

604 E Hillcrest Ave.
Indianola, IA 50125



(515) 422-8098

604 E Hillcrest Ave.
Indianola, IA 50125



(515) 422-8098

Contact Information

Director:

Gayla Gilliland

director@vintagehillssl.com

Community Relations Coordinator:

Amanda Peacock

welcome@vintagehillssl.com

Healthcare Coordinator:

Chelsey Kruse

nurse@vintagehillssl.com

Administrative Assistant:

Angela Kownacki

admin@vintagehillssl.com

Maintenance Coordinator:

Tim Fuson

maintenance@vintagehillssl.com

Culinary Coordinator:

Kassie Stevenson

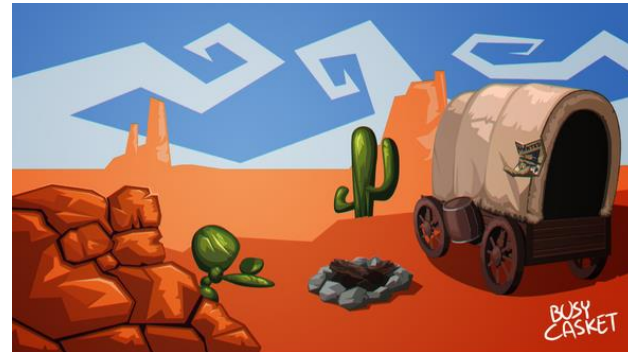
culinary@vintagehillssl.com

Life Engagement Coordinator:

Mara Sifrit

lec2@vintagehillssl.com

Journey To The Wild West



Resident Birthdays

Helen S. August 8th

Lee R. August 16th

Jeanne N. August 16th

News and Notes

In this Issue:

Page 1:

- Notable Events

Page 2:

-Resident Activity Photos

Page 3:

- Resident Activity Photos

Page 4:

- Contact Information

- Resident Birthdays

Notable Events

**8/1-Journey to the wild west
-Cowboy Dinner**

8/4-Food Council

**-Cowboy Hat coloring Contest
Bakery Bingo-Every Monday!**

8/7-Resident Council

8/10-Line Dancing Class

8/11-Mens Group

8/18-Vinatge Hills Time Capsule

8/25-August Birthday Party

8/29-Howdy Happy Hour!

“Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.”

— Nathaniel Hawthorne



Articles from your Leadership Team

Director's Corner Wild West! Join Vintage Hills in celebrating JULY!

August, **WAIT!** How did summer go by so fast?? I would say it's because Vintage Hills has been **extreamly** busy this summer with all The fun activities and events! Time fly's when your having so much fun. If you haven't been able to join us for all the festivities, I hope you are catching up on our Facebook Page!

Vintage Hills is going to be rolling out a new program in August that gives recognition to our amazing staff and all that they do everyday-this is to include, RA's, Culinary, Activites, Laundry and Maintenance.

The program is called- **Caught Red Handed!** If you witness a staff going above and beyond please nominate them for this Award. Nomination forms will be placed in the Conference Room you can then drop the nominaton(s) to a team-lead. At the end of each month a staff will be recognized and gifted an awesome Caught Red Handed T-shirt, certificate of acheivement and put in a drawing for the Employee of the month!

RESPONSIVE •
ENTHUSIASTIC •
DEVOTED

[New Vintage Hills Team members joining our team](#)

Destiny Gessert
Montana Tiffany
Yatnia Hernandez
Eliza Jane Nickell
Mea Jackson

[Staff Birthday's in August](#)

Carey Moore

<https://www.facebook.com/VintageHillsOfIndiana>



Welcome Aboard! From Amanda

It has been so much fun pretending to be sailors this past month. Whenever I want to greet someone, all I must do is "wave". As "Sails" Manager of Vintage Hills, I am so proud of the great things going on here! When it has been a "long time no sea" I enjoy catching up with residents at the monthly social events. Our goal is to have this vessel loaded to full capacity. So, call up your mates and encourage them to join the crew!

News from the Nurse:

Our Assistant Health Care Coordinator Beth is finally part of the Flock! If you haven't met Beth yet- here is a short bio to get to know her!

- originally grew up in the South and is from Mississippi
- one of a twin
- Married with 3 adult children
- Youngest daughter is a Junior at Iowa State
- Lives on an acreage 10 miles south of Indianola
- Has 3 dogs and 1 cat
- Hobbies include gardening, sewing, hunting, fishing and enjoying the outdoors.

Insect Bites and Stings

Summer is often the time when insect bites and stings happen.

Insect bites often cause minor swelling, redness, pain, and itching. These mild reactions are common. They may last from a few hours to a few days. Home treatment is often all that's needed to relieve the symptoms of a mild reaction to common stinging or biting spiders and insects, such as fleas, flies, and mosquitoes. Some home remedies include, Hydrocortisone cream, applying an icepack, An antihistamine that you take by mouth, may help relieve itching, redness, and swelling. Hydrocortisone 1% cream or calamine lotion applied to the skin may help relieve itching and redness.

Resident Activity Photos



Some flowers from our garden



Our Scenic Drive to the Nature Center!



Corn Shucking!!!



BALLOON BOP