



THE PILLARS
OF GRAND RAPIDS

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

July 2025
Vol. 4 Issue 7

Newsletter



Message from the Executive Director



Tiffany Johnson
Executive Director

Wishing You a Wonderful July

As we welcome July 2025, a month often marked by celebrations, gatherings, and time spent with loved ones, we hope you have the opportunity to pause, reflect, and enjoy meaningful moments with family and friends.

Participate in the Activated Insights Survey by July 12

In alignment with our ongoing commitment to continuous improvement and employee engagement, we invite all residents and family members to participate in the Activated Insights Survey. Your candid and anonymous feedback is instrumental in helping us better understand your experiences and identify opportunities for growth throughout our organization.

Why Your Participation Matters

The insights obtained from this survey are a critical component in informing leadership decisions and enhancing the overall resident experience. Your input contributes directly to creating a more inclusive, supportive, and high-performing environment for all.

Survey Deadline: Friday, July 12

We kindly encourage all residents and family members to complete the survey prior to the deadline. Your voice is valued, and your participation is essential to our shared success.

Thank you for your time, your insights, and your continued commitment to our collective progress.

Upcoming Outings/Events

Lunch at Otis's

Wed. July 2nd 11:00am

Food Talk with Chris

Wed. July 9th 9:15am

Fishing/ Boat Ride on the Lake

Thurs. July 17th 9:15am

Chinese Buffet & Shopping

Friday July 18th 11:00am

Fishing/ Boat Ride on the Lake

Wed. July 30th 9:15am

Aldi

Tues July 22nd 9:40am

Fishing/ Boat Ride on the Lake

Wed. July 30th 9:15am



CULINARY CLIPS

Chris Geirsdorf

A Warm Welcome to Our New Chef!

We are thrilled to announce a new Chef in our kitchen! You may know him as a Server in the dining room but please join us in giving a warm welcome to our new Chef, Jon.

Chef Jon comes to us with a passion for fresh, seasonal ingredients and a creative culinary vision. He is already hard at work crafting dishes and adding his own innovative touch to the classics you love.

Please make sure to say hello on your next visit. We are incredibly excited for this delicious new chapter and can't wait for you to taste the amazing food he has in store for us all!

Join Us for Our Monthly Patio Picnic!

Get ready to enjoy the beautiful weather and good company! Our Monthly Patio Picnics are here, offering a perfect, casual way to connect with friends and neighbors.

Join us for our next get-together in July at noon on the main patio. Date to be determined.

We'll handle the grilling. It's a wonderful opportunity to relax, socialize, and enjoy a summer together.

We can't wait to see you there!

What to eat to stay cool.

The food you eat can also help you stay cool. Try adjusting your diet so that it includes the following:

Fresh produce

Fruits and vegetables are easy to digest and often high in water content. Salads and other dishes rich in seasonal produce will keep you feeling light and hydrated, too.

Hydrating foods and beverages include:

- watermelon
- strawberries
- broths and soups
- tomatoes
- bell peppers
- coconut water

Spicy foods

Popular in warm climates, the tingling feeling and accompanying sweat caused by eating spicy foods has a purpose: The sweat actually cools your body down. A little cayenne pepper or salsa can add a lot of flavor to any meal.

Low-fat meats

Fat takes longer for your body to digest and carries a higher salt content, which can add extra strain on your body when you need it maximized for efficiency. Consuming too much salt also increases your risk for dehydration.

If you eat meat, choose low-fat versions (like chicken breast) in the summer.

PATIO IS OPEN FOR OUTSIDE DINING

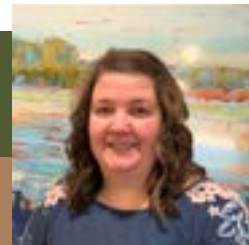


- Please see a server BEFORE going outside to let them know you are choosing to eat outside.
- Please place your complete order with a server BEFORE going outside.
- Please sit where the servers can SEE you.

Enjoy your surrounding, your meal, and your time outdoors!

July Birthdays

Carol Sommers	7/1
Al Van Den Heuval	7/8
Nancy Mattson	7/14
Bonnie Elich	7/15
Bob Schuder	7/26
Faye Hawkinson	7/28



Koby Broking
Resident Services
Coordinator

A Message from Rob Vance, Maintenance Director



Rob Vance
Maintenance Director

Fire Safety Reminder

Your safety is our top priority! Please take extra care to prevent fires in your apartment. One common concern is flammable items being left on stovetops. If the stove is

accidentally turned on, these items can ignite and cause a fire. To stay safe, always keep your stovetop clear of paper, towels, plastic, and any other flammable materials. Thank you for helping keep our community safe!

Carpet Cleaning Update

We've started cleaning the common area carpets throughout the building! This project will continue over the next few weeks and will be done during the evening hours to minimize disruptions. We appreciate your patience as we work to keep our shared spaces clean and fresh.

Happy July! Summer is in full swing.

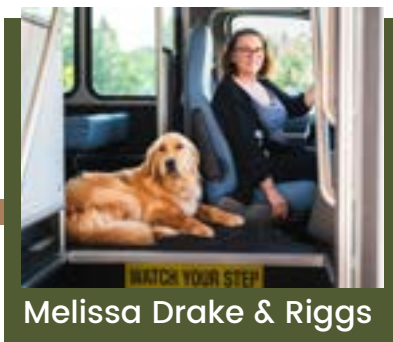
I hope you are all enjoying the beautiful weather we've been experiencing. This month, we celebrate our independence- what a wonderful thing to recognize and appreciate!

Please take a moment to say hello to some of the new faces around the building. We have some new staff members who may be a bit shy at first.

As a reminder, if you're interested in setting up automatic rent payments, feel free to stop by and see me- I'd be happy to help you through the process.

Wishing you and your family a month full of good health and sunny weather!

Please be sure to always pick up after your pet waste and dispose of properly. If your pet has an accident in the building please clean it up immediately and let staff know if it needs additional cleaning.



Melissa Drake & Riggs

ACTIVITIES



Lets Go Fishing Crew June 25th, 2025

The bus operates every Tuesday from 8:00am to 12:00pm for local doctor appointments. 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.

SPECIAL WEEKS OF JULY

National Marijuana Facts Week: July 4-10

Be Nice to New Jersey Week: July 7-13

Nude Recreation Week: July 7-13

Sports Cliché Week: July 13-19

National Moth Week: July 19-27

Captive Nations Week: July 20-26

National Zoo Keepers Week: July 20-26

WEEKLY SOCIAL GROUPS

- Hand and Foot Sundays at 1:45pm and Tuesdays at 5:45pm in the Community Room
- 500 Thursdays at 6:30pm in the Community Room
- Needles and Chat Sundays at 3:00pm in the Art Studio
- Coffee and Chat Monday Thru Saturday 9:00am in Community Room
- Art Throb Club Wednesdays at 1:30pm in the Art Studio
- Garden Club (watch for fliers)

If you have puzzles, games, books, or old crafting supplies you would like to donate please reach out to Melissa or leave a message at front desk with your contact information. My office is located on the 2nd floor please feel free to stop by anytime.

Please refer to your calendar for social hour themes on Tuesdays at 1:30pm in the community room and Thursdays at 3:00pm in the Pub.

Please remember if borrowing things from community spaces to return them so other residents can use them.

If you have Bingo Bucks to spend please look for dates and times on calendar for when the Bingo Store in Melissa's office.

Farm Visits Bring Comfort and Connection to Residents at The Pillars of Grand Rapids



Myriah Woods
Dimensions Manager

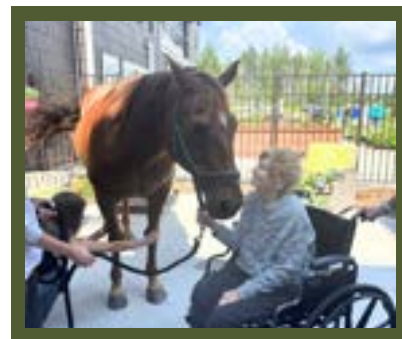
At The Pillars of Grand Rapids, a senior living community celebrated for its compassionate memory care, something truly special unfolds when the farm comes to visit. Residents living with Alzheimer's and other forms of dementia are greeted not only by caregivers and family—but by friendly goats, curious llamas, and even the occasional elegant horse.

These visits are a cherished part of The Pillars' evidence-based Dimensions Program, which emphasizes sensory stimulation, emotional connection, and purposeful engagement. For residents who may find verbal communication challenging, interacting with animals creates a meaningful, nonverbal bridge to joy and tranquility.

More than just delightful experiences, these farm visits serve as powerful tools for connection and well-being. "You can see the transformation in their eyes," one staff member shared. "The moment a resident reaches out to pet the horse, something lights up inside them."

For many residents, especially those who grew up on farms or in rural communities, the experience evokes warm memories and a deep sense of familiarity. Research supports what caregivers witness firsthand: animal-assisted therapy can reduce anxiety, lower blood pressure, and even rekindle long-lost memories.

In a place where every shared smile and spark of recognition is deeply valued, the farm doesn't just come for a visit—it brings a sense of home.



TimeSlips™



Each day, a thoughtfully chosen "Beautiful Question" is displayed and discussed throughout the community. These open-ended prompts encourage residents to reflect, share stories, and connect with one another. Responses are collected and shared on a running list for all to enjoy—creating a sense of community, curiosity, and meaningful interaction. This simple yet powerful practice continues to inspire engagement and conversation among residents each day. Below is an example from last month.

Beautiful Question: What are you afraid of?

From classic phobias like snakes to oddly endearing ones like frogs—"they go ribbit ribbit, they freak me out"—residents weren't shy in expressing their fears. Some fears were more grounded, like breaking a foot or the unnerving stillness of silence. And in a response, many can rally behind, someone confessed their dread of running out of coffee "don't we all feel this". Whether deep or lighthearted, the answers were a glimpse into the wonderfully creative minds of our Memory Care residents and just goes to show what makes us all human.

TIPS FOR STAYING HYDRATED WITH OLDER AGE

Drinking enough fluid throughout the day is important for older adults (65+).

SIGNS OF DEHYDRATION



Thirst, dry lips, or dry mouth



Flushed skin



Headache



Dark yellow, strong-smelling urine



Dizziness and/or fainting



Low blood pressure and high heart rate

HOW TO STAY HYDRATED

1. DRINK REGULARLY



Drink 8 cups* of fluid each day.

This includes water, milk, coffee, tea, and soup.

*1 cup = 250 mL

2. CHOOSE WATER



Choose water when you are thirsty.

Drink water when you wake up, and during meals and snacks.

3. PLAN AHEAD



Drink more in **hot weather** and when you are **active**.

Keep a bottle or glass of water with you during the day, and re-fill it regularly.



SIMPLE SELF-CHECK:

- ☐ Check your thirst (e.g., dry lips or mouth)
- ☐ Check your urine (it should be light yellow)
- ☐ Check how you feel (e.g., hot, dizzy, etc.)