



THE LODGE

Managed by
SIDNEY HEALTH CENTER



The Lodge Newsletter

June 2026

June Wellness Feature

Stay Hydrated, Stay Cool & Enjoy Summer Safely

As the days grow warmer and summer arrives, June is a wonderful time to enjoy sunshine, fresh air, and outdoor activities. Spending time outside can lift mood, encourage movement, and support overall well-being. However, warmer temperatures can also increase the risk of dehydration and overheating — especially for older adults. A few simple habits can help everyone stay safe, cool, and comfortable this summer.



Hydration Tips

- Drink water regularly throughout the day, even if you do not feel thirsty.
- Keep a water bottle or cup nearby as a reminder to sip often.
- Enjoy hydrating foods like watermelon, cucumbers, oranges, and berries.
- Limit too much caffeine or sugary drinks, which may increase dehydration.
- Ask staff for help refilling drinks or keeping cold water available.



Heat Safety Tips

- Wear lightweight, light-colored clothing to stay cooler outdoors.
- Use sunscreen, sunglasses, and a wide-brim hat when outside.
- Avoid outdoor activity during the hottest part of the day.
- Spend time in shaded or air-conditioned areas whenever possible.
- Take breaks often and listen to your body if you feel tired or overheated.



Watch for Signs of Overheating

Tell staff right away if you notice:

- Dizziness or lightheadedness
- Headache or unusual tiredness
- Dry mouth or extreme thirst
- Muscle cramps
- Nausea or confusion

Early attention can help prevent heat exhaustion and keep everyone feeling their best.



Why Hydration Matters

Staying hydrated helps the body regulate temperature, maintain energy, support healthy circulation, and keep joints and muscles working comfortably. Drinking enough fluids can also improve focus, mood, and overall comfort during hot weather.

Even small steps — like an extra glass of water or resting in the shade — can make a big difference.



Sip, Stay Cool, and Shine Bright This June!

Stay Active at The Lodge

Fun Tips & Tricks to Stay Active and Strong All Summer Long!

Summer is a wonderful time to enjoy sunshine, fresh air, and fun activities at The Lodge. Staying active helps keep your body strong, your mind sharp, and your mood bright. The best part? Every little bit of movement you add to your day can make a big difference!



Move Indoors, Feel Great!

You don't need to go far to stay active.

- Stretch while watching your favorite show.
- Try chair exercises or gentle yoga.
- Walk laps in the hallways.
- Use light hand weights or resistance bands.
- Dance to your favorite music—it's fun and good for the heart!
- Stand up and move for a few minutes every hour.



Get Outside & Soak It Up!

Fresh air and sunshine can lift your spirits!

- Take a walk on our beautiful walking path.
- Sit outside and enjoy the warmth and fresh air.
- Garden or water flowers.
- Play a game like bean bag toss or ring toss.
- Go for a stroll with a friend and enjoy good conversation.
- Look for birds, butterflies, and signs of summer all around you!



Move Your Body, Lift Your Mood

Movement is one of the best ways to feel your best!

- It boosts energy and improves sleep.
- It helps with balance, flexibility, and strength.
- It can reduce stress and bring more joy to your day.
- You don't need intense workouts—just consistent, gentle movement.
- Even 5–10 minutes at a time adds up and makes a difference!



Little Steps. Big Impact.

Small choices each day can lead to a stronger, healthier you. Try these easy ways to add more movement to your day:



Take the stairs or an extra lap.



Stand or stretch for a few minutes.



Stay hydrated before, during, and after activity.



Make it fun! Invite a friend to join you.



Celebrate your progress—little by little!



A Gentle Reminder

Listen to your body and move at your own pace. Take breaks when you need to, stay hydrated, and ask staff for help if needed.



You've got this!



Move a Little, Laugh a Lot, and Enjoy Every Moment!

Little steps today lead to a healthier, happier you tomorrow.

JUNE BIRTHDAY CELEBRATION

We are happy to celebrate our residents with June birthdays! June brings sunshine, fresh air, and the perfect time to enjoy the simple joys around us. Thank you for brightening our community every day.

Happy Birthday!

Karen Klose – June 13

Dorothy Larsen – June 18

Bonnie Voorhees – June 18

May your birthday be filled with smiles, laughter, and the company of friends. We are so grateful to celebrate with you!

Wishing You a Wonderful Month



Montana Assisted Living Resident Rights

Three important rights to remember

Residents have these important rights:



Be Informed & Participate in Decisions

Residents have the right to be fully informed about their care, services, and any changes that may affect them. They have the right to participate in decisions about their care and daily life.



Privacy & Dignity

Residents have the right to privacy in their personal life, care, and communications. They have the right to be treated with dignity and respect at all times.



Freedom from Discrimination

Residents have the right to be free from discrimination based on race, color, national origin, religion, sex, sexual orientation, gender identity, disability, age, or marital status.

Source: Montana Code Annotated § 50-5-103

Rights matter every day

Your voice matters. Your choices matter.
You matter. ❤️



*We're stronger when we respect
and support each other. ❤️*



Friendly reminder: Residents can ask questions, make choices, and speak up about concerns. We're here to listen and help!



June

THROUGH THE YEARS

A LOOK BACK AT SPECIAL MOMENTS THAT SHAPED OUR WORLD

June is a time for sunshine, celebration, and change.
Let's look back at special moments through the years! ♥

Celebrating
Our Stories,
Our Memories,
Our Community!

1910s



June 1911

The Indianapolis 500 takes place for the first time on June 1.
A new racing tradition begins!



1920s



June 1924

The Indian Citizenship Act is signed into law on June 2, granting U.S. citizenship to Native Americans born in the United States. A landmark step in civil rights.



1930s



June 1933

Amelia Earhart becomes the first woman to fly solo across the Atlantic Ocean on June 17.
A truly soaring achievement!



1940s



June 1944

On June 6 (D-Day), Allied forces began a historic invasion in Normandy during World War II.
A turning point for freedom.



1950s



June 1950

The Korean War begins on June 25 when North Korean forces invade South Korea.
A conflict that shaped a generation.

1960s



June 1963

Valentina Tereshkova becomes the first woman in space on June 16.
A giant leap for women everywhere!

1970s



The U.N. Conference on the Human Environment begins in Stockholm on June 5, launching a global movement for our planet.

1980s



June 1983

The first cellular mobile phone call is made on June 13.
The start of staying connected anytime, anywhere!

1990s



June 1991

The World Wide Web goes public on June 6.
Opening the door to a whole new world of information!

Every memory matters. ♥
Every moment makes history! ♥ ♥

The past is full of stories.
The future is full of possibilities.
Let's enjoy every moment along the way! ♥

Our stories connect us. Our memories inspire us. Our community makes us stronger.

Did You Know?



June is named after Juno, the Roman goddess of marriage and protection. ♥



The first day of summer usually falls around June 20 or 21! ♥



June is National Dairy Month—perfect for enjoying cool treats! ♥



It's also National Great Outdoors Month.
Get outside and enjoy! ♥

Simple Joys That Never Change ♥

- ♥ Good friends
- ♥ Kind words
- ♥ Sharing stories
- ♥ Laughter
- ♥ Feeling at home



Resident Spotlight

Meet Floyd Usselman



Floyd is an early bird, he likes fishing and camping and he likes dogs.

Floyd was born and raised in Fairview Mt.

His favorite meal is a good steak off the grill.

Fall is his favorite season.

His first car was a 49 Chevy.

His favorite family tradition is all of the Holidays when everyone gets together.

He likes to watch the Seattle Mariners.

He enjoyed travels to Hawaii and Alaska.

Employee Spotlight

Meet Sadie



Sadie's passion is working in assisted living, where she is dedicated to helping others to the best of her ability. She is excited to be back working with The Lodge.

In her free time, Sadie enjoys spending time with her three children, fishing, camping, and occasionally relaxing with a good book. Her bubbly personality brings smiles and laughter to those around her.

Family Time **Fishing** **Camping** **Reading** **Smiles & Laughter**

Fun Fact: Sadie loves family time, fishing, camping, and reading.

Sadie brings smiles, laughter, and a helping heart to residents each day.

Together in Care & Community
ASSISTED LIVING



Enjoy TODAY

You are amazing

Take time to

*Relax
Laugh
&
Have Fun!*



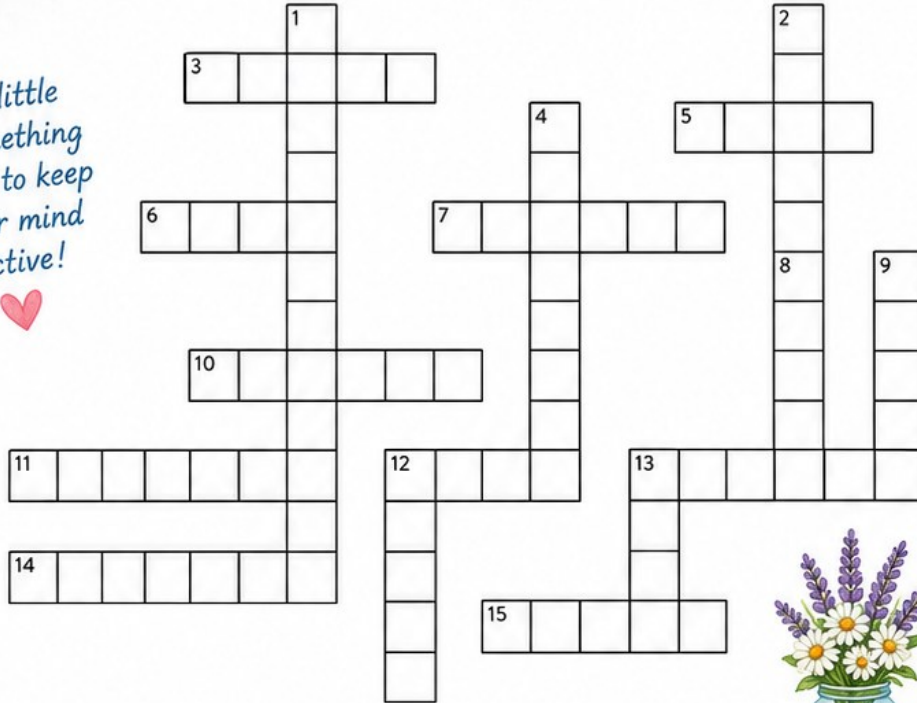
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CROSSWORD PUZZLE

Fun for the Mind, Good for the Heart!

Grab a pencil, take your time, and enjoy!

A little something fun to keep your mind active!



ACROSS

3. A flower that often blooms in June
5. June 14th is this special observance honoring our flag
6. Popular summer activity with a rod and reel
10. Red, white, and blue represent this country's colors
11. The season that begins on June 20, 2026
12. June's birth flower
14. A fun outdoor meal
15. What you might wear to stay cool in June

DOWN

1. Sweet treat perfect for a warm June day
2. A special person we celebrate on Father's Day
4. The month after May
7. Longer and brighter days in June mean more of this
8. June is named for the Roman goddess of this
9. Bugs with wings that flutter in the summer
13. Something we wear on our face to protect our eyes from the sun

FUN FACTS ABOUT JUNE!



June is named after Juno, the Roman goddess of marriage and protection.



June has the longest daylight hours of any month in the Northern Hemisphere.



Flag Day is celebrated on June 14.



The third Sunday in June is Father's Day in the U.S.



June is National Great Outdoors Month—the perfect time to get outside and enjoy!



June is National Dairy Month and National Strawberry Month!



The first day of summer in 2026 is Saturday, June 20.



June is a wonderful time for making memories!



Keep smiling, keep exploring, and enjoy all the special moments that June brings!





June



Find the
words and enjoy
the season!



WORD SEARCH

Take a break, have fun, and keep your mind sharp! ❤️



WORDS TO FIND

- ❤️ SUNSHINE
- 🍌 OUTDOORS
- 🌿 GARDENING
- 🦋 BUTTERFLY
- 🍓 STRAWBERRIES
- 💚 FAMILY
- 👫 FRIENDS
- 👑 FATHER'S DAY
- 🍦 ICE CREAM
- 🏖️ BEACH
- 🚶 WALKING
- 🌞 LONG DAYS
- 🍷 RELAX
- 🌸 FLOWERS
- ☀️ SUMMER
- 🐦 BIRDSONG
- 🌱 GREEN
- 🇺🇸 FLAG DAY
- 😊 JOYFUL
- 🏖️ VACATION
- 📸 MEMORIES
- 💜 GRATEFUL
- ❤️ HAPPY



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F	L	A	G	D	A	Y	J	O	Y	F	U	L	M
V	A	C	A	T	I	O	N	M	E	M	O	R	E
G	R	A	T	E	F	U	L	H	A	P	P	Y	S

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June is a wonderful time for making happy memories! ❤️



Enjoy
every
moment!

Stay active, stay positive,
and keep smiling! 💜

