



At press time, ALL VISITATION IS RESTRICTED for the protection of residents' health.

Tips for Preventing Heat-Related Illness

STAY COOL

Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

Stay Cool Indoors: Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

Schedule outdoor activities carefully: Try to limit your outdoor activity to when it's coolest, like

morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

Pace yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, immediately stop the activity and find a cool area or shade, and rest, especially if you become light-headed, confused, weak, or faint.

Wear sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

STAY HYDRATED

Drink plenty of fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. However, if your physician limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

Stay away from very sugary or alcoholic drinks—these actually cause

you to lose more body fluid and become dehydrated sooner.

Replace salt and minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. Sport drinks may help replace the salt and minerals you lose in sweat, but be sure to consult your physician before drinking a sports beverage or taking salt tablets if you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions.

STAY INFORMED

Check for updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Use a Buddy System: When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you.

Source: cdc.gov



The Residences

ON FOREST LANE

253 Forest Lane, Montello, WI 53949
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Kate Schlote, 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.

ResidencesOnForestLane.org

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ResidencesOnForestLane.org/donate





Happy Birthday

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

Margaret B.	7/06
Jeff B.	7/28

Job Postings

Part-time caregiver positions on 2nd and 3rd shifts



Activity Highlights

July 3rd at 12pm
Backyard Barbeque

Residents will enjoy red, white & blue refreshments and sing-a-long to some favorite patriotic songs.

(Please note that visitations are still restricted as of press time.)

WiCAL

Wisconsin Center for Assisted Living

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WISH LIST

- **Park Bench Tribute/Memorial project:** We need a park bench for our residents to enjoy. When you donate to purchase the new bench, we'll provide a special plaque that will adhere to the bench in tribute or memoriam for your loved one. Please call the office for details.
- We also need an **offset patio umbrella** like the one pictured to help keep residents cool outdoors during the hot summer months.
- **Assorted perennials** are needed to beautify our outdoor spaces



Please call the office if you can help with these needs.
Financial donations may be made safely and easily online:
ResidencesOnForestLane.org/donate.
Be sure to note how you'd like your donation used.

Photo Highlights



The ladies enjoyed an afternoon of high tea to celebrate the Queen's birthday.

HELP STOP THE SPREAD OF GERMS

Prevent the spread of respiratory diseases like COVID-19

1. Cover your cough or sneeze with a tissue
2. Throw the tissue in the trash
3. Wash your hands

For more information go to: cdc.gov/coronavirus

Source: cdc.gov

