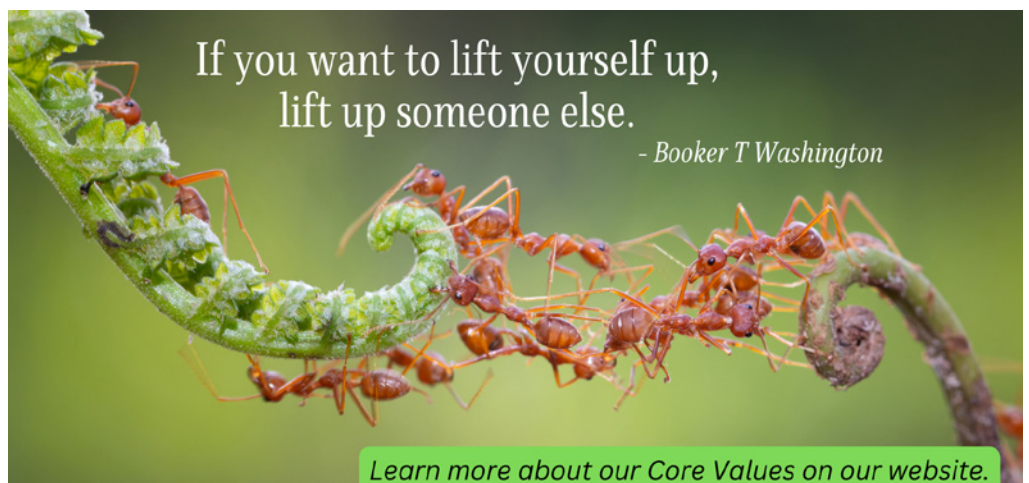
Please call our office.



**Wisconsin Illinois  
SENIOR HOUSING INC.**

[GenevaLakeManor.org](http://GenevaLakeManor.org)

WE ACCEPT CREDIT CARDS



If you want to lift yourself up,  
lift up someone else.

- Booker T Washington

[Learn more about our Core Values on our website.](#)



## Happy Birthday!

*Best wishes to our residents and staff celebrating birthdays this month.*

### Residents & Staff

7/2	Cheyenne G.
7/3	Barb A.
7/12	Robert D.
7/17	Ann S.
7/19	Joe Z.
7/20	Goldie S.
7/22	Kevin B.
7/26	Yolanda L.
7/29	Diana K.
7/30	Maria A.
7/31	Rebecca M.

### Staff Anniversaries

Barb A.	17 Years
Amy M.	10 Years
Jessica E.	5 Years
Randy B.	3 Years
Danielle B.	2 Years
Cheylin G.	2 Years
Emily S.	2 Years
Rebecca M.	2 Years
Selenna S.	1 Year
Yolanda L.	1 Year

# Facility News:

**Are in interested in Volunteering?** We are looking to gain some more volunteers to help in various ways. If you or someone you know is interested, please contact Nicole in Activities.

**\*\*When bringing in new items for a resident, please make sure the items are labeled and staff are aware of the new items so we can update their inventory log.**

## Summertime Food Choices

A lot of things change when the weather gets warm. One of them is how we eat. No one wants to be loaded down by a heavy meal in their stomach. When the weather gets warmer, we want our meals to be as light as our clothing. But can we still feel satisfied when we eat lighter fare? Here are some foods that are good for eating in the summertime.

**1. Salads** – Salads have come a long way. Start with your favorite lettuce. Next add your favorite raw vegetables. Add boiled eggs, lean chicken, or ham for protein. For more texture add cheese, nuts, or fruit. With so much flavor, you'll be surprised that you won't need to use much dressing.



**2. Sandwiches** – Try whole wheat pita bread or lettuce leaves to hold the insides.



Sandwiches like chicken, egg, or caprese salad are light enough to be eaten without overfilling you. They are also portable so you can eat healthy on the go.

**3. Smoothies** – When you don't have time to sit and munch this summer, a smoothie can provide filling nutrition in a fun way. Besides ice, add yogurt, frozen fruit, raw veggies and oatmeal for density.



**4. Grilled veggies** – Vegetables can sometimes taste boring. One way to liven them up and eat more of them this summer is to grill them. Use them on kebabs as well as cooking them in a grill basket. It is healthy and light for a busy family.



**5. Nuts** – Nuts are high in healthy fats and protein. Carrying them along with you can provide energy and nutrition on the go!



## Activities/Events

**Thursday, July 13**  
**2:30 Music by Elvis**

### WISH List

Accepting donations of sensory items to help build our sensory program. Please contact Nicole in Activities if you are interested in making a donation.

### Visitation Guidelines

We do not have any visitation guidelines. We do ask that you please not visit if you are currently sick or have been around someone who is sick.

### Now Hiring

**RN/LPN - FT/PT**  
**CNA - FT/PT**  
**PM Dietary Aides**  
**Resident Assistants**