

News to keep you up-to-date.

# HAPPENINGS

## At The Villa

A publication of  
 East Park Villa  
 Senior Living

### THE ELEVATOR IS DONE!!!

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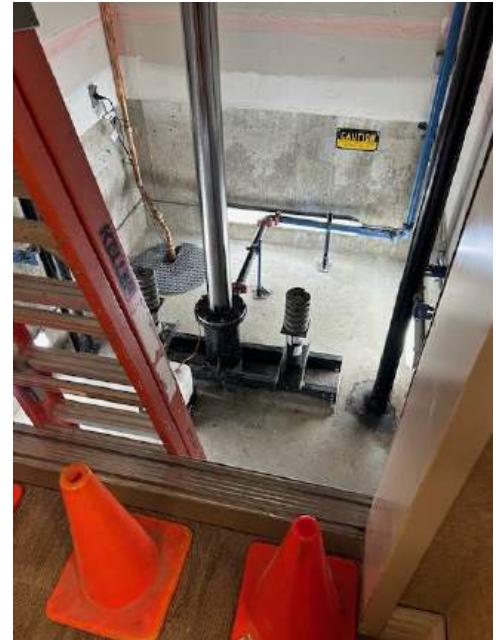
From EPV's Kitchen

The newsletter is a couple of days late because we wanted to wait until we could say these words: IT'S DONE. The elevator is back up and running!!

What a project. We appreciate the patience of all the residents, families and friends who traversed the stairs during this time. I would also like to express my deep appreciation for East Park Villa staff. They continued to serve excellent food in less than stellar circumstances. They cared for medical/health needs, they kept apartments clean, kept services running, and kept residents entertained—creatively using the balconies.

As safety is of utmost importance, one of our goals was to complete this project with no resident, staff, or contract labor injuries. This goal was also accomplished. Residents patiently waited for staff to accompany them on the stairs. When construction items were in the hallways, residents waited for the "all clear" before passing through. Residents allowed staff to carry items up and down the stairs for them, helping to create a culture of safety.

Watching the final inspection was interesting. They placed weights in the elevator to simulate the weight of passengers, ran water with a garden hose for the sump pump, and conducted variety of other tests.



*The elevator pit*

I know I speak for all the residents and staff in extending our appreciation to the MCHI Administration and Board of Directors who recognized the importance of this project.

*Laurie Andrews*

#### East Park Villa

1704 L Street  
 Aurora, NE 68818  
 402-694-2300

East Park Villa is a  
 division of Memorial  
 Community Health, Inc.



## JULY Activities

The following activities are **in addition to our regularly scheduled activities**. If you plan to attend, please sign up for activities marked with an asterisk (\*) at least 24 hours in advance. Thanks!

### July:

- 2– Hamilton Band
- 3– Bingo With Vicki & Billie
- 3– Shop Dollar Tree\*
- 7– Shop Aurora Mall\*
- 7– EPV Council
- 8– Pinnacle Bank
- 9– Bible Study
- 10–Shop Dollar General\*
- 10– Ladies Tea
- 11– Harmony Nursery Trip\*
- 11– Men's Night\*
- 14– Shop Aurora Mall\*
- 15– Lunch @ Winchesters\*
- 16– Horse Races
- 17– Kevin & Heidi Cheng
- 17– Shop MCHI Thrift Shop\*
- 21– Shop Aurora Mall\*
- 22– Pinnacle Bank
- 22– Shop Walmart In GI\*
- 23– Merrymaker Joyce Torchia
- 24– Shop Dollar Tree\*
- 24– Trip to Hamilton County Fair\*
- 28– Shop Aurora Mall\*
- 29– July Birthday Party
- 30– BINGO Open House
- 31– Shop Dollar General\*
- 31– Trip to GI Casino\*



## JULY Birthdays

### Residents

- 6 – Bob L.
- 12– Paul F.
- 18– Karen O.
- 23– Kathryn O.
- 23– Bonnie J.

### Staff

- 6 – Lacey S.
- 13– McKenzie. M
- 17– Kathy D.
- 20– Crystal H.
- 20– Rowen B.
- 23– Peyton G.

## AUGUST Birthdays

### Residents

- 9 – Lureta D.
- 9 – Jan O.
- 29– Rosemary M.
- 30– Judy S.

### Staff

- 9 – Laurie A.
- 16– Jonathan J.
- 18– Kendall S.
- 20– Makaylah M.
- 21– Jen W.



Search Memorial Community Health.

Follow us on Instagram and like and share our Facebook page with family and friends.

Updated periodically with  
East Park Villa photos.

# Merrymakers



**Joyce Torchia**  
July 23rd  
2:30



**Modern Kowboy**  
August 8th  
2:30

Merrymakers improves the quality of life for seniors by encouraging active participation, increasing social interaction, and sparking memories through professional musical entertainment.



**Grilled Hot Dogs  
Chips  
Ice Cream  
Outdoor Water Games**

*Kevin &  
Heidi Cheng  
July 17th  
10:00 am  
3rd Floor*



**Huskers vs. Cincinnati  
August 28, 2025  
8:00 on ESPN**

A graphic with a green background. On the left, there is a vertical grid pattern resembling a football field. Overlaid on the grid is a cartoon of the Husker mascot wearing a red cowboy hat with a white 'N' on it. To the right of the mascot is a black and white football pennant with the word 'FOOTBALL' in white letters. The entire graphic is set against a green background with a subtle floral pattern.

**Husker Tailgate Party  
August 28th  
5:00  
Front Drive**



## *A Note from Nursing...*

### Preventing Falls in the Older Adult

According to the National Institute on Aging, each year 1 in every 4 adults ages 65 or older falls. The risk of falling increases with each decade of life. The long term consequences of fall injuries, such as hip fractures and traumatic brain injuries, can impact the health and independence of older adults. We want you all to stay safe, secure and independent. Knowing how to reduce the risk of falling is a step toward this goal. Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater chance of a fall.

#### **Check Your Risk for Falling**

If you can say yes to any of the following risks, you are at an increased risk for falling and should talk about it with your doctor.

- I have fallen in the past year. People who have fallen once are likely to fall again.
- I use or have been advised to use a cane or walker to get around safely. People who have been advised to use a cane or walker may already be more likely to fall.
- Sometimes I feel unsteady when I am walking. Unsteadiness or needing support while walking are signs of poor balance.
- I steady myself by holding onto furniture when walking at home. This is also a sign of poor balance.
- I am worried about falling. People who are worried about falling are more likely to fall.
- I need to push with my hands to stand up from a chair. This is a sign of weak leg muscles, a major reason for falling.
- I often have to rush to the toilet. Rushing to the bathroom, especially at night increases your chance of falling.
- I've lost some feeling in my feet. Numbness in your feet can cause stumbles and leads to falls.

#### **Prevention Tips**

Falls are not just the result of getting older. Many falls can be prevented.

**Get some exercise.** Lack of exercise can lead to weakness and increases the chances of falling. Exercise makes you stronger, improves coordination, and improves your balance and confidence making falls much less likely.

**Eliminate hazards in your apartment.** Look around your apartment and identify potential fall or tripping hazards. Remove things you can trip over (such as papers, books, clothes and shoes) from places where you walk. Remove small throw rugs. Keep items you use often in cabinets you can reach easily without using a step stool. If you must climb up to reach something, have family or a staff member do the reaching for you.

**Keep your vision sharp.** Poor vision can make it harder to get around safely. You should have your eyes checked every year and wear glasses or contacts with the right prescription strength.

**Wear well-fitting shoes** with good support in and outside of your apartment.

**If you do fall, notify staff immediately. We want to make sure you haven't injured yourself, or if you have injuries, we need to get you the proper medical attention.**

Wishing you good health and happiness,  
Jennifer, RN

# August Activities

The following activities are **in addition to our regularly scheduled activities**. If you plan to attend, please sign up for activities marked with an asterisk (\*) at least 24 hours in advance. Thanks!

## August :

- 1– At Home Hearing
- 4– Shop Aurora Mall\*
- 5– National Night Out
- 7– Shop The MCHI Thrift Shop\*
- 7– Ladies Tea
- 8– Merrymakers Modern Kowboy
- 11– Shop Aurora Mall\*
- 11– EPV Council
- 12– Pinnacle Bank
- 14– Shop Dollar Tree\*
- 18– Shop Aurora Mall\*
- 19– Shop Walmart In York\*
- 20– Horse Races
- 21– Shop Dollar General\*
- 21– Out to Lunch @ Kerry's
- 21– Men's Night
- 22– Creative Cocktails
- 25– Shop Aurora Mall\*
- 26– Pinnacle Bank
- 26– June & July Birthday Party
- 28– Shop MCHI Thrift Shop\*
- 28– Tailgate Party



## **Hello from Housekeeping!**

Just a quick reminder. Please remember to shut your windows if your air conditioner is on so it does not freeze your AC unit. Also, if you have your windows open, please keep your front door closed. Open doors tend to heat up the halls.

*Have a great day!*  
**Becky, Lacey, Kenzie, Kendall**



*Harmony Nursery*

*& Daylily Farm*



# Community Open House Pie & Bingo Event

**July 30, 2025**

2:00 – 3:30 PM

1704 L St, Aurora, NE

## *You are invited!*

Please stop by our Community Open House Pie & Bingo event. We would love to see you!

*If playing Bingo, please call  
402-694-2300 to reserve your seat today.*

**Basket Raffle – Bingo  
Prizes – Pie & Coffee**



**East Park Villa**  
Senior Living

Laurie Andrews  
Administrator

Jennifer Hunter, RN  
Assistant Administrator

Nicole Nelson  
Activities Coordinator

Becky Guptill  
Housekeeping Supervisor

Crystal Homolka  
Dietary Supervisor

Jason Fry  
Maintenance Supervisor



*Because every moment matters.*

## Fruity Summer Punch

### Ingredients:

- 1 cup pineapple juice
- 1 cup orange juice
- 1/2 cup cranberry juice
- 2 cups lemon-lime soda
- 1 tablespoon lime juice
- Ice cubes

### Directions

1. Add all juices and soda to a carafe.
2. Stir well until fully combined and chilled through.
3. Fill four glasses with ice and pour the punch over the ice.

[EastparkVilla.org](http://EastparkVilla.org)

Visit us online at:

1704 L Street  
Aurora, NE 68818

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