

News to keep you up-to-date.

HAPPENINGS

At The Villa

A publication of
 East Park Villa
 Senior Living

So much to do ...

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From EPV's Kitchen

Recently, I was talking with Gary about all the upcoming events we're having at East Park Villa. Well, truth be told, I was probably really seeing if he would volunteer to help with a few things... but his comment made me smile. As I listed off the events, he commented that, "all we do is party and have fun!" He was surprised at the number of events and activities. We do have a lot of events, and the reason is simple: these are the activities and events our current residents enjoy.

Activities ebb and flow depending on our residents. Sometimes we have a resident population that enjoys baking; sometimes crafting. Right now, we have residents who basically just want to do things—any type of thing. They want to learn and experience new things. The calendar is filled with activities, and it isn't letting up anytime soon.

I believe we are fortunate to have an activity department—AKA Nicole—who provides fun adventures. Whether it's going to the museum in Lincoln, followed the next day by attending the local parade; heading out at 9:30 p.m. for fireworks; organizing the raptor visit from the Edgerton Center; heading to the casino; going to the county fair; taking residents to Band on the Bricks to support Maddog (AKA Maddy); hosting our annual tailgate party; organizing a carnival for Assisted Living Week; or celebrating our 25th Anniversary Grateful Celebration, there's always something happening. All of this is interspersed with the usual favorites, such as birthday parties and exercise classes. I don't know how Nicole keeps it all straight!

Now we're adding something new to the mix—a resident-led patriotic celebration spearheaded by Judy Sullivan, complete with music and readings. The residents have been practicing and reporting to their rehearsal times as assigned. We can't wait to attend the event and celebrate not only our great nation, but also our residents.

So many options. What an awesome opportunity to explore new adventures.



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:

- 1– BINGO with The Gomez Boys
- 2– Shop Dollar General*
- 2– Fireworks*
- 3– 4th of July Program
- 6– Shop Aurora Mall*
- 6– EPV Council
- 8– BINGO With Vicki & Billie
- 9– Shop Dollar General*
- 9– Ladies Tea
- 10– Lily Farm Trip*
- 13– Shop Aurora Mall*
- 14– Pinnacle Bank
- 14– Coffee @ MCC*
- 16– BINGO Open House
- 16– Shop MCHI Thrift Shop*
- 17– At Home Hearing
- 17– Trip to GI Casino*
- 20– Shop Aurora Mall*
- 20– Hamilton County Band
- 21– Merrymaker Mark Irvin
- 21– Shop Target in GI*
- 22– Horse Races
- 23– Shop Dollar Tree*
- 23– Back Yard BBQ
- 24– Hot Fudge Sundaes
- 27– Shop Aurora Mall*
- 28– Pinnacle Bank
- 28– July Birthday Party
- 30– Shop Dollar General*
- 30– Trip to the Fair*
- 31– Happy Hour



JULY Birthdays

Residents

- 6 – Bob L.
- 12– Paul F.
- 23– Kathryn O.
- 23– Bonnie J.
- 25– Violet F.

Staff

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

AUGUST Birthdays

Residents

- 9 – Lureta D.
- 29– Rosemary M.
- 22– Nick T.
- 30– Judy S.

Staff

- 6– Maddy B.
- 9 – Laurie A.
- 16– Jonathan J.
- 21– Jen W.



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Updated periodically with
East Park Villa photos.

Merrymakers



Mark Irvin
July 21st @ 10:00am



Modern Kowboy
August 7th @ 2:30pm

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



August 14th
6:00 – 9:00 pm

Mad Dog
AKA Maddy



July 2nd

Fireworks @ The Fairgrounds

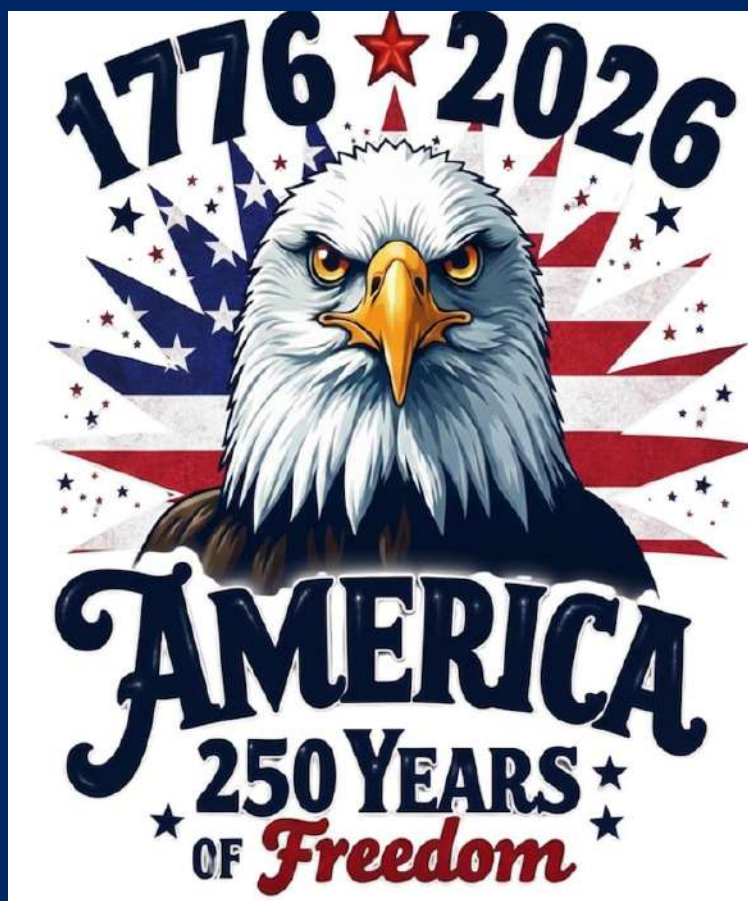
9:30 pm

July 3rd

America's 250 Year Program

& Root Beer Floats

2:30 pm



Husker Tailgate Party

August 27th @ 5:00pm

Front Drive



A Note from Nursing...

SUMMER IS HERE!

It's always nice to see those of you out walking around the building, attending outdoor events, and sitting outside enjoying the weather. It's hard to resist the temptation of spending time outside and soaking up the warm sun. Nebraska summers can pack a punch with high temperatures and humidity, and it doesn't take long for the heat and humidity to take a toll on our bodies.

HEAT EXHAUSTION AND HEAT STROKE

Heat exhaustion and heat stroke occur during periods of high temperatures and high humidity, when the body can't cool itself sufficiently through the evaporation of sweat. Fluids and electrolytes are lost, and when a person doesn't replenish those fluids, heat exhaustion and heat stroke can occur. Older adults are particularly susceptible to heat-related illness because their bodies are less able to regulate temperature, they commonly have medical conditions that are easily aggravated when the body is unable to maintain a normal temperature, and they may take medications that make them more prone to heat exhaustion.

Signs of heat exhaustion include severe thirst, muscle weakness, nausea, vomiting, fast, shallow breathing, irritability, headache, increased sweating, cool, clammy skin, and an elevated body temperature of up to **105°F**. If you experience any of these symptoms, it is extremely important to go indoors or into the shade immediately to cool down, take frequent sips of cool, clear liquids, and monitor your temperature. If not treated promptly, heat exhaustion can progress to heat stroke.

Signs of heat stroke include a severe throbbing headache, weakness, dizziness, confusion, difficulty breathing, decreased responsiveness or loss of consciousness, little or no sweating, flushed, hot, dry skin, and a body temperature of **105°F or higher**. Heat stroke requires immediate emergency medical care and can be fatal.

STAYING SAFE AND COOL DURING HOT SUMMER DAYS

- Avoid activity in hot, humid weather
- Always stay well hydrated by drinking plenty of fluids
- Take regular breaks from activity
- Wear loose-fitting, breathable clothing
- Stay out of direct sunlight
- Be active during the early morning or late evening when the sun is at its weakest
- Avoid drinking alcoholic or caffeinated beverages
- Use moving air from fans, wind, or air conditioning
- Stay out of warm environments such as gyms, aerobic classes, and stuffy rooms

Please take care, use precautions when going outside, and enjoy your summer!
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 :

- 3– Shop Aurora Mall*
- 3– EPV Council
- 5– Bingo With The Gomez Boys
- 6– Shop MCHI Thrift Shop*
- 6– Chapel
- 7– Merrymaker Modern Kowboy
- 10– Shop Aurora Mall*
- 11– Pinnacle Bank
- 11– Lunch @ Kerrys*
- 12– Chapel
- 13– Shop Dollar Tree*
- 13– Ladies Tea
- 14– Band On The Bricks*
- 17– Shop Aurora Mall*
- 18– Chapel
- 18– Shop Walmart In York*
- 19– Horse Races
- 20– Shop Dollar General
- 20– Coffee at Susans Books
- 21– Creative Cocktails
- 24– Shop Aurora Mall*
- 25– Pinnacle Bank
- 25– July Birthday Party
- 27– Shop MCHI Thrift Shop*
- 27– Tailgate Party
- 28– Trip to Hastings Museum*
- 31– Shop Aurora Mall*



Hello from Housekeeping!

*A little something for you to
keep in mind.....*

If you are away for a few days, having company coming in, or have a doctors appointment, please let us know if we need to rearrange your cleaning day or time. We are happy to rearrange for you.

Have a great day!



Community Open House *Pie & Bingo Event*

July 16, 2026

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.

**Bingo Prizes
Pie & Coffee**



East Park Villa
Senior Living

Laurie Andrews
Administrator

Jennifer Hunter, RN
Assistant Administrator

Nicole Nelson
Activities Coordinator

Crystal Homolka
Dietary Supervisor

Jason Fry
Maintenance Supervisor



Because every moment matters.

Cheesecake Salad

Ingredients:

8 oz cream cheese	1 cup strawberries
1/2 cup powdered sugar	1 cup blueberries
8 oz whipped topping	1 cup raspberries
	10 oz mini marshmallows

Instructions:

Beat the cream cheese until smooth and creamy no lumps. Add powdered sugar and mix until well combined. Whip the whipped topping. Gently stir in the whipped topping by hand. Gently fold in the fruit and marshmallows. Be careful not to smash the fruit and do not over mix.

Cover and refrigerate until ready to serve.

Eastparkvilla.org

Visit us online at:

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Aurora, NE 68818

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