



The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931



JULY

2020

Resident Birthdays

1st- Sigrid K. QC

10th- Barb S.

11th- Lorraine R.

14th- Barb C.

15th- Mary Ann S. QC

24th- Helen S.

Employee Birthdays

12th- Irene B.

31st- Alice K.

Letter from Executive Director

Greetings from Houghton, Michigan!

Here we are in one of the most beautiful months of the year! The grass is so green, flowers are blooming and it finally feels like Summer!

In regards to the coronavirus, we've made some small but significant strides in June and I feel like there is a little light at the end of the tunnel. Everyone has been able to get their hair done and that surely makes us feel better!

Exercise classes have resumed as well as some small group activities, we are moving in the right direction.

We are now enjoying meals in the dining room, yahoo! We are making progress. As we proceed with caution in July, I know that we'll make more steps in the right direction.

Wishing you a blessed July!

~Jessica



*Martha celebrated her
102nd Birthday in June!*

JULY FLOWER



The birthday flower of July is the lovely Larkspur, which symbolizes carefree summer days, feeling lighthearted, and just having fun. Larkspur is a classic cottage garden staple that produces great cut flowers. With airy stalks of blue blossoms, this plant adds a gracefulness to any garden and looks good in masses or mixed with other perennials and annuals. The flowers can bloom in blue, purple, white, red or pink! a fun fact is that Native Americans and European settlers would use Larkspur flowers to create blue dye.

Culinary Corner

Greetings from The Kitchen~

I don't think anyone is as happy as I am...we're getting back to somewhat of a normal dining service and we are anxious to serve you! We will kick off July by celebrating Independence Day with our annual picnic which will be served from the kitchen and the following week we will celebrate birthday lunch, we will have the usual cake & ice cream to top off a great lunch! Abbie will also have a few tasty treats throughout the month!

We've got the garden planted and we are looking forward to the tasty, garden fresh fruits and veggies that we will get to enjoy later this summer!

I hope you are all doing well!

~Jodi
Kitchen Manager



Activity Happenings

Hello All~

What a wonderful June we enjoyed. We finally were able to get started with some in house activities! I was so excited to get back to a bit of normal. July will be fantastic, I just know it! We are going to start July with our Annual Independence Day Picnic on July 3rd and Birthday Lunch on July 10th! We are going to spend a lot of time outside and enjoy as much sunshine as we can! I have some popsicle patio visits scheduled, lawn games, afternoon and morning walks and bonfires! We are also going to go on a few picnic lunch outings because we are unable to go to restaurants at this time. Our activities calendar is still fairly limited still, with the exception of in house activities. We are continuing to make progress but we are still taking necessary precautions as needed. We will continue to work hard and make positive steps forward. Our biggest news from June is that Exercise classes resumed! We were so excited to have Laura back teaching classes on Monday, Wednesday and Friday. Kelly will return in the Fall to continue her Tuesday and Thursday classes and in the meantime, I will hold sittercise and morning walks! On a personal note, many of you have asked about my wedding plans for this fall! Garret and I are still getting married on September 19th and we are going ahead with our plans as normal. Should something change and we need to reschedule, we will still get married in September and hold a reception next summer. I am getting so excited for our big day!

All the best,

Abbie

Activity Trivia

*Answer the following questions on a piece of paper for a change to win a prize!
Turn into the front desk by July 6th, 2020*

- **What is our most popular activity at The Bluffs (not during quarantine)?**
- **What is it called when we celebrate Assisted Living Facilities?**
Hint: it's typically in September!
- **About how many happy hour napkins do we go through a year?**

CAMPING

Find the words in the grid . When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

T H T H G I L H S A L F E U
A S L N T T I T P M A T A E
D N C K A A S R N M P S N I
V I N C C P A E G E T T I R
E A I A O T S P R O T W M L
N T A P M I S A O O E T A H
T N E K P L N B C K F N L E
U U W C A C I S I K T S S A
R O T A S N A H E E D C L L
E M U B S A R N R C K E C A
X P H E D I T N T I T A O K
N C M D B P A M G E N S M E
K C A M P F I R E O E X K R
W V W K A Y A K E T X N N Z

Adventure

Animals

Backpack

Boots

Campfire

Canoe

Canteen

Compass

Flashlight

Forest

Hike

Hut

Insects

Kayak

Lake

Lantern

Map

Mountains

Napsack

Tarp

Tent

The Bluffs Word Scramble

LSFFBU

EEISTDNSR

ATCITSEVII

PATIO

DRGANE

BAGZEO

VWIE

MLROBLAO

HOPE

IEC ARMEC

IRNSFDE

IGENHROSB

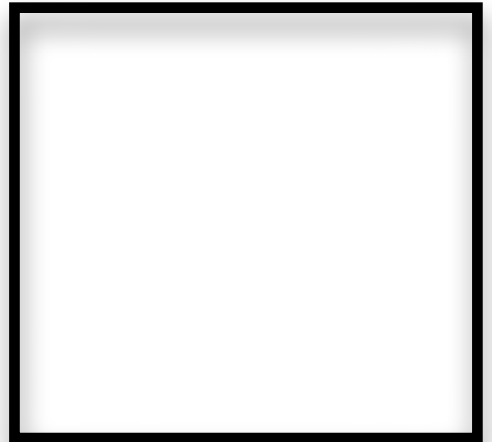
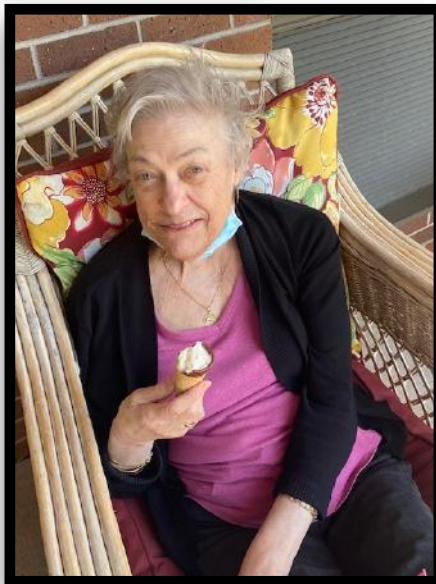
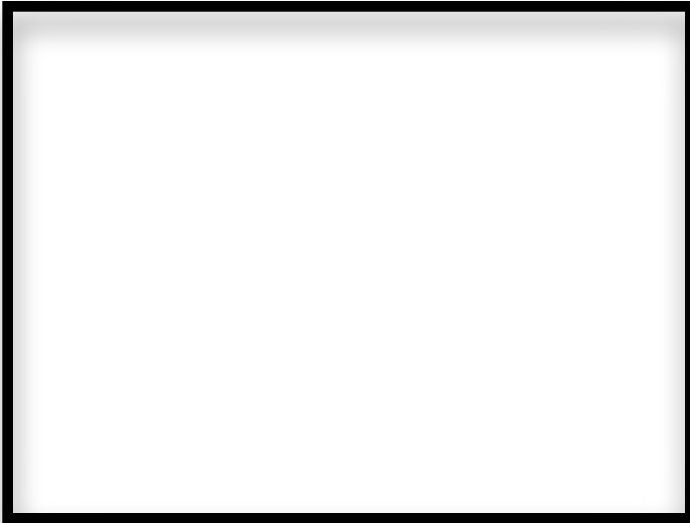
FOTRN EKSD

ASCTFR

GBNOI

Community

Captures



Employee Birthdays

Irene Borke

July 12th
Resident Assistant

What is your favorite part of your job?
The people!



Alice Kolka

July 31st
Baker

What is your favorite part of your job?
Finding and trying new recipes!

Additional Reminders

- Please continue to wear your masks at all times outside of your apartment.
- Apartment doors must remain closed at all times, if your room is warm, you are welcome to open a window or use your AC.
- Please be careful when you are on walks outside, if you would like a staff member to walk with you, let the front desk know and we can arrange a time to go!
- The snack cart will continue to come around at 2:30 each day.

August Save The Dates



7th- Birthday Lunch
14th- Luau Happy Hour





Our Team

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A graphic celebrating Independence Day. It features the word "HAPPY" in a blue, sans-serif font, with five red stars above it. Below "HAPPY" is the word "Independence" in a large, red, cursive script font. At the bottom is the word "DAY" in a blue, sans-serif font.

HAPPY
Independence
DAY