

The East Troy News

MANOR

JUNE
2025

Skilled Nursing • Respite Care • Rehabilitation Services

Happy Birthday!

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

Residents

6/21

Sue S.

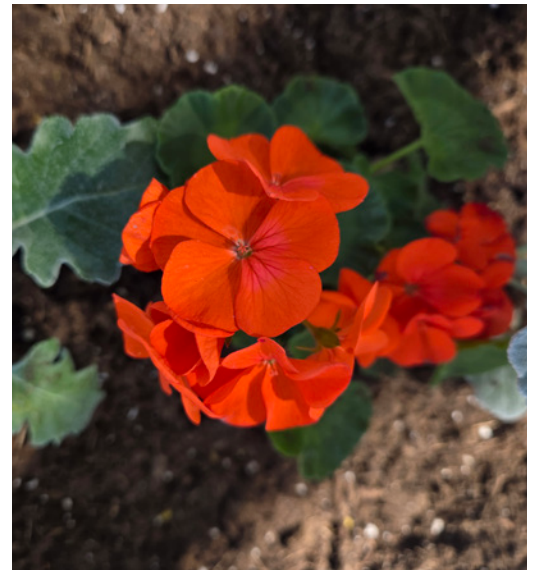
WISH List – For Activities

We LOVE our Patio!
Our Patio Table
needs a New Umbrella to help
Shade our Cheeks from the
Warm Sunshine! When the
Umbrella is Open, Let the Patio
Fun Begin! Come Join Us
on the Patio!



Facility News

We got an Early Start on Planting our Flowers this Season. We planted Red Geraniums, we added water to the Bird Bath and we got a Two New Bird Feeders! We are so Excited to Enjoy our Beautiful Space this Summer. We will have a lot of bird watching to do this Summer at East Troy Manor!



East Troy
MANOR

3271 North Street, East Troy, WI 53120
262.642.3995

Christie Leadley, Administrator
June Lancour, Director of Nursing
Crystal Hart, 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.

EastTroyManor.org

WE ACCEPT CREDIT CARDS

Upcoming Activities

We have Introduced the Lake Geneva Zoo Safari Tour to our Residents. The Residents are able to Participate in the FUN as a New Summer Activity! Contact Activities for More Details!

Don't forget we have Cycling Without Age this Month, it is for Everyone including Resident's Family and Friends. Sign Up with Activities Today!

Job Postings:

Please visit East Troy Manor's Career Page to Apply Online!

Activity Highlights

June 15th	11:00 a.m. – Father's Day Luncheon
June 18th	10:30 a.m. – Live Music By Jan
June 19th	10:00 a.m. – Cycling Without Age
June 24th	2:00 p.m. – Resident Council

Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



WORD SEARCH

Find and circle the 25 words listed. The words are hidden diagonally, across, and up and down. All words are forward-reading. Good luck!

F	D	N	U	Y	U	G	D	I	P	V	X	N	B	N	M	O	F
F	A	T	H	E	R	W	M	M	G	U	O	K	U	X	Q	D	S
I	Y	X	R	W	G	E	V	U	I	I	B	K	X	V	A	C	A
C	B	B	L	T	J	Z	L	K	T	Y	I	G	L	J	G	V	N
E	I	S	X	G	L	M	Y	A	B	R	Q	E	N	S	G	M	D
C	M	W	V	J	H	Y	C	S	X	D	I	Z	F	A	C	B	C
R	S	H	U	P	P	A	A	R	H	Q	B	B	K	N	B	P	A
E	P	U	C	C	V	G	I	B	O	O	B	O	E	E	Y	B	S
A	J	P	N	Z	Y	R	X	P	A	Q	R	A	W	D	M	T	T
M	J	N	V	G	K	S	J	B	F	S	V	T	S	A	Y	T	L
E	V	X	Z	P	L	O	U	M	E	T	E	N	S	G	T	E	E
E	M	L	P	M	I	A	F	N	N	A	E	B	R	R	D	E	T
E	C	R	T	O	A	C	S	S	S	T	C	Y	A	A	S	S	R
R	P	Q	H	W	P	M	N	S	Y	H	S	H	N	L	Q	B	I
A	N	E	Y	B	A	S	W	I	E	Y	I	O	A	R	L	J	B
V	Y	R	Y	P	N	V	I	A	C	S	M	N	J	U	M	H	X
V	Q	S	Z	Z	A	V	W	C	I	E	E	W	E	S	Q	E	U
A	O	U	I	B	X	J	I	A	L	L	F	B	L	E	T	A	T
I	U	M	Q	Q	X	U	S	I	T	E	B	A	Z	A	L	T	F
G	Y	M	J	U	P	N	U	H	Q	E	D	F	R	S	X	Z	B
J	B	E	V	T	A	E	C	K	M	N	R	D	C	H	D	C	F
Z	N	R	A	F	R	B	K	E	A	A	Y	M	Y	E	R	Q	I
N	S	F	S	X	K	M	T	S	F	H	M	N	E	L	X	B	U
A	M	S	W	T	Y	L	Z	Z	K	L	Y	N	E	L	W	H	W
B	Y	S	B	G	A	R	D	E	N	Q	D	Y	F	F	O	T	S
B	B	S	B	X	E	S	L	Y	K	F	D	J	R	N	V	N	P
T	W	U	S	V	Z	O	I	Y	T	S	W	I	M	E	Q	J	V
X	N	Z	R	S	P	G	T	U	E	Y	I	Y	D	S	E	E	J

**BASEBALL
BEACH
BOAT
FATHER
GARDEN
HEAT
HYDRATE**

**ICE CREAM
JUNE
LEMONADE
PARK
PICNIC
POPSICLE
RELAX
SANDALS
SAND CASTLE**

**SEASHELL
SHORTS
SUMMER
SUNGLASSES
SUNSHINE
SWIM
VACATION
WATER
WATERMELON**

