



# SAUER HEALTH CARE

QUALITY AND COMFORT, TOGETHER

Sauer Health Care | 1635 W Service Drive | 507-454-5540 | [www.sauerhealthcare.org](http://www.sauerhealthcare.org)



Dear Residents, Families, and Representatives,

As we welcome July, I would like to take a moment to thank each of you for being an important part of our community. Summer is in full swing, and we look forward to enjoying the season with a variety of activities, special events, and opportunities for residents to connect and create meaningful memories.

We are excited to share a reminder that our online payment portal is now live, providing a convenient and secure way to make resident account payments electronically. In addition, we have recently launched an online donation portal for those who wish to support our residents, programs, and community initiatives. We are grateful for the generosity of our families, friends, and supporters, and these new tools make it easier than ever to contribute.

We would also like to remind families and representatives that you are always welcome to join us for activities, celebrations, and special events. Your presence brings joy to our residents and helps strengthen the sense of community we value so deeply. Please watch our activity calendar and newsletters for upcoming opportunities to participate. As always, our commitment remains focused on providing exceptional care, maintaining a welcoming environment, and ensuring the highest quality of life for our residents.

Thank you for your continued trust and partnership.

We wish everyone a safe, happy, and enjoyable July!

Warm regards,

Jessi Muras, BHA, RN, LNHA  
Administrator





Happy July! As we enjoy the warmth and energy of summer, I would like to take a moment to thank each of you for being such an important part of our community. July is a wonderful time to celebrate together, especially as we look forward to Independence Day festivities, summer activities, and visits with family and friends. I am continually inspired by the kindness, resilience, and spirit of our residents, as well as the support and partnership of our families. Our dedicated staff remains committed to providing exceptional care, comfort, and meaningful experiences every day. As temperatures rise, please remember the importance of staying hydrated and dressing comfortably for outdoor activities. I also encourage families to continue visiting and participating in events whenever possible, as these connections make a tremendous difference in the lives of our residents. On behalf of myself and the entire team, thank you for the trust you place in us and for helping make our facility a warm, welcoming place to call home. I wish you and your loved ones a safe, healthy, and joyful July.

Colton Terry – HR Manager



July is a great time to enjoy visits from family and friends and participate in summer activities. Social Services encourage families to stay involved in the lives of their loved ones, as regular visits, phone calls, and participation in care planning all contribute to residents' emotional well-being and quality of life. As temperatures rise, this is also a good reminder to check in with your loved one and notify staff if you have concerns or notice changes in their well-being. Social Services is available to answer questions, provide support, connect families with resources, and advocate for our residents' needs. Thank you for allowing us to be a part of your care journey. We appreciate the opportunity to support our residents and their families and wish everyone a safe and happy July.



Bailie Riter – LSW – Social Worker

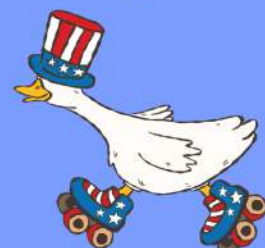
July brings new ways to connect and thrive together! Our Therapeutic Recreation team is working hard to host structured activities that boost cognitive health, improve physical mobility, and reduce stress for your loved ones.

Aron Welch – TR Manager

Warm summer weather can be enjoyable, but it also brings unique challenges for older adults' skin. Aging skin is often thinner and more sensitive, making it more vulnerable to dryness, irritation, sunburn, and injury. Our nursing team regularly monitors residents' skin health, encourages proper hydration, and helps protect against excessive sun exposure during outdoor activities. Families can support these efforts by encouraging loved ones to wear lightweight clothing, use sun protection, and stay well hydrated. Together, we can help keep skin healthy and comfortable throughout the summer months.



Ashley Seppa – RN – Quality Nurse Manager





# July Events

7/02: Music & B-Day Party w/  
Mark C.

07/03: Independence Day  
Social

7/07: Resident Council

07/08: Grill Out on Patio

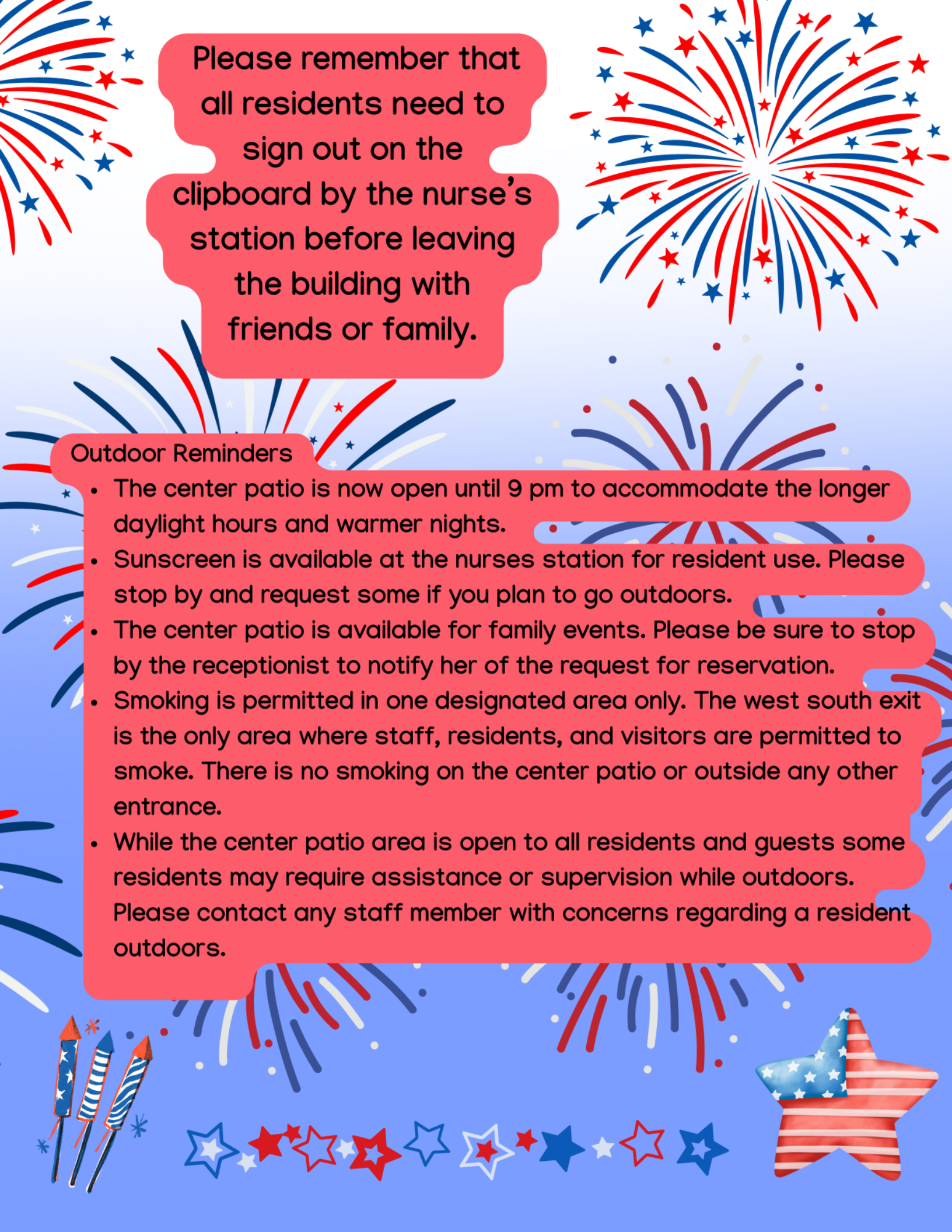
07/17: Shopping @ Walmart  
(\$)

07/22: Mango's Order-in (\$)

07/31: Scenic Drive

Please sign up with the TR Department for these special events. Items with (\$) listed require that resident funds are used for these events. Families are encouraged to contact TR staff to sign their loved one up or place orders!





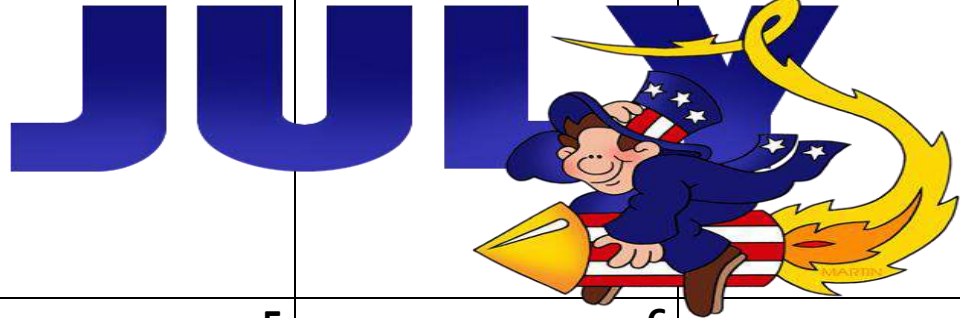
Please remember that all residents need to sign out on the clipboard by the nurse's station before leaving the building with friends or family.

### Outdoor Reminders

- The center patio is now open until 9 pm to accommodate the longer daylight hours and warmer nights.
- Sunscreen is available at the nurses station for resident use. Please stop by and request some if you plan to go outdoors.
- The center patio is available for family events. Please be sure to stop by the receptionist to notify her of the request for reservation.
- Smoking is permitted in one designated area only. The west south exit is the only area where staff, residents, and visitors are permitted to smoke. There is no smoking on the center patio or outside any other entrance.
- While the center patio area is open to all residents and guests some residents may require assistance or supervision while outdoors. Please contact any staff member with concerns regarding a resident outdoors.

Sauer Health Care Recreation Programs

July 2026

| Sunday                                                                                                                | Monday                                                                                                                                                  | Tuesday                                                                                                                 | Wednesday                                                                                                                                     | Thursday                                                                                                                                                                                       | Friday                                                                                                                                             | Saturday                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|                                     |                                                                                                                                                         |                                                                                                                         | <div>1</div> <div>10:30 Morning Exercise-W<br/>Cookie Cart<br/>2:30 Bingo-M<br/>4:00 Current Events-E</div>                                   | <div>2</div> <div>10:00 Rosary-C<br/>10:30 Morning Exercise-W<br/>2:30 Music &amp; B-Day Party w/ Mark C. -M<br/>4:00 Relaxing Ambiance <i>Channel 16.1</i><br/>6:30 Bingo-M</div>             | <div>3</div> <div>10:00 Nail Time<br/>Glasses Cleaning<br/>1:00 Independence Day Social - M<br/>2:00 Movie &amp; Popcorn <i>Channel 16.2</i></div> | <div>4</div> <div>10:30 Yatzee - W<br/>2:30 Bingo - M</div>                                              |
| <div>5</div> <div>2:00 Eucharist/ Communion Service (FLC) - C<br/>3:00 Root Beer Float Social - M</div>               | <div>6</div> <div>10:30 Morning Exercise-W<br/>2:30 Farkle-M<br/>4:00 Media Cart</div>                                                                  | <div>7</div> <div>10:00 Bible Devotional-C<br/>2:30 Resident Council-C<br/>4:00 Who am I? -E</div>                      | <div>8</div> <div>10:30 Morning Exercise-W<br/><i>Grill Out - P</i><br/>Cookie Cart<br/>2:30 Bingo-M<br/>4:00 Current Events-E</div>          | <div>9</div> <div>10:00 Rosary-C<br/>10:30 Morning Exercise-W<br/>1:30 St. Mary's Mass -C<br/>2:30 Balloon Volleyball -W<br/>4:00 Relaxing Ambiance <i>Channel 16.1</i><br/>6:30 Bingo-M</div> | <div>10</div> <div>10:00 Tovertafel -W<br/>2:00 Movie &amp; Popcorn <i>Channel 16.2</i></div>                                                      | <div>11</div> <div>10:30 Yatzee - W<br/>2:30 Bingo - M</div>                                             |
| <div>12</div> <div>10:30 Bookmark Art - E<br/>2:30 Ice Cream Social - M<br/>3:30 St. Martin's Church Service-C</div>  | <div>13</div> <div>10:30 Morning Exercise - W<br/>2:30 Farkle-M<br/>4:00 Media Cart</div>                                                               | <div>14</div> <div>10:00 Bible Devotional-C<br/>2:30 Happy Hour + Karaoke - M<br/>4:00 What am I? -E</div>              | <div>15</div> <div>10:30 Morning Exercise-W<br/>Cookie Cart<br/>2:30 Bingo-M<br/>4:00 Current Events-E</div>                                  | <div>16</div> <div>10:00 Rosary-C<br/>2:30 Dice Games - E<br/>4:00 Relaxing Ambiance <i>Channel 16.1</i><br/>6:30 Bingo - M</div>                                                              | <div>17</div> <div>10:00 Nail Time<br/>Glasses Cleaning<br/><i>Shopping @ Walmart (\$)</i><br/>2:00 Movie &amp; Popcorn <i>Channel 16.2</i></div>  | <div>18</div> <div>Independent Activities<br/>2:30 Bingo - M</div>                                       |
| <div>19</div> <div>2:30 Sherbet &amp; 7up Float Social - M</div>                                                      | <div>20</div> <div>10:30 Morning Exercise - W<br/>2:30 Farkle-M<br/>4:00 Media Cart</div>                                                               | <div>21</div> <div>10:00 Bible Devotional-C<br/>2:30 Dice Games - M<br/>4:00 Chicken Soup Stories-E</div>               | <div>22</div> <div>10:30 Morning Exercise-W<br/><i>Mango's Order-in (\$)</i><br/>Cookie Cart<br/>2:30 Bingo-M<br/>4:00 Current Events-E</div> | <div>23</div> <div>10:00 Rosary-C<br/>10:30 Morning Exercise-W<br/>2:30 Giant Kerplunk - M<br/>4:00 Relaxing Ambiance <i>Channel 16.1</i><br/>6:30 Bingo-M</div>                               | <div>24</div> <div>10:00 Tovertafel -W<br/>2:00 Movie &amp; Popcorn <i>Channel 16.2</i></div>                                                      | <div>25</div> <div>10:30 Yatzee - W<br/>2:30 Bingo - M</div>                                             |
| <div>26</div> <div>10:30 Arts/Crafts - E<br/>2:30 Ice Cream Social - M<br/>3:30 St. Martin's Church Service - C</div> | <div>27</div> <div>10:30 Morning Exercise - M<br/>2:30 Farkle-M<br/>4:00 Media Cart<br/>6:30 Piano w/ Carol -E</div>                                    | <div>28</div> <div>10:00 Bible Devotional-C<br/>2:30 Happy Hour - M<br/>4:00 What am I? -E<br/>6:30 Dice Games -E</div> | <div>29</div> <div>10:30 Morning Exercise-W<br/>Cookie Cart<br/>2:30 Bingo-M<br/>4:00 Current Events-E</div>                                  | <div>30</div> <div>10:00 Rosary-C<br/>10:30 St. Martin's Communion - C<br/>2:30 Tabletop Bowling - M<br/>4:00 Relaxing Ambiance <i>Channel 16.1</i><br/>6:30 Bingo-M</div>                     | <div>31</div> <div>10:00 Nail Time<br/>Glasses Cleaning<br/><i>Scenic Drive</i><br/>2:00 Movie &amp; Popcorn <i>Channel 16.2</i></div>             |                     |
|                                    | <div><div>Ede D. 7/15<br/>Gerald H. 7/27<br/>Jan B. 7/31</div></div> |                                                                                                                         |                                                                                                                                               |                                                                                                           |                                                               | <div>M - Main Dining Room<br/>C - Chapel<br/>W - West Solarium<br/>E - East Solarium<br/>P - Patio</div> |



July Events & Outings:

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