

Our Team

**FOLLOW
US ON
SOCIAL
MEDIA**



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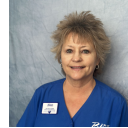
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The Bluffs Senior Community

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www.thebluffs.org

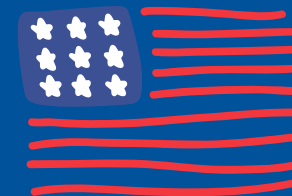
July 2025 NEWSLETTER

Resident Birthdays

7/1- Shirley P.
7/19- Cathe M.
7/22- Joe R.
7/24- Helen S.
7/28- MaryLou V. (QC)

Employee Birthdays

7/4- Kayley K.
7/12- Irene B.
7/14- Maddy R.
7/26- Matt W.



Letter from our Executive Director

Hello & Happy July!

I hope you all had a wonderful June!

As Yoopers, we live for these beautiful Summer days- after waiting nearly 8 months!

The end of this month we will be hosting our 5th annual Family Fun Fair on Friday, July 25th. Please mark your calendars and join us for an afternoon of fun! We will have a \$7 lunch, games, music and this year we will feature a petting zoo! We are really excited and looking forward to spending the afternoon with you!

As our property comes to life with flowers and beauty, it reminds me that our seniors are the heart of our home, and we are honored to walk alongside them, learn from their stories, and share in their joy each day. Their wisdom, humor, and resilience inspire us, and we are grateful for the opportunity to celebrate and care for them in a place filled with warmth, respect, and love.

Have a fun filled July!

-Jessica

Activity Highlights

July has arrived, and the weather this month is expected to be fantastic. We will be taking more walks outside to appreciate the beautiful Copper Country weather. Please remember that on Tuesdays and Thursdays, we have plant care sessions at 11 a.m. Those who are keen on watering and maintaining the plants should gather at the Service Entrance. On Thursday, July 3rd, we will celebrate our Independence Day Picnic. Throughout July, we will host several different presentations, including 'Scams Targeted to Seniors' by Range Bank, a U.P. Home Care Therapy Health Talk, and a session with the Alzheimer's Association. While the weather is nice, we will organize various outings, including shopping trips, lunch outings, an ice cream outing, and a visit to the Library to enjoy a performance by the Kivijat Finnish Dancers. Be sure to check the calendar to remain informed about the start times for all the exciting activities. We look forward to enjoying the fantastic weather. Don't forget to smile; it might brighten someone else's day!

Kalyssa~



Culinary Corner

Did you know during the summer months we use an outdoor grill for cooking? Kabobs, burgers, chicken and more are grilled to perfection during our summer menu rotation! We also use the grill a lot for our lunch picnics!

We often feature hot dogs, cheeseburgers or bbq chicken! Kalyssa will be planning a few more picnics this summer, make sure you RSVP at The Front Desk to attend. You can only enjoy the picnic food outside if you have signed up! Residents in the dining room still eat off of the normal menu! We look forward to seeing you!

-Shelly



Hydration Station

TIPS FOR STAYING *HYDRATED*

- Have a water schedule and set an alarm to remind yourself to drink water!
- Make sure you drink during meals
- Keep a bottle of water near your chair and bed for easy access
- Drink a full glass of water when you take your medications!
- Drink water even when you don't feel thirsty.



Coffee Corner will feature a new flavored water each day!

SIGNS OF DEHYDRATION



Thirst, dry lips, or dry mouth



Flushed skin



Headache



Dark yellow, strong-smelling urine



Dizziness and/or fainting



Low blood pressure and high heart rate

I.T. Support

Bluffs staff members are happy to take a quick look at your computer, tablet, or cellphone. While we are not trained IT professionals, we're often able to assist with simple fixes.

If the issue is beyond our skill level, we kindly ask that you seek outside help. We recommend Up & Running Technology Solutions—a trusted, full-service IT company based right here in Houghton. They provide our community with tech support and would be happy to assist you as well.

If you'd like a staff member to help troubleshoot your device, please call the Front Desk to request assistance.



UP AND RUNNING
TECHNOLOGY SOLUTIONS

906-482-4800



July 2025 Activity Calendar

Community Captures



Signing In & Out



Please make sure that you are signing in and out each time you leave the building! It is very important for daily checks and emergency situations that we have accurate records of who is in the building and who is out. It is also important for your guests to sign in and out during visits! If you need assistance to sign in and out ask the concierge on duty or ring the door bell on the sign-out kiosk!

Additional Reminders

- Recognize an outstanding employee! Please fill out an Arcadia Ambassador form for any employee that goes Above & Beyond for you!
- No assigned seats: Please remember we have no assigned seats in the Dining Room.
- Pendants: Please be sure to wear your emergency pendant at all times!
- ACH for rent: Feel free to sign up for automatic rent payments, it is very easy and convenient! See Abbie for details.
- Please supply a 2nd set of sheets for your apartment. This is very helpful on housekeeping days.

August Save The Date

8/1- BIRTHDAY LUNCH

8/20- SMILES ON WHEELS

8/22- LUAU HAPPY HOUR

