



830 South Fourth Street
Watseka, IL 60970
815.432.7768



Upcoming Wedding Fashion Show

We are planning a spectacular event on June 22, 2022 at 2:00 pm. We will be having a wedding dress and bridesmaids fashion show on trends through the years. We have dresses from the 1950's through 2022!

The program will also include wedding bouquet trends through the years, marriage advice from our residents, and it would not be complete without a little wedding cake!

We are so looking forward to this event!



The Golden Pages

IROQUOIS RESIDENT HOME NEWSLETTER

June 2022



Sweet Summertime

We are so excited that summer is finally here! Our residents have been enjoying frequent time outside sitting on the patio. In May we celebrated National Nursing Home Week. Our theme this year was Creating and Nurturing Connections. We built connections by participating in fun activities with local organizations such as ICARE (our local animal rescue), American Tribe Equine Therapy, and even our local high school band! The residents had so much fun!

Coming up in June we are going to be hosting a historical wedding dress fashion show that will showcase wedding dresses throughout the ages. It is sure to be the highlight of June!

With Summer here, we would like to request that our residents' families exchange Winter clothes for Summer clothes. Layers are encouraged so residents can easily add or take off a layer if they get too hot or too cold.



From the Desk of Linda LaVoie

Summer has arrived! We are very excited at the Resident Home that the weather has turned for the better and we can spend time outside. The residents have enjoyed planting flowers and some tomatoes in our outdoor garden on the patio. We try to spend as much time as possible outside when the weather is so nice.

Something interesting about the Month of June. June was most likely named for the Roman goddess Juno, patroness of marriage and the well-being of women. In fact, we are celebrating marriages and weddings this month! We are having a Historical Wedding Dress (and Bridesmaid) fashion show on Wednesday, June 22, at 2:00 p.m. followed by a reception. If you would like to attend, please contact Jade in Activities at 815.432.7768. Seating is limited and social distancing will be observed. The residents will also be sharing their advice for a long happy marriage—should be a great afternoon.

As always, it is a pleasure to be of service to your family. Should you have any question or concerns, please do not hesitate to reach out to me either at the facility at 815.432.7768 or via email at linda.lavoie@imhrh.org.



Linda LaVoie, LHNA
Iroquois Resident Home Administrator

Healthy Summer Tips from Joyce

SUMMER HEALTH TIPS



Drink water!
Staying hydrated fuels you for your daily activities!



Eat fresh!
Add fresh fruits and veggies to your meals, or as a snack.



Get outside and get moving! Take a walk or ride your bike!



Sleep well!
Getting enough sleep is important for the body & mind.



Disconnect from the internet! Put down that phone, laptop or tablet and read a book or do a puzzle!

commonmedicalquestions.com

JUNE 2022 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			10:00 - Morning Stretches 12:30 - Bingo! 1:45 - Adult Coloring 3:00 - Wii Bowling 4:00 - Left Center Right 6:00- Patio Time	9:00 - Morning Stretches 9:30 - Name That Tune (Patio) 12:30 - Bingo Jewelry Sorting 3:00 - Bunco 4:00 - Whiteboard Games 6:00- Patio Time	9:00- Morning Stretches 9:30 - Pamper Boutique 11:15 - Cookout 12:30 - Church 1:15 - Coffee Hour Fellowship 3:00 - Movie Matinee	Belmont Stakes Race 9:30 - Patio Time 11:00 - Weekend Word Search 12:30 - Bingo 2:00 - Movie Matinee 5:30 - Belmont Stakes on NBC (Ask nurses station to put it on tv)
5	6	7	8	9	10	11
12:00 - TV Church in Back Activity Room 12:15 - Croquet 1:45 - Wii Bowling 2:45 - Movie Matinee	10:00 - Morning Stretches 12:30 - Summer Painting 2:00 - Mocktails and Music 3:30 - Bingo 6:00- Patio Time	Esther's Birthday 9:00 - Morning Stretches 9:45 - Morning Devotions with Joan 10:00 - Craft Demonstration 12:30 - Nail Boutique 3:00 - Whiteboard Games 4:15 - Men's Group 6:00- Patio Time	National Best Friends Day 9:00 - Morning Stretches 9:30 - Patio Time 12:30 -Bingo! 1:30 - Noodle Ball 2:00 - Dominos 3:00 - Word Search Packet	9:00 - Morning Stretches 10:00 - Equine Therapy 12:30 - Bingo Jewelry Sorting 2:00 - Graduation Party for Bella and Dylan 4:00 - Bunco 6:00- Patio Time	National Iced Tea Day 9:00- Morning Stretches 9:30 - Pamper Boutique 12:30 - Church 1:15 - Iced Tea Social 3:00 - Movie Matinee	9:30-Patio Time 11:00 - Weekend Word Search 12:30 - Bingo! 1:45 - Movie Matinee
12	13	14	15	16	17	18
12:00 - TV Church in Back Activity Room 12:30 - Whiteboard Games 1:45 - Bella's Brownie Bash 2:45 - Movie Matinee	9:00 - Morning Stretches 9:30 - Name that Tune on the Patio 12:30 - Jewelry Craft 3:15 - Bingo 6:00- Patio Time	9:00 - Morning Stretches 9:30 - Morning Devotions with Joan 10:00 - Music on the Patio 12:30 - Nail Boutique 3:00 - Wii Bowling 4:00 - Mens Group - Target Practice 6:00 - Patio Time	Daphne's Birthday 9:00 - Morning Stretches 9:30 - Patio Time 12:30 -Bingo! 1:30 - Noodle Ball 2:00 - Dominos 3:00 - Word Search Packet	National Fudge Day 9:00 - Morning Stretches 9:30 - Make Paper Flowers 12:30 - Resident Council 3:00 - Fudge Social 4:00 - Bunco 6:00- Patio Time	9:00 - Morning Stretches 9:30 - Pamper Boutique 12:30 - Church 1:15 - Coffee Hour Fellowship 2:30 - Movie Matinee	9:30-Patio Time 11:00 - Weekend Word Search 12:30 - Bingo! 1:45 - Movie Matinee
19	20	21	22	23	24	25
Father's Day 12:00 - TV Church in Back Activity Room 12:15 - Blackjack 1:30 - Root Beer Taste Test 2:45 - Movie Matinee - Westerns	10:00 - Morning Stretches 12:30 - Paint Watermelon Coasters 3:00 - Yahtzee 3:45 -Bingo 6:00- Patio Time	Summer Solstice 9:00 - Morning Stretches 9:30 - Morning Devotions with Joan 10:00 - Music on the Patio 12:30 - Nail Boutique 4:15 - Mens Group 6:00 - Patio Time 7:00 - Classic Car Parade Starts	10:00 - Bingo! 12:30 - Dominos 2:00 - Wedding Dress Fashion Show 4:00 - Whiteboard Games 6:00 - Patio Time	National Pink Day - Wear Pink! 9:00 - Morning Stretches 9:30 - Patio Time 12:30 - Bunco 2:00 - Pamper Boutique with Banana Oatmeal Face Masks	9:00 - Morning Stretches 9:30 - Music on the Patio 12:30 - Church 1:15 - Coffee Hour Fellowship 2:30 - Movie Matinee	9:30-Patio Time 11:00 - Weekend Word Search 12:30 - Bingo! 1:45 - Movie Matinee
26	27	28	29	30		
12:00 - TV Church in Back Activity Room 12:15 - Strawberry Cinnamon Roll Demonstration 1:30 - Twister Toss 2:45 - Movie Matinee	National Bingo Day Bingo Week! 9:00 - Morning Stretches 10:00 - Bingo! 12:30 - Make No Sew Tote Bags 3:00- Scavenger Hunt Bingo 6:00- Patio Time	Employee Committee Meeting 9:00 - Morning Stretches 10:00 - Bubble Target Practice 1:30 - Bingo! 3:00 - Uno 4:15 - Mens Group 6:00- Patio	9:00 - Morning Stretches 9:30 - Patio Time 12:30 - Monthly Birthday Party - Art Theme! 2:00 - Adult Coloring 3:00 - Wordsearch Packet 4:00 - Game Shows	9:00 - Morning Stretches 10:00 - Bingo! 12:30 - Make No Sew Sock Octopus 3:00 - Bunco 4:00 - Wii Bowling 6:00 - Patio Time	ACTIVITIES SUBJECT TO CHANGE	