



Wheat State Manor, Inc.

May 2010

News from the Manor

In May, a balloon launch was one of the activities scheduled in celebration of National Nursing Home Week. Each resident released a balloon with instructions attached for the person who found the balloon to call Wheat State Manor. What a surprise when a call came in from a resident in Marshall, Missouri. They found a balloon!

The Sunday Vespers at 4:00 PM

- June 13—Swiss Church
- June 20—Palmyra Baptist Church
- June 27—Federated Church
- July 4—Grace Hill Mennonite Church
- July 11—Zion Mennonite Church
- July 18—Potwin Methodist Church

Wednesday Bible Study Schedule at 3:00 PM

- June 16—Michael Longdon
- June 23—Pastor Dale Janzen
- July 7—Ed Libby
- July 14—Walter Busenitz
- July 21—Dick Wright
- July 28—May Stevens

(Thanks to Pastor Norman Tillotson for filling in when someone had to cancel at the last moment)

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The monthly birthday party was held Tuesday, May 18. Residents celebrating May birthdays were Gary Ware, Bonnie Barnt, Michael Davies, Alma Andrus and Doris Appling. Birthday cakes were provided by the ladies of Grace Baptist Church. The birthday party is held on the third Tuesday of every month. We invite you to come and celebrate with the residents.

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Mothers, daughters and other family members were invited to the annual Mothers' Tea held at the manor. The program was presented by the Bright Lights from Grace Baptist Church. Refreshments of homemade ice cream and strawberries were served to the ladies and their guests.

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Gifts received in memory of a loved one are welcomed at Wheat State Manor. These gifts are used to provide equipment and services to the residents of the manor. Last month, the purchase of a Wii game was made possible because of the thoughtfulness of three (3) families of former residents who set up memorials in honor and memory of their loved one. Wheat State Manor is a not-for-profit 501(c) facility providing care for those entrusted to us. Donations are tax deductible.

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Sun Safety is something we all need to be aware of during these hot and humid summer days. Too much “fun in the sun” can make you sick for several days to follow. There are three (3) types of heat-related illnesses that can affect a person. Heat Cramps may appear in those working outside in the hot sun. One may experience muscle pains and spasms in the abdomen or legs. Heat Exhaustion may occur with those that are exercising or working heavily and losing body fluids through heavy sweating. Although the body temperature may stay normal, one may experience headache, nausea or vomiting, dizziness and exhaustion. Heat Stroke is also known as sunstroke. It can be life threatening with body temperatures rising to 105° F. The skin may be hot, red and dry. Changes in consciousness, rapid, weak pulse and rapid shallow breathing are other symptoms. In the event of heat stroke, one should get their temperature down below 102° by getting into cold water or wetting the skin with cold water. Icepacks may be placed on the body and most importantly, call a doctor. Too much exposure to the sun puts you at risk for skin cancer and premature aging. Sunscreens are available now for kids over six (6) months of age. Choose those that contain UVA and UVB protection and have a SPF factor of 15 or higher. Regular use of sunscreen can reduce the risk of cancer by almost 78%. Have fun this summer but take precautions and stay healthy.