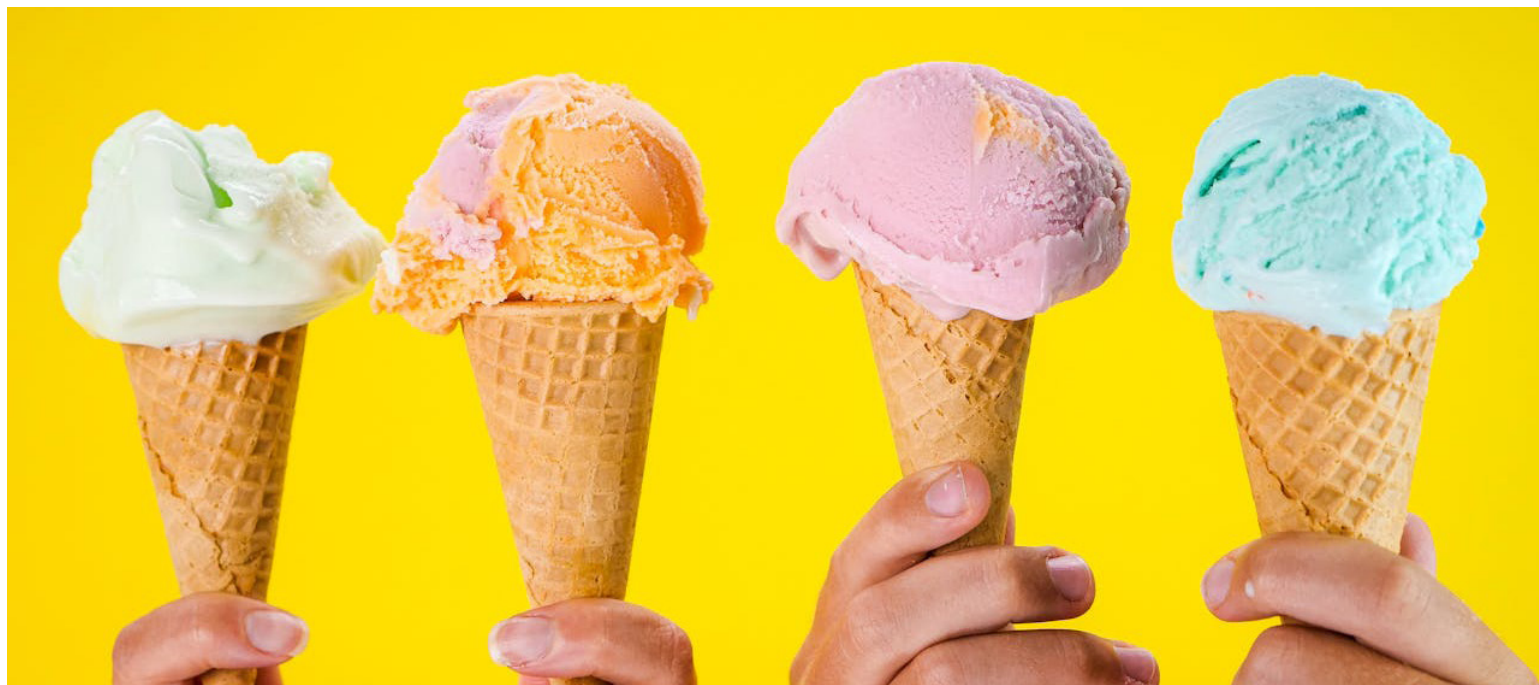


SMOKY HILL



I Scream, You Scream, We All Scream for ICE CREAM MONTH!

Designated by President Reagan in the early 1980s, July is celebrated as Ice Cream Month, which features Creative Ice Cream Flavors Day on July 1 and Ice Cream Day on the third Sunday.

Did you know... the average American **consumes 23.2 quarts of ice cream per year.**

- **The top three flavors are**

vanilla, chocolate, and strawberry, often found in Neapolitan ice cream.

- Other popular flavors include **butter pecan, mint chocolate chip, rocky road, and pistachio.**
- Japan offers unique flavors like **wasabi, sweet potato, and matcha.**

If you could create your own ice cream flavor, what would you include? Would you start with a basic vanilla and add your favorite fruits, candies, or

nuts, or would you start with something unconventional like pineapple-coconut and add bacon bits or hot sauce for a spicy twist?

Looking for something fun to do on a hot afternoon? Host an ice cream social this July for family and friends. Offer a variety of toppings, sprinkles, drizzles, cones, and flavors for everyone to mix and match. Ask each guest to write down their favorite flavor or an imaginary flavor and have fun guessing who belongs to each flavor.



HAPPY BIRTHDAY

STAFF

Kim Willingham 7/16

Crystalen Breeden 7/23

RESIDENCE

Mary C 7/05

Lisa L 7/30

Kimberly S 7/30

WELCOME NEW RESIDENTS

Glenda V
Brenda C
Craig S

William R

Robert V
Jim H
David B

ACTIVITY HIGHLIGHTS!

Monthly Birthday Party July 15th 3:00 PM

Library Book Exchange July 16th 9:15 AM



Going to the Chapel

On June 7th, our very own CNA, Christine got married! Christine has been a CNA at Smoky Hill for 6 months.

Christine and Seth met 4 years ago online. Seth asked her to marry him on his birthday. The next time you see Christine, be sure to congratulate her on her marriage. We wish them many years of happiness!

Letter from Administrator



Dear Residents, Families, and Team Members,

I am thrilled to introduce myself as the new Licensed Nursing Home Administrator here at Smoky Hill Health & Rehabilitation. It is an honor to join this incredible community, and I am deeply committed to ensuring that every resident receives the highest quality of care in a warm, respectful, and engaging environment.

A Little About Me

I am a retired Army Veteran with a background in health psychology, geriatric care, and community building. I bring a heart for service and a drive for excellence. I believe in open communication, teamwork, and creating a culture where both residents and staff feel valued and supported.

I look forward to our future together!

– Stephanie Bush, Administrator

Meet the New Staff

Lots of things are happening at Smoky Hill Health and Rehab, including the addition of new staff. Read about some of the new staff below and be sure to say hello when you see them around!



Amber Moretti is the new Director of Business Development. Amber joined our team May 27th. She was born and raised in Junction City, Kansas. Amber is a proud dog mom. She is a fan of Kansas State University and the San Francisco 49ers. Amber's office is at the front of the building. Feel free to stop by and say hi!



Amber Baatrup is the new Activity Director. Amber also joined our team on May 27th. She was born and raised in Salina, Kansas. Amber has been married for 6 years to her husband, Ed. She has 3 adult sons. She is also a proud Grandma. Amber enjoys cooking for her family and crafting. Her office is on the east side of the dining room. Stop by and meet her anytime!



TIPS FOR PREVENTING HEAT RELATED ILLNESS

- ✓ **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.
- ✓ **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- ✓ **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- ✓ **Drink Plenty of Fluids:** Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.
- ✓ **Updates and Buddies:** Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.

40 YEARS!!

Stewart Merrick retired on June 17th after 40 years in our facility. Stewart is our floor tech but he has done so much more for our residents and staff over the last 40 years. Stewart was honored with a special lunch that included BBQ ribs, beans, macaroni and cheese & pie. We wish Stewart the best on his next adventure! He will be missed by us all!



Stewart with his supervisor Tracy and administrator Stephanie



Stewart with his wife Barb



1007 JOHNSTOWN AVE
SALINA, KS 67401

Admissions: 785.823.7107

info@smokyhillhealthandrehabilitation.com

smokyhillhealthandrehabilitation.com

ADMINISTRATIVE STAFF

ADMINISTRATOR

Stephanie Bush

BUSINESS OFFICE

Kim Willingham

DIRECTOR OF NURSING

Amy Perry

ASST. DIRECTOR OF NURSING

Shawn Meiniger

MEDICAL RECORDS/PAYROLL

Gaylin Peterson

MDS COORDINATOR

Amanda Hutton

MAINTENANCE DIRECTOR

Sam Gandee

DIRECTOR OF REHABILITATION

Kenya Rios

HOUSEKEEPING SUPERVISOR

Tracy Jordan

DIETARY MANAGER

Kristin Burt

SOCIAL SERVICES

Krystle Blochlinger

DIRECTOR OF ACTIVITIES

Amber Baatrup

MARKETING & ADMISSIONS

Amber Moretti

RESTORATIVE AIDE

TBD

TRANSPORTATION DRIVER

Danielle & TBD

WOUND CARE NURSE

TBD

DIRECTOR OF TALENT & LEARNING

TBD



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

WORD LIST

BOREDOM
CHEESE
EMOJI
FLAVOR
FRIENDSHIP
HEAT
ICE CREAM
JULY
MACARONI
PAINT
REUNION
ROCKS
STARS
STRIPE
SUN