



1st Creative Ice Cream Flavor Day

2nd Stay Out of the Sun Day

4th Fourth of July

5th Graham Cracker Day

6th Fried Chicken Day

7th Strawberry Sundae Day

8th Body Painting Day

9th Sugar Cookie Day

9th Retirement Party for Mike

11th Blueberry Muffin Day

12th Pecan Pie Day

13th Beans -n-Franks Day

15th Tapioca Pudding Day

16th Cow Appreciation Day

17th Peach Ice Cream Day

18th Hot Dog Day

20th Ice Cream Soda Day

22nd BLT Day

23rd Vanilla Ice Cream Day

25th Hot Fudge Sundae Day

29th Lasagna Day

30th Cheesecake Day

We've all heard about or been a part of a book club and/or a bible study group, well Westview has both. The bible study group and the book club meet on alternating Thursdays.

The bible study group is led by Carla McIntosh. The group began with the beginning of the New Testament and are working their way through, reading and pausing for reflection and discussion.

The book club is led by Kelly Cozad. She, along with the residents, choose a book to read. So far it seems most everyone likes a good mystery. If you have an author or a book you would like to suggest, please get in touch with Kelly and let her know.

If you or your loved one would like to join either group, let us know and we will make sure they are invited to the activity.

We were given several audio books and a CD player. If you would enjoy listening to a book, please let me know and we can get that set up for you.

Rose Saxton

Administrator

"May you live every day of your life." ~ Jonathan



CNA Week Fun



Staff competed in a watermelon eating contest and Family Feud



All of us here at Westview appreciate all the hard work and dedication of all our CNA's!!! Thank You!!!!



On this federal holiday, also known as **Independence Day**, marking the Colonies' adoption of the **Declaration of Independence on July 4, 1776**, which declared independence from Great Britain and its king, we thought it would be appropriate to share some fun facts about this historic day:

Only John Hancock and Charles Thomson actually signed the Declaration of Independence on July 4, 1776. All the others signed later.

The Declaration of Independence was signed by 56 men from 13 colonies; 7 of those men were educated at Harvard.

The stars on the original American flag were in a circle so all the Colonies would appear equal.

The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.

Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.

Barbecue is also big on Independence Day. Approximately 150 million hot dogs and 700 million pounds of chicken are consumed on this day.

Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

According to the American Pyrotechnics Association, around 15,000 fireworks displays will take place for the Fourth of July holiday (even if some aren't exactly on July 4). Though pricing varies, most small towns spend anywhere from \$8000-\$15,000 for a fireworks display, with larger cities going into the millions, like the Boston Pops Fireworks Spectacular at around \$2.5 million.



Potato Salad

Ingredients

- 5 pounds red potatoes, chopped
- 3 cups mayonnaise
- 2 cups finely chopped pickles
- 5 hard-cooked eggs, chopped
- 1/2 cup chopped red onion
- 1/2 cup chopped celery
- 3 tablespoons prepared mustard
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt, or to taste
- 1/2 teaspoon ground black pepper



Directions

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 10 minutes. Drain. Return potatoes to empty pot to dry while you mix the dressing. Sprinkle with salt.
2. Stir mayonnaise, pickles, hard-cooked eggs, red onion, celery, mustard, cider vinegar, 1 teaspoon salt, and pepper together in a large bowl. Fold potatoes into the mayonnaise mixture. Allow to chill at least six hours, or overnight, before serving.

Residents

Doyle Butcher 7-4

Gwen McClure 7-25

Nancy Hansen 7-30

Staff

Callan McCleary 7-1

Malinda Graham 7-3

Denny Stark 7-7

Jackie Legg 7-10

Katelynn Parmer 7-12

Marlene Carlberg 7-14

Doris Reed 7-17

Martha Miller 7-19

Ian Legg 7-23

Samantha Klever 7-31



Resident Spotlight



This month's resident is Josephine Johnson. Josephine grew up on a farm by Lineville, Iowa with 1 sister and 3 brothers. She attended grade school in Lineville and graduated from Garden Grove High School. She went to Simpson and Kirksville for college to get her master's degree in teaching. Josephine spent 20 years teaching elementary school in Corydon and 14 years teaching in Lineville. Her husband Willard was in the Navy and they also farmed. During the summer months Josephine and Willard spent time visiting family and traveled to every state West of the Mississippi and even into Canada. She has always enjoyed reading and likes visiting with people, especially children.

Names to Know

Medical Director **Larry Richard, MD**

Activities Director **Diann Johnson**

Administrator **Rose Saxton**

Dietary Manager **Jessica Norman**

Business Office Manager **Rachel Klingston**

Maintenance **Mike Webster/Barry Houk**

Director of Nursing **Malinda Graham**

Environmental Services **Marlene Carlberg**

MDS/Care Plan Coordinator **Heather Boswell**

Social Services **Kelly Cozad**

QA Nurse **Carla McIntosh**

If you would like an email copy of the newsletter or know someone that would like a paper copy of the newsletter let us know at socialworker@grm.net or call the number below.

Westview Acres Care Center

641-446-4165

<http://westview.leoncarecenters.com>

Guess Who???

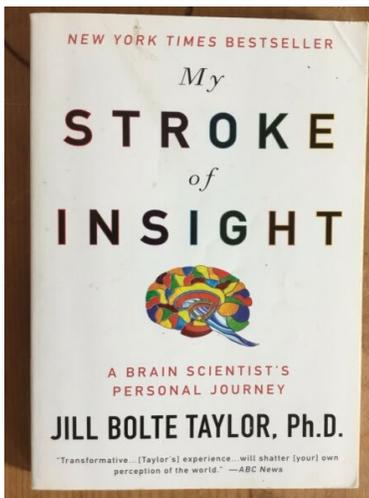
This resident has lived in Iowa her whole life. She grew up in the Woodland area on a farm with her 2 brothers. She went to country school and then to Leon High School. She has worked several different jobs over the years including at a tavern, restaurants, Snowden's, and babysitting. She married and raised 3 girls. She has always been active and enjoyed fishing, riding horses, and sewing.



Last Month's **Guess Who** was **Randy Name**

The winner was **Taylor Short!!!**

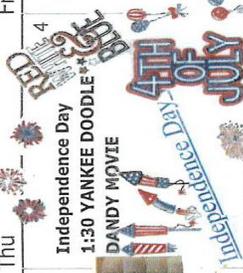
Come join us in celebration of **Mike Webster's Retirement Party July 9th from 2-4 p.m.** Mike has been with us at Westview for 20 years so help Mike celebrate!!!



Our Book Club book for June was *My Stroke of Insight; a Brain Scientist's Personal Journey* by Jill Bolte Taylor. We all really enjoyed this autobiography about a brain scientist that at age 37 woke up one morning and realized she was having a massive stroke. She was able to tell her remarkable story and explain what she felt and how she dealt with all the steps of a stroke and her recovery. Anyone who has had a stroke or knows someone that has should take time to read this book, as it gives insight to what is happening in the brain of a stroke victim.



July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 6:30 CHURCH WITH NEW SALEM <i>Strawberry Sundae Day</i>	8:30 CARDS 10:15 GRP EX 10:30 WHAT'S YOUR NUMBER 1:30 SEQUENCE 3:30 CHAMBER CHATS <i>Creative Ice Cream Flavor Day</i>	8:30 BEAUTY SHOP 10:15 GRP EX 10:30 NOODLE BALL 1:30 PATRIOTIC ICE CREAM SUNDAES <i>Stay out of the Sun Day</i>	9:30 GRP EX 11:15 PATRIOTIC MUSIC 1:30 PATRIOTIC NAILS 3:30 CHAMBER CHATS 7:00 MENNONITE YOUTH 	Independence Day 1:30 YANKEE DOODLE DANDY MOVIE PARADE EXERCISE 1:30 FARKLE PARTY 3:00 DOMINOES <i>Graham Cracker Day</i>	8:30 CARDS 10:15 GRP EX 10:15 PRETEND TO BE IN PARADE EXERCISE 1:30 FARKLE PARTY 3:00 DOMINOES <i>Fried Chicken Day</i>	8:30 SATURDAY WITH DIANN
6:30 CHURCH WITH NEW SALEM  <i>Strawberry Sundae Day</i>	8:30 CARDS 10:15 GRP EX 10:30 RING TOSS 1:30 FACE PAINTING 3:30 CHAMBER CHATS <i>Body Painting Day</i>	8:30 BEAUTY SHOP 10:15 GRP EX 10:30 PRETEND TO BAKE CAKE 1:30 COOKING CAKE MIX COOKIE BARS <i>Sugar Cookie Day</i>	9:30 GRP EX 11:15 SUMMERTIME SURFING SONGS 2:00 VIVA LAS VEGAS MOVIE/POPCORN 3:30 CHAMBER CHATS 	8:30 CARDS 9:00 MASS 10:15 GRP EX 10:30 TWISTER 1:30 YAHTZEE 4:00 BOOK CLUB <i>Blueberry Muffin Day</i>	8:30 CARDS 10:15 GRP EX 10:30 OUTSIDE IF POSSIBLE 1:30 NAILS 3:00 DOMINOES <i>Peanut Pie Day</i>	8:30 SATURDAY WITH DIANN
2:30 CHURCH WITH TERRY ROBERTS 6:15 MT ZION MELODIES 	8:30 CARDS 10:15 GRP EX 10:30 WHAT'S YOUR NUMBER 1:30 BUMPER CARS RIDES 25¢ 3:30 CHAMBER CHATS  <i>Tapioea Pudding Day</i>	8:30 BEAUTY SHOP 10:15 GRP EX 10:30 MILK THAT COW 1:30 PURPLE COW DRINK  <i>Cow Appreciation Day</i>	9:30 GRP EX 11:15 SUMMER TIME SONGS 2:00 GUNSMOKE/POPCORN 3:30 CHAMBER CHATS 7:00 MENNONITE YOUTH 	8:30 CARDS 9:00 MASS 10:15 GRP EX 10:30 OUTSIDE IF POSSIBLE 1:30 NAILS <i>Hot Dog Day</i>	8:30 CARDS 10:15 GRP EX 10:30 NOODLE BALL 2:00 MONTHLY BDAY PARTY 	Beans N Franks Day 8:30 SATURDAY WITH DIANN
2:30 CHURCH WITH IVAN AND DARLA STOLTZBUS 	8:30 CARDS 10:15 GRP EX 10:30 PRO BINGO 1:30 UNO 3:30 CHAMBER CHATS <i>BLT Day</i>	8:30 BEAUTY SHOP 10:15 GRP EX 10:30 PRO BINGO 1:30 THIRSTY TUESDAY 2:00 CARDS/DOMINOES <i>Vanilla Ice Cream Day</i>	9:30 GRP EX 11:15 1960'S BROADWAY MUSIC 2:00 THE MUSIC MAN MOVIE/POPCORN 3:30 CHAMBER CHATS 	8:30 CARDS 9:00 MASS 10:15 GRP EX 10:30 PRO BINGO 1:30 FOR GET IT DICE GAME <i>Hot Fudge Sundae Day</i>	8:30 CARDS 10:15 GRP EX 10:30 PRO BINGO 1:30 NAILS 3:00 DOMINOES 	8:30 SATURDAY WITH DIANN
2:30 CHURCH WITH RICK AND MARILYN HAWKINS 	8:30 CARDS 10:15 GRP EX 10:30 WHAT'S YOUR NUMBER 1:30 SEQUENCE 3:30 CHAMBER CHATS <i>Lasagne Day</i>	8:30 BEAUTY SHOP 10:15 GRP EX 10:30 OUTSIDE IF POSSIBLE 1:30 RESIDENT COUNCIL/FUDGE BARS <i>Chesecake Day</i>	9:30 GRP EX 11:15 SHIRLEY TEMPLE MUSIC 2:00 THE MOVIE HEIDI WITH SHIRLEY TEMPLE/POPCORN 3:30 CHAMBER CHATS 7:00 MENNONITE YOUTH 	8:30 CARDS 9:00 MASS 10:15 GRP EX 10:30 PRO BINGO 1:30 FOR GET IT DICE GAME <i>Hot Fudge Sundae Day</i>	8:30 SATURDAY WITH DIANN 	8:30 SATURDAY WITH DIANN



