

The Maple Ridge News

Rehabilitation • Skilled Nursing • Hospice • Respite

Keep Hydrated This Summer!

Our bodies constantly need water to survive, and good hydration means getting the right amount of water throughout each day. The U.S. National Academy of Medicine recommends around 12-16 cups of water per day for adults, but be sure to consult with your physician on an amount that is right for you before making any adjustments to your water intake.

In older adults, hydration has been associated with fewer falls, less constipation, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Dehydration can often lead to adverse effects

from medications, urinary tract and respiratory infections, delirium, renal failure, seizure, hypo- and hyperthermia.

Tips for staying hydrated:

- Water is best, but sports drinks and coconut water provide important electrolytes. Make sure water is within reach at all times, so it can be consumed in sips throughout the day.
- Fruits such as watermelon, grapes and grapefruit can be a great source of fluids and electrolytes.



Signs of Dehydration:

- Dry mouth
- Dizziness
- Dark and/or odorous urine
- Headache
- Tired or lethargic

June 16-22, 2022: National Nursing Assistants Week

Certified Nursing Assistants play a vital role in nursing homes, assisted livings and other healthcare venues. They assist residents and patients with activities of daily living, help improve quality of life, and offer companionship and a listening ear, as well as other tasks:

- Offer conversation & companionship
- Take & record vital signs
- Answer patient call lights
- Assist with patient movement
- Observe & document patient status
- Help with activities & outings

- Keep patient rooms clean
- Bathing, dressing, eating, toileting, etc.
- Assist nurses with medical procedures
- Know safety & emergency policies

Show your appreciation for CNAs you know who make a difference in your life or the life of someone you love during National Nursing Assistants Week (June 16-22) by giving them a special thank you. And from all of us here at our facility, a big thank you to CNAs everywhere for everything you do.



Maple Ridge CARE CENTER

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WE ACCEPT CREDIT CARDS

WISH offers FREE CNA classes to all employees in Wisconsin. Contact our administrator or HR dept for details. Becoming a CNA is a great way to start a healthcare career.

Sudoku

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

Easy & Fun Painted Rocks

Have you ever been walking and spotted a painted rock? It mostly likely made you smile. Maybe you wondered how it got there or who created it.

Summer is a great time to be that somebody! All you need is some small flat rocks, acrylic paints, and a paintbrush. Get creative! Sunshine. Smiley faces. Bright, colorful doodles. Uplifting messages! On your next walk outdoors, take one or two of them with you and place them along your route to brighten everyone's day!



GET OUTSIDE AND ENJOY THE GREAT OUTDOORS

There is no time like the present to get outside and enjoy the beautiful summer weather! Spending time outside is a great opportunity to engage in our favorite hobbies, including gardening, companionable walks, cookouts, and outdoor recreation.

Great Outdoors Month, which began in 1998 under President Bill Clinton as Great Outdoors Week, has since expanded over the years into a month-long celebration of America's wildlife refuges, parks and national beauty with thousands of events across the country. In recent years, Congress has made new resolutions to bolster funding for repair and conservation to improve and protect our public lands.

Recreational time outside has been shown to improve mental, physical and even economic health. Here are some ideas that will help you enjoy the benefits Great Outdoors Month has to offer:

1. Visit a local park or nature preserve.
2. Take a photo outside every day for a week
3. Fly a kite, go for a walk, or play a yard game.
4. Learn how to identify birds and go birding.
5. Tend to a flower box, herb or vegetable garden.