

CONNECTIONS

FULL SENIOR CARE: REHAB THERAPY, SENIOR CARE & ASSISTED LIVING NEWSLETTER | JULY 2025

Tasty Twists for your Summer Hot Dogs



July is National Hot Dog Month, a time to celebrate this beloved summer staple. Whether you're at a cookout, ballgame, or picnic, nothing says summer quite like a perfectly dressed dog.

Try these fun twists to give your hot dog a makeover:

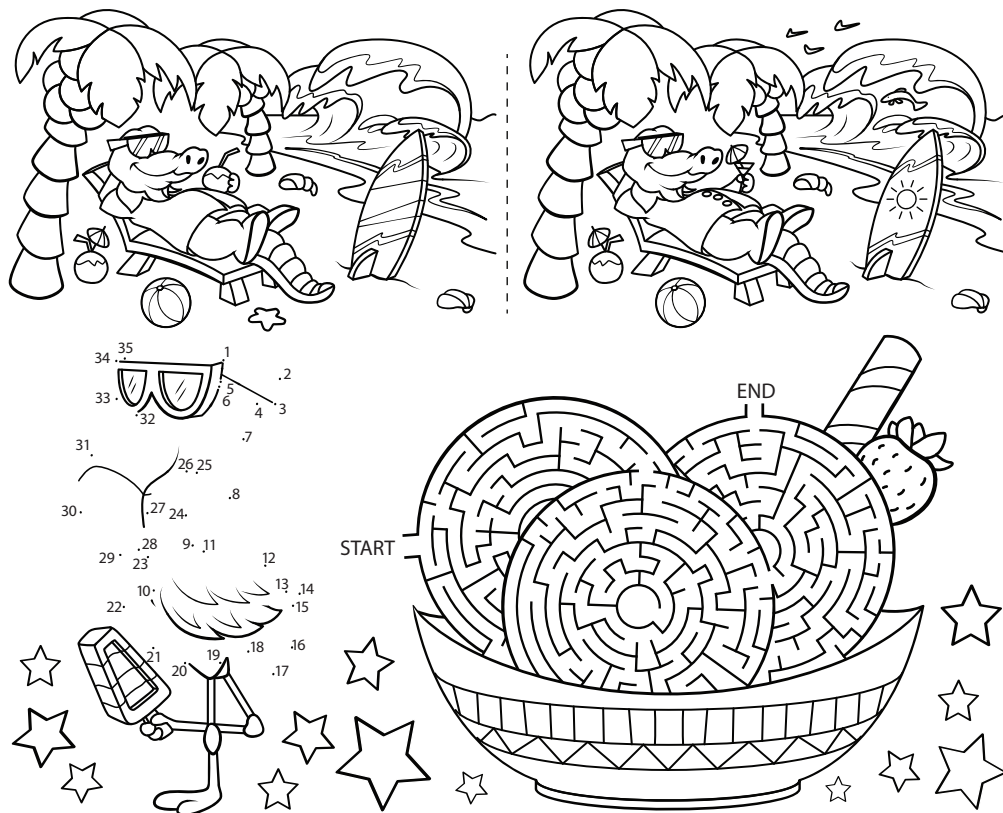
- **Bruschetta Dog:** Tomatoes, garlic, basil, and balsamic
- **Tiki Style:** Grilled pineapple, bacon bits and red onion
- **French Onion:** Caramelized onions, Swiss cheese, and a sprinkle of thyme
- **The Completo (Chile):** Tomato, avocado, mayo, and sauerkraut

Regional Favorites

- **New York:** Spicy brown mustard and sauerkraut
- **Chicago:** Relish, tomato, pickles, onions, sport peppers, and mustard (no ketchup!)
- **Seattle:** Cream cheese with grilled onions and jalapeños
- **Philly:** Cheez Whiz, peppers, and onions
- **Detroit:** Beanless-chili, chopped onions, and yellow mustard
- **Atlanta:** Coleslaw and chopped sweet onions

From traditional to wildly creative, there's no wrong way to enjoy a hot dog this summer!

Summer Fun Activities: *Grab a pen or pencil and spot (7) differences, connect the dots, and find your way through the sundae maze!*



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Celebrate Ice Cream Month with a Scoop of Creativity!

July is Ice Cream Month, and what better way to celebrate than by thinking outside the carton? July 1 is Creative Ice Cream Flavor Day, a sweet invitation to dream up your own imaginative ice cream flavor with no rules required!



If you could invent any ice cream flavor, what would it be? Mix sweet with spicy, fruity with crunchy, or even throw in a savory surprise. This is your chance to bring back flavors from your childhood or create something totally new and unexpected.

Need a little inspiration?
Try these fun combinations:

- Strawberry shortcake with a drizzle of salted caramel
- Vanilla bean swirled with toasted granola and coconut
- Mint chocolate chip with a hint of lemon zest
- Chocolate peanut butter with real strawberry or grape jam drizzle
- Cookies & cream with a splash of espresso
- Salted caramel with pretzel pieces and dark chocolate chips
- Lemon ice cream with hot fudge a dash of sea salt



Celebrate with family and friends! Share flavor ideas, sketch your dream cone, or try a fun, new flavor combination or toppings. Whether you're revisiting old favorites or inventing something new, the joy is in the creativity and the tasting. [Grab a spoon and celebrate Ice Cream Month your way—with a scoop of imagination!](#)



Protecting Your Skin: UV Safety Awareness

July is UV Safety Awareness Month, a timely reminder for adults, especially seniors, to take steps to protect their skin from the harmful effects of ultraviolet (UV) radiation.

As we age, our skin becomes thinner and less resilient, making it more susceptible to damage from sun exposure.

Seniors are at a higher risk for:

- Skin cancer
- Sunburn
- Age spots and wrinkles
- Delayed healing of sun-damaged skin

Protecting your skin doesn't mean avoiding the outdoors—it means enjoying it safely.

Here are some practical ways to stay protected from UV rays this summer:

- Choose a SPF 30+ sunscreen daily, reapplying every two hours or after swimming and keep it in easy-to-reach spots to encourage daily use.

☞ Wear lightweight, long-sleeved clothing with SPF fabric, wide-brimmed hats, and UV-blocking sunglasses can shield your skin and eyes.

☀️ Avoid peak sun hours and if you must be outdoors, try to stay in the shade between 10 a.m. and 4 p.m., when UV rays are strongest.

💧 Proper hydration helps maintain skin elasticity and overall health.

✅ Do monthly skin checks by look for new or changing spots, and see a dermatologist annually for a full-body skin check.

🌡️ Check the UV Index daily using a weather app—it helps you plan safer outdoor time.

UV Safety Awareness Month is a thoughtful reminder to care for ourselves and those we love. With a few simple precautions, you can enjoy the sunshine while keeping your skin safe, healthy, and radiant at any age.