

Contact Activities Director for visitation guidelines

Why Do We Celebrate the 4th of July?

July 4, 1776 is the day that the colonies decided to declare themselves independent of Great Britain. By writing a very detailed decree, they decided that they no longer would need to be governed by the King of England, who had treated colonists unjustly in the years before.

Today, we celebrate the fact that we are a free nation, but there is more to the celebration of independence than just the fact that this is the birthday of the United States. There are many ideas that were represented in this

original celebration that we still celebrate and fight to protect.

What our Independence Day celebrations symbolize:

- The right to live with the freedoms of religion, without persecution and with the ability to think and do for yourself.
- A reminder that it takes courage to protect freedom and often courage is needed in the toughest times.
- A day to reflect on and recognize our nation's multi-cultural heritage, history, and unity of people.

East Troy
MANOR

3271 North Street, East Troy, WI 53120

262.642.3995

Te'Hiva Simmons, Administrator

 Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

EastTroyManor.org

WE ACCEPT CREDIT CARDS

WISH RISING STAR SCHOLARSHIP WINNERS



We're excited to announce that two East Troy Manor employees have received WISH Rising Star Scholarship awards of \$1500 each: Dietary Aide Erin Sperle and CNA Alexis Haasser.

The scholarship is open to WISH employees and Wisconsin and Illinois high school students. Priority is given to those interested in pursuing an education in health care, enhancing health care skills or furthering a career in health care. Spring 2021 Scholarships awards totaled \$34,000. Visit bit.ly/wish-scholarship to learn more.

Pictured: Alexis Haasser (left) and Erin Sperle show their scholarship award checks.



Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents

Robert W.	July 3rd
Eugene S.	July 11th
James B.	July 15th
Edward M.	July 16th
Mary K.	July 20th

Staff

Kathleen B.	July 2nd
Laura R.	July 12th
Lucy S.	July 13th
Lisa S.	July 20th
Blanca C.	July 25th

We are looking for volunteers again! Morning and afternoons!

July is UV Safety Month: What You Eat Can Protect Your Skin from the Sun

Researchers from Harvard University recently announced that **lutein (LOO-teen) —a potent antioxidant found in such dark green, leafy vegetables as spinach and kale —may protect the skin from sun damage.**

“Lutein has been widely recognized for its eye health benefits for several years, but, our data is the first of its kind to suggest that lutein may have the potential to act as a preventative agent against UVB-induced skin cancer,” said Salvador Gonzalez, M.D., Ph.D., leader of the Harvard research team. “In addition, because these data suggest that lutein protects the skin against damage caused by exposure to UVB light, it further validates our position that lutein is a critical component to overall skin health.”

Lutein is a yellow pigment (the yellow is covered up by chlorophyll in green leaves) found predominantly in vegetables. As an antioxidant, lutein protects the eyes from the damaging effects of aging. Lutein also acts as a light filter, protecting against the sun’s harmful rays.

UVA and UVB rays are two types of harmful rays found in sunlight. UVA rays contribute to wrinkling the skin, as well as to the development of skin cancer. UVB rays are the ones that are the primary cause of sunburn and skin cancer. Don’t just protect yourself by eating well! Good sunscreens block both UVA and UVB rays and are critical to skin health.



East Troy Manor Staff

Te’Hiva Simmons
Administrator

Bridget Carlson
Director of Nursing

Tammy Gentele
Business Office Manager:
Accounts Receivable

Mike Steck
Maintenance Director

Tamie Klein
Dietary Supervisor

Blanca C.
Admissions Director

Kathleen Calmes
MDS Coordinator

Kristin Nieuwenhuis
Social Services

Tami Johnson
Activities Director

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★ ★ Sudoku ★ ★								
		8			4	9		
		5	7		1		4	8
1	4			8	2	3		
9	8			7	5			
4	1			6			9	
					9		2	3
					3		8	9
8		4	9	1	7		3	
			8		6	5		

WISH List

- Variety bags of chips for resident social
- Juice for resident socials/bingo
- Cups for drinks



DONATE SAFELY AND EASILY ONLINE:
EastTroyManor.org/Donate

