



THE LODGE

Managed by
SIDNEY HEALTH CENTER



The Lodge Newsletter

July 2026

The Heart of Summer

July is a beautiful reminder to slow down, enjoy the simple things, and appreciate the people and moments that bring joy to our lives. It's a time for sunshine, fresh air, patriotic pride, and spending meaningful time together.

At The Lodge, we are grateful for our wonderful residents, dedicated staff, and supportive families who make our community so special. Let's make this month one filled with smiles, laughter, and connection.



BENEFITS OF SUMMER FOR WELL-BEING

Summer brings many opportunities that can support our physical, mental, and emotional well-being.



Vitamin D

Sunlight helps our bodies produce Vitamin D, which supports strong bones and a positive mood.



Fresh Air & Nature

Spending time outdoors can reduce stress, improve mood, and boost energy levels.



Social Connection

Enjoying activities and events together helps strengthen friendships and build community.



Stay Active

Gentle movement like walking or stretching can improve balance, strength, and flexibility.

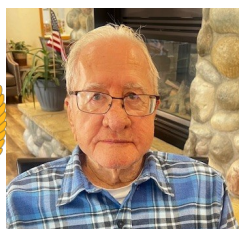


A Gentle Reminder

Every day may not be good, but there is something good in every day. Take time to notice the small blessings around you.

In honor of America's 250th anniversary

We proudly honor Larry and Vernon for their service and dedication to our country.



Thank you for your sacrifice and commitment to our nation.



Resident's Rights: Visitation Rights

- May receive visits from relatives, friends, advocates, and others
- Protected rights to communication via phone or mail



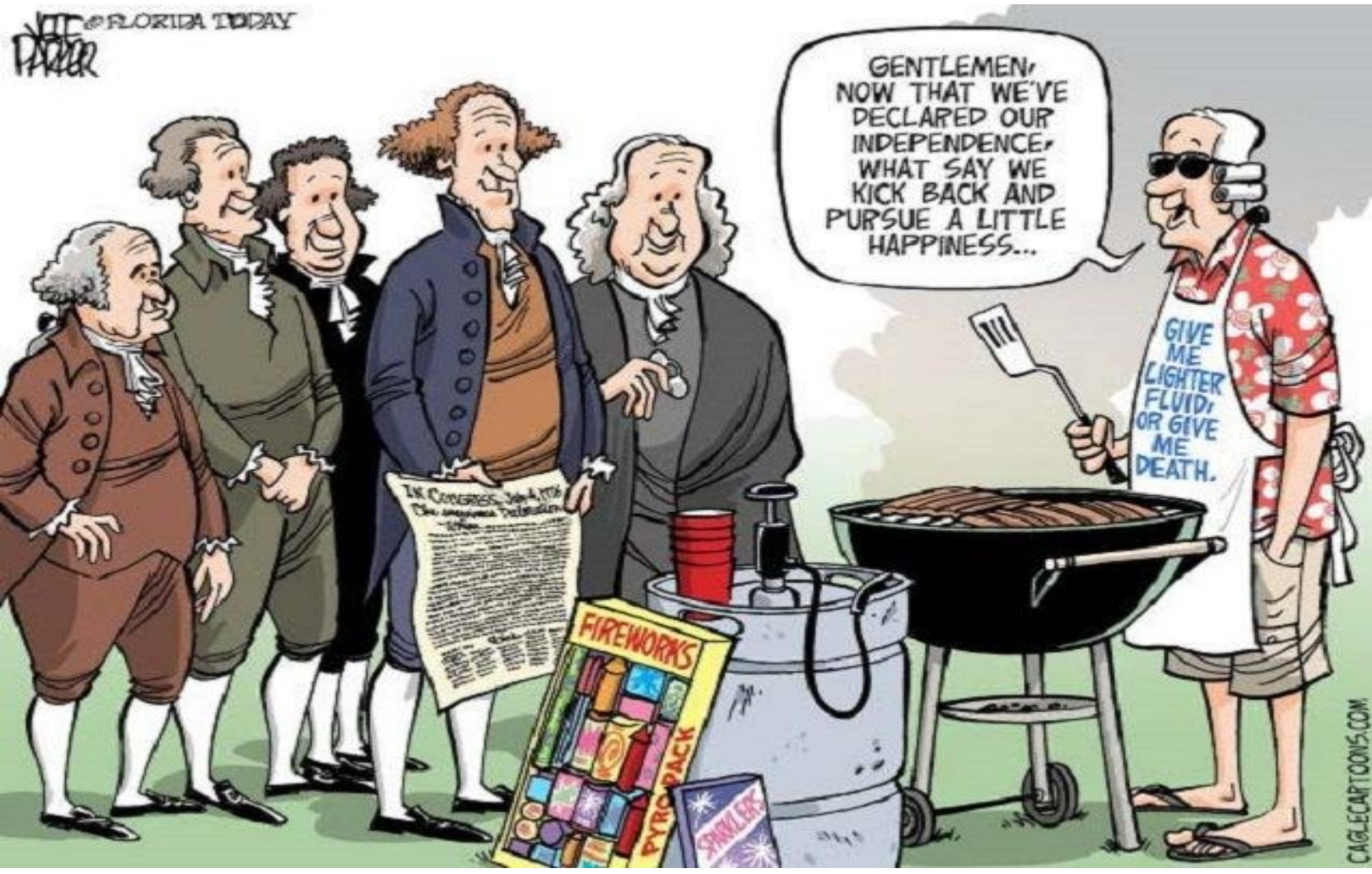
Mary Kay Johnson 1st

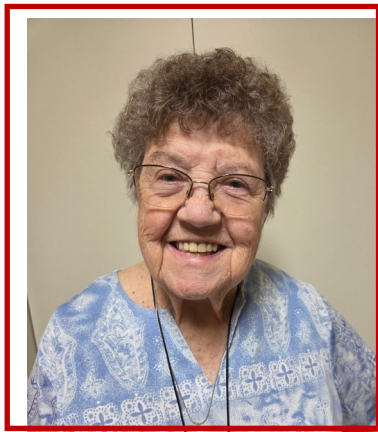
Elaine Barone 2nd

Joan Cantrell 13th

Johanna Mann 22nd

Mavis Schledewitz—26





Where were you born?

Savage, MT

What do you remember most from when you were growing up?

Good Childhood tomboy

What is different about growing up today from when you were growing up?

We showed respect to our elders. Got by with what you had and were happy.

How did you meet your spouse?

Sister introduced us

What was your first job?

In the bowling alley next to High School now Middle School

If you could go back to any age, which age would it be and why?

50's they were so much fun

Do you have any hobbies or special interests?

Crafter

What advice did your parents/grandparents give you that you remember most?

Live each day to the fullest

What's your favorite Holiday?

Christmas

STAFF Spotlight

May Kinnunen

Resident Care Supervisor



What you enjoy most about your job:

I got to assist/help resident(s) directly on a daily basis, and building meaningful relationships with them and their families as well.

Favorite part of working with residents:

On a day-to-day basis, the most rewarding moments are small wins, when resident(s) thanked me or their families. It's the most rewarding feeling when you get to be acknowledged of the work I do/did and building trust with them as well.

Fun fact about yourself:

I naturally have an elevated voice, so people sometimes mistake me for being angry or upset when I'm actually just talking normally. It can be a little funny because I may sound intense even when I'm in a great mood or simply excited about something. Once people get to know me, they usually realize that my voice just carries a lot, and I'm not really mad at all.

Favorite hobby or past time: Eat

Favorite food or snack:

Hainanese Chicken Rice from Singapore, and Cheetos as a snack.

Favorite movie, TV show or book:

A Walk to Remember. Manga Books.

Favorite vacation spot or dream destination:

I'd like to go and visit back Rome, Italy

Favorite Holiday:

Midsummer Festival in Finland, where it occurs during the natural phenomenon of "white nights" or the "Midnight Sun", where the sun barely dips below the horizon, giving the entire summer of nearly 24 hours of continuous daylight.

Favorite quote or life motto: It doesn't matter what people think of you. What matters is that you know your own value.

Pets or family: Daughter who lives in Europe pursuing her dreams

Something people might be surprised to know about you:

I would describe myself as funny but sensitive, and direct but compassionate. I like to keep things light and make people laugh, but I also care deeply about how others feel. I'm honest and straightforward when I need to be, yet I always try to be thoughtful and kind in the way I say things.

Coffee or tea?: Tea

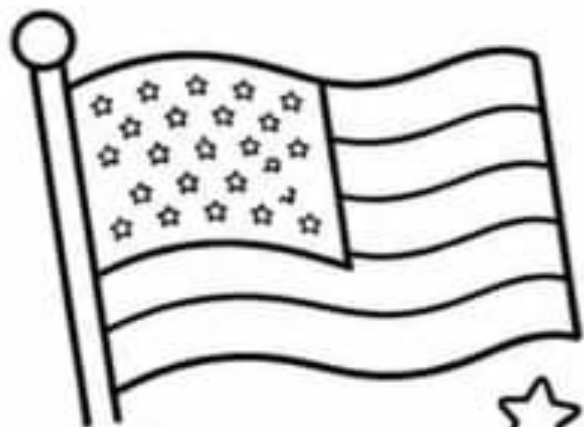
Morning person or night owl?: Night owl

Favorite music or artist: Colors of the Wind (Vanessa Williams)

Favorite color: Ocean blue, Emerald

One thing on your bucket list: Visit Florence, Italy

Words to live by or advice for other: If you're going to lie, be good at it.



America

250





WORD SEARCH

I N D E P E N D E N C E D A Y
G A L F N A C I R E M A B V X
M Y R T E B V M S W B W Q B R
O Y L U Q M L K H X E W Z M L
D V L U K P R I P D L D R D B
E B Q W J O T W A M Y R P Z P
E J G G W E L R T Y P Y R R G
R M J E Q J A B D P M J Y L Z
F D R D J P G W L N L M M Y L
D I Y V Y Z P D P B G T Y B L
F K R N Y V D E R M D M T D Y

AMERICAN FLAG

RED

WHITE

BLUE

INDEPENDENCE DAY

FIREWORKS

PARADE

FREEDOM

JULY

JULY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Self Directed ♦ Puzzle Tables ♦ Reading ♦ Adult Coloring	Activities ♦ Walking Paths ♦ Puzzle Books		1 Mary K Johnson 2:00pm Bingo 3:00 Coffee time	2 Elaine Barone 2:00PM Church Service 3:00 Patriotic Quilt Show	3 3:00 Coffee time	4 2:00pm Bingo 3:00 Coffee time/ Specialty Drinks
5 3:00 Coffee time 	6 2:00PM Bingo W/ Volunteer 3:00 Coffee time	7 2:00PM Methodist Church Pastor Sione 3:00PM Coffee time	8 2:00pm Bingo 3:00 Coffee time	9 2:00PM Church Service 3:00 Coffee time	10 3:00 Coffee time 	11 2:00pm Bingo 3:00 Coffee time/ Specialty Drinks
12 2:00 Fingernails— Fireside 3:00 PM Coffee time	13 Joan Cantrell 2:00PM Bingo W/ Volunteer 3:00 Coffee time	14 9:00AM Catholic Mass 12:5pm Staff Meeting 3:00 Coffee time	15 2:00pm Bingo 3:00 Coffee time 	16 2:00PM Church Service 3:00 Coffee time	17 3:00 Coffee time	18 2:00pm Bingo 3:00 Coffee time/ Specialty Drinks
19 2:00PM Movie Time 3:00 Coffee time	20 2:00PM Bingo W/ Volunteer 3:00 Coffee time 	21 2:00 Wisdom & Coffee hour W/ Sister Rita 3:00PM Coffee time	22 Johanna Mann 2:00pm Bingo 3:00 Coffee time	23 2:00PM Church Service 3:00 Coffee time 	24 3:00 Coffee time	25 2:00pm Bingo 3:00 Coffee time/ Specialty Drinks
26 Mavis Schle-dewitz 3:00 Coffee time	27 2:00PM Bingo W/ Volunteer 3:00 Coffee time	28 2:00PM Methodist Church Pastor Sione 3:00PM Coffee time	29 2:00PM Bingo Bonanza with Jacky 3:00 Coffee time	30 2:00PM Church Service 3:00 Coffee time	31 3:00 Coffee time	



THE
LODGE
Managed by
SIDNEY HEALTH CENTER

1015 7th Ave SW - Sidney, MT 59270