

SMOKY HILL



FAMILY FUN MONTH: END-OF-SUMMER FUN CHECKLIST

August is Family Fun Month, making it the perfect time to squeeze in a few more summer memories before the season comes to an end. You don't need a big vacation or expensive plans. Sometimes the simplest moments become the ones we remember most.

See how many you can check off before summer says goodbye!

- ☐ Read a new book
- ☐ Try a new ice cream flavor
- ☐ Make S'mores
(National S'mores Day is August 10!)
- ☐ Have a picnic indoors or outside
- ☐ Play your favorite card or board game
- ☐ Mix up a new lemonade flavor
- ☐ Watch a summer sunset
- ☐ Blow bubbles
- ☐ Listen to your favorite songs from years past
- ☐ Share a favorite summer memory
- ☐ Call or visit someone who makes you smile
- ☐ Enjoy a walk or simply relax outside
- ☐ Take a photo to remember the day

Whether you complete one activity or all of them, every little adventure is a chance to make new memories.
Summer isn't over yet!





Stories That Take You Places!

August is a wonderful month for both **imagining new adventures** and **living them out loud**.

It's home to **Book Lovers Day**, a celebration of stories that transport us to different places, and **American Adventures Month**, a reminder that there are still new experiences waiting right outside our door. In many ways, books and adventures go hand in hand. A great story can take you across the country or around the world, while a simple outing can feel like a story worth telling.

Ways to Celebrate This Month

- Read a book set in a place you've never been
- Share a favorite story or memory from your travels
- Take a "mini adventure" in your own community
- Visit a local park, museum, or new restaurant
- Start a book discussion with friends or family
- Swap travel stories or favorite reads with someone new

Adventure doesn't always require a suitcase. Sometimes it's found in a good book, a shared story, or a small change of scenery.

This month, whether you turn a page or step outside, there's always something new to discover!

Celebrate the Amazing Seniors in Your Life!

Our seniors are living legacies. They've built families, served communities, and faced life's ups and downs with strength, wisdom, and heart. August 21 is a special day to honor and recognize them, but they deserve to be celebrated every day.

Say Thank You, From the Heart

A simple "thank you" can mean so much. Tell a senior in your life how they've inspired you with their love, guidance, or example. If they enjoy it, gather friends and family to celebrate their remarkable life.

Preserve Their Legacy

Seniors carry rich histories worth cherishing. Take time to listen to their stories and memories. Celebrate their life lessons by helping document these moments through writing, photos, or videos. A memory book or legacy letter is a priceless gift for generations to come.

Discounts and Allowances

Many seniors qualify for discounts and benefits that make everyday life more enjoyable. Help your loved one discover deals on favorite stores, restaurants, travel, and entertainment so they can take advantage of these special offers.

Make New Memories Together

The best moments come from simply being present. Plan outings or quiet days that bring joy: a movie, a sporting event, music in the park, bowling, or a meal at a favorite restaurant. Or spend time together over coffee, cards, photo albums, or classic movies.

Senior Citizen Day, August 21, honors the history, wisdom, and significant contributions seniors have made to families, communities, and our country. Let's cherish their journey, celebrate their lives, and show them how deeply they are appreciated every day.





A SWEET SLICE OF SUMMER FUN

For many of us, **watermelon and other favorite melons** bring back memories of long summer days spent with family and friends. Whether it was cooling off after playing outside, sharing slices at a picnic, or enjoying fruit at a community gathering, melons have been part of countless summer traditions.

Today, people are finding fun new ways to celebrate this favorite fruit. Some carve intricate designs into the rind, while others use a watermelon slice as a playful “smile” for memorable family photos. And yes, there’s still plenty of laughter over an old-fashioned watermelon seed-spitting contest!

Did You Know? The world record for spitting a watermelon seed is an amazing **75 feet, 2 inches!**

Not a watermelon fan? National Melon Day on August 9 is the perfect excuse to enjoy your favorite melon instead, whether it’s sweet cantaloupe, refreshing honeydew, or another summertime favorite.

Make Melon Memories This Summer

- Share your favorite way to eat melon.
- Tell a favorite picnic or family reunion story.
- Try making a simple watermelon basket or centerpiece.
- Snap a silly “watermelon smile” photo with family or friends.
- See who can come up with the funniest melon joke.

Sometimes the sweetest part of summer isn’t the fruit itself. It’s the laughter, memories, and moments we share while enjoying our favorite summertime treats together.

Make Your Own Luck Day: Lucky Traditions

August 26 is **Make Your Own Luck Day**, a fun holiday that celebrates all the little traditions that make life a bit more interesting.

When most people think of luck, they picture a four-leaf clover or a lucky penny. But for many of us, luck is tied to the simple habits and traditions we’ve carried with us for years. Maybe they came from a parent or grandparent, or perhaps they’re rituals you’ve always done “just in case.”

Do any of these sound familiar?



- Picking up a penny when you spot one on the ground.



- Making a wish when the clock reads 11:11.



- Crossing your fingers for good luck.



- Wearing a favorite shirt or hat on an important day.

- Searching for or finding a four-leaf clover.

- Keeping a lucky charm or special keepsake nearby.



Whether these traditions bring good fortune or simply make us smile, they connect us to happy memories and remind us to stay hopeful.



This Make Your Own Luck Day, ask a friend, family member, or fellow resident about their lucky traditions.



You may discover stories you’ve never heard before, and create a few new memories along the way.





1007 JOHNSTOWN AVE
SALINA, KS 67401

Admissions: 785.823.7107

info@smokyhillhealthandrehabilitation.com

smokyhillhealthandrehabilitation.com

ADMINISTRATIVE STAFF

ADMINISTRATOR

Swede Swaggerty

BUSINESS OFFICE

Kim Willingham

DIRECTOR OF NURSING

Keeley McMillan

ASST. DIRECTOR OF NURSING

Katie Eakins

MEDICAL RECORDS/PAYROLL

Gaylin Peterson

MDS COORDINATOR

Katie Eakins

MAINTENANCE DIRECTOR

Sam Gandee

DIRECTOR OF REHABILITATION

Kenya Rios

HOUSEKEEPING SUPERVISOR

Tracy Jordan

DIETARY MANAGER

Napanee Powell

SOCIAL SERVICES

TBD

DIRECTOR OF ACTIVITIES

Kellye Janssen

MARKETING & ADMISSIONS

Amber Moretti

RESTORATIVE AIDE

TBD

TRANSPORTATION DRIVER

Danielle & TBD

WOUND CARE NURSE

TBD

DIRECTOR OF TALENT & LEARNING

Kayden Martinez



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!

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

WORD LIST

ADVENTURE
BOOKS
CHARM
CHERISH
ELVIS
FUN
LEGACY
LUCKY
MELON
MEMORIES
MUSIC
PENNY
READ
SENIORS
SUMMER