

Kenyon Senior Living Newsletter

July 2018



We

Remember

We take this time to remember our dear friend that we have recently lost, but will never forget.

Lillian Teig

Craig Underdahl

Marcene Langeness

Brenda Lingenfelter

Happy Birthday

We have one birthday on campus to celebrate this month. Russell Berg will be turning 92 on 7/24.

Happy Birthday
Russell!



Donations Update

At KSL we are always grateful to have community members think of us when it comes to where to donate, either financially or tangible objects. Due to the generous giving of our community we are currently not accepting items such as Puzzles, VHS tapes, TV sets & Incontinent Products. We do accept wheelchairs and walkers, however would need to inspect them prior to accepting.

If you have an item that you wish to donate please contact Chelsea Kalal at 507.789.7101 or Emily Quam at 507.789.7102 to inquire if the facility would be able to accept it.

Kenyon Senior Living Golf Tournament

FRIDAY

July 13th

Everyone is eligible for door prizes!

Kenyon Country Club

Four Person Best Ball

Registration/Lunch: 11:00 am Shotgun Start: 12:15pm

Appetizers & Social Hour: 5:00 pm



4 Person Team Golf and Cart: \$200

Single Golfer and Cart: \$50

RSVP deadline is July 6th!

Limited Space....Sign up Soon!

Proceeds Benefiting
Kenyon Senior Living's
Capital Improvement Fund



Please make checks payable to:
Kenyon Sunset Home Foundation
and mail to 127 Gunderson Blvd. Kenyon, MN 55946
Questions? Call Chelsea at 789-7101

Adopt A Grandparent Program

We are working with recent K-W graduate, Cori Kern, on developing & rolling out an Adopt A Grandparent program for the youth in the community & the residents of KSL. Cori Kern developed this idea as a way to work towards earning a Girl Scout Gold Award, which is the highest achievement within the Girl Scout organization.

Applications for youth to be involved in this program are available to download at www.KenyonSeniorLiving.com or can be picked up in KSL Business Office Lobby. Youth will be matched with a KSL resident to work with at the monthly Adopt A Grandparent activity, held the 2nd Monday of the month at 3:30pm. Be on the look out for other future opportunities associated with this program such a movie days!



The new Medicare cards have started to be mailed out to Minnesota! It will take over a month for all in the state to receive their new cards, so don't be concerned if your friend receives one before you. If you or your loved one lives on our campus, please make sure that when you receive it that you bring it in to KSL for us to make a copy for our records.

The 8th Annual K&L Dog Show is coming up on Tuesday, August 21st!

Keep your eyes open for more information about this event, and how to register!



Cera Crouse—1 Year

Yasmeen Mesta — 1 Year

Ben Ringham —1 Year

Gwenn Eischen—3 Years

Jennifer LaDouceur—3 Years

Connie Turner—13 Years

Memorials

We are grateful for all the gifts and memorials given to Kenyon Senior Living. These gifts and memorials enable us to continue providing spiritual services as well as other activities for our residents. *Thank you.*

Did you know that donations can be designated/restricted to different funds? Here are some of the Foundation funds you can designate your donations to: Activities, Employee Appreciation, Capital Improvements, Chaplaincy, and Gunderson Gardens. Any donations not designated/restricted go into the general Unrestricted Foundation fund.

In Memorial:

Adeline Quimby ~ Craig Underdahl



Open Interviews
EVERY
1st & 3rd
Tuesday of
the Month!
8am-7pm

Stop in and ask
for Julie, HR



Recognize the Signs of Heat Illness

Heat Cramps

- muscular pains/spasms
- cramps most often attack the abdomen and legs

Heat Exhaustion

- cool, moist, pale skin
- heavy sweating
- headache
- nausea or vomiting
- dizziness

Heat Stroke

- most **severe**, can be **fatal**
- hot, red, dry skin
- rapid, weak pulse
- rapid, shallow breathing

CALL 9-1-1 IMMEDIATELY!



SUMMER
FUN!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30 Chapel 3:00 Coffee & Treats	2 10:00 Manicures & Chat 11:00 Lounge Living 1:30 Bus Ride or 2:30 Fireworks Craft	3 10:30 Fitness 11:00 Music with Lenice 2:30 Summer Memories 4:00 Lounge Living	4 Independence Day 3:00 Coffee & Treats	5 10:30 Fitness 11:00 Music with Lenice 2:30 White Board Games	6 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 2:30 Flower Bingo	7 10:00 Card Bingo 11:00 Lounge Living 3:00 Coffee & Treats
8 10:30 Chapel 3:00 Coffee & Treats	9 10:00 Manicures & Chat 11:00 Lounge Living 2:30 Summer Craft Flip Flops 3:30 Adopt A Grandparent Fun	10 10:30 Fitness 11:00 Music with Lenice 2:30 Music with Alissah at GG 4:00 Lounge Living	11 10:10 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana	12 9:00 VFW Men's Coffee in RW 10:30 Fitness 11:00 Music with Lenice 2:30 Pitching Game	13 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 3:00 Music with Marty	14 3:00 Coffee & Treats
15 10:30 Chapel 3:00 Coffee & Treats	16 10:00 Manicures & Chat 11:00 Lounge Living 2:45 Auxiliary at GG	17 10:30 Fitness 11:00 Music with Lenice 2:30 Baseball All-Star Game 4:00 Lounge Living	18 National Hot Dog Day 10:10 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana	19 10:30 Fitness 11:00 Music with Lenice 2:30 Surfboards Craft	20 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 2:30 Wine & Cheese Happy Hour	21 10:00 Card Bingo 11:00 Lounge Living 3:00 Coffee & Treats
22 10:30 Chapel 3:00 Coffee & Treats	23 10:00 Manicures & Chat 11:00 Lounge Living 1:30 Bus Ride or 2:30 Jelly Fish Craft	24 10:30 Fitness 11:00 Music with Lenice 2:30 Summer Trivia 4:00 Lounge Living	25 10:10 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana	26 10:30 Fitness 11:00 Music with Lenice 2:30 Tropical Party	27 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 2:30 Paul & Friends	28 1:30 Community Movie 3:00 Coffee & Treats
29 10:30 Chapel 3:00 Coffee & Treats	30 10:00 Manicures & Chat 11:00 Lounge Living 1:30 Bus Ride or 2:30 Food Committee	31 10:30 Fitness 2:30 Resident Council 4:00 Lounge Living	<h1 style="text-align: center;">Kenyon Sunset Home</h1> <h2 style="text-align: center;">July Activities</h2>			