

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!!

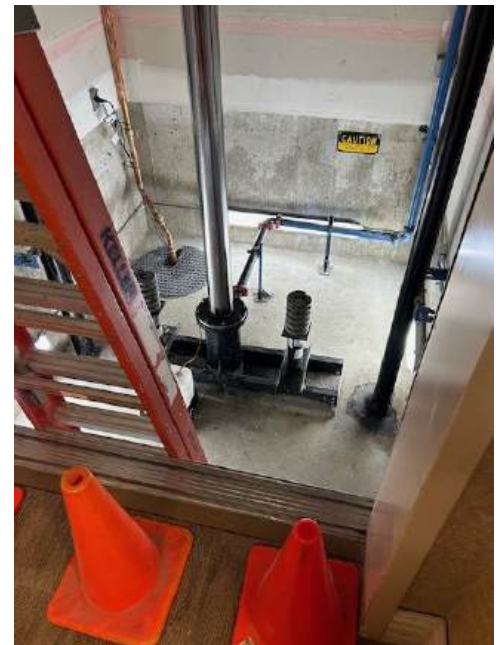
What a project. We appreciate the patience of all the residents, families and friends who traversed the stairs during this time. I would also like to express my deep appreciation for East Park Villa staff. They continued to serve excellent food in less than stellar circumstances. They cared for medical/health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

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



The elevator pit



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.



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Instagram



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

***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

Tour

July 11, 2025

9:30 AM



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

Visit us online at:

1704 L Street
Aurora, NE 68818

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