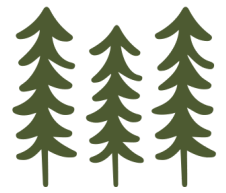


The Pillars Press



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Dear Grand Rapids Residents.

Wow, I can't believe we are entering August already. It seems like summer has just started. Let me start by introducing myself. I'm Sarah Ethridge, Float Executive Director. It's my pleasure to be onsite and serve at this community. I will be the interim onsite until we find a leader. The corporate team is working hard to recruit the right leader for the position. During my time here, I look forward to getting to know you and your families. Over the last 2 weeks, I have had the opportunity to meet many of you. Thank you all for taking the time to stop down and introduce yourself.

I'm happy to announce that we continue to grow our team. You will begin to see many new faces over the next week weeks. We have extended offers to additionally resident assistants, another housekeeper and a maintenance assistant. It's great to see us adding new additions to the team.

Let's enjoy and soak up all the sun we can before the summer is over!



Sarah Ethridge, LALD
Float Executive Director

VOTE FOR US!

**Best of
Itasca
2023**
GrandRapidsMN.com
HeraldReview



**One Vote Per Day
July 31st - August 25th**

Pillars Pop Up Shop

Wednesday August 23rd
10:00 - Noon

Located in the Mezzanine

www.grandrapidsmn.com/contests/best_of/#//





Please remember to watch the community channel 1-2 for calendar updates and activities happening around the community.

The bus operates every Tuesday from 8:00am to 12:00pm. For those of you who have doctor's appointment. Please remember the cut off for reserving your spot is 12:00pm by the Friday prior (no exceptions). You can leave me a message on my phone 218-999-4962 but the cut off time still applies.

We will be celebrating fun themed weeks the month of August:

- Elvis week 8/7-8/11
- Fair week 8/21-8/25
- Health Fair 8/28



We have some new community groups:

- The Pillars Players(A group who gets together to read plays, poetry and more)
Mondays at 11:00am in the Theater Room
- Fun bidding game of 500
Thursdays at 5:30pm in the Community Room

Outings during August include:



- 8/2 Senior Picnic at the YMCA
- 8/16 Lunch at the Boulder Tap House
- 8/22 Grocery Shopping at Walmart

Reminders:

- If you borrow stuff from any of our community spaces please return it when finished so everyone can enjoy it.
- When taking dishes from the dining room please return to dining room
(Please do not leave dirty dishes in our community spaces)

If you have an activity suggestion, craft supplies, books, puzzles, or games you would like to donate please let Melissa know or drop them off at my office on the 2nd floor next to community room.



6 Tips to Prevent Dehydration in Seniors

What causes dehydration in older adults?

Dehydration in seniors is often due to inadequate water intake, but can happen for many other reasons as well including diarrhea, excessive sweating, loss of blood, diseases such as diabetes, as well as a side effect of medication like diuretics.

Mild Dehydration Symptoms

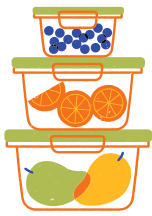
- Producing only small amounts of dark urine
- Headaches
- Cramping in limbs
- Weakness, overall feeling of being unwell
- Sleepiness or irritability
- Dryness of mouth; dry tongue with thick saliva

More Serious Dehydration Symptoms

- Low blood pressure
- Convulsions
- Dry and sunken eyes with few or no tears
- Severe cramping and muscle contractions in limbs, back and stomach
- Bloating stomach
- Rapid but weak pulse
- Wrinkled skin; no elasticity
- Breathing faster than normal



1. Eat foods with a naturally high water content (watermelon, cucumbers, celery, strawberries)
2. Set hydration reminders (drink on the hour, use timers, during commercials, etc.)
3. Experiment with beverages at different temperatures
4. Try tastier alternatives to water (broth, lemon water, sparkling water, Ensure, or smoothies)
5. Make healthy popsicles
6. Eat Jell-O



CULINARY CLIPS FROM CHRIS



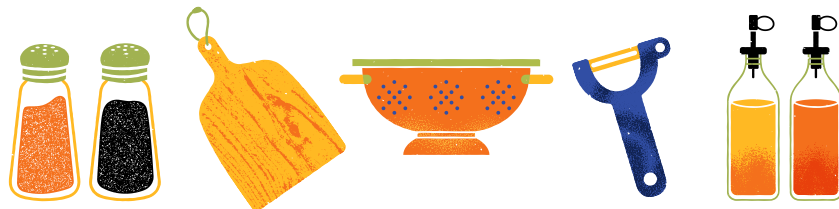
How time flies when we are having fun! I have now been the Culinary Director here at The Pillars of Grand Rapids for 2 months. I have not had the opportunity to meet everyone yet, but that will happen over time, and I look forward to it.

I have been working in Healthcare Foodservice for over 24 years in a variety of settings. I enjoyed it so much that I went on to get my Certified Dietary Managers Certificate. This is similar duties as a Chef but with more of a medical background.

On June 19 we started our Hot Breakfast Monday - Friday and we have had good participation so far and hope to see more residents come down for our hot breakfasts. With our new menu cycle, we will be expanding our daily specials.

July 30th, we started a new 4-week menu cycle. Please bear with us as we adapt to these changes. We hope that you enjoy the new choices. There will be some familiar favorites too.

Starting on Wednesday August 2nd we will be having “Coffee with Chris” held in the room off the main dining room at 1pm. This will be a time where tenants can bring any food concerns, requests, compliments forward.



Leadership Team

Executive Director
Sarah Ethridge
218-999-4950

Resident Services Coordinator
Koby Broking
218-999-4952

Culinary Director
Chris Giersdorf
218-999-4957

Outreach & Sales Director
Sherry Frick
218-999-4951

Activities Director
Melissa Drake
218-999-4962

Environmental Services Director
Ron Gustafson
218-999-4963

Dimensions Manager
Cassie Butler
218-999-4961

Director of Health Services
Christina Wake-Sulzbach
218-999-4953

Asst. Director of Health Services
Kaylee Welenski
218-999-4953