

Summer Time is Here!

I know it doesn't seem like it, but summer is really just around the corner. With all the joys, there are also concerns this season can bring us.

The most important thing we can remember to do is stay hydrated. Even if you don't feel thirsty, it is best to continually sip water or a light beverage to keep us hydrated. Summer wouldn't be complete without picnics and barbecues. But be careful: Federal government studies show that cases of food-borne illness rise in summer for two reasons. First, bacteria grow faster in the warm summer months, especially when humidity is high. Second, more people are cooking and eating outdoors where refrigerators and sinks aren't available.

Cross-contamination during preparation, grilling, and serving food is another prime cause of food-borne illness.

When you pack your cooler, wrap raw meats or poultry securely so the juices won't come in contact with other foods. Wash plates, utensils, and cutting boards that held raw meat or fish before using them again.

With this in mind, please be sure if you send your loved one back to the facility with leftovers from a family outing or event, please make sure they are properly wrapped and stored for their safety. If they do not have a refrigerator in their room, please ask if the dietary or nursing staff can store the food for them. Also, along with summertime foods come summertime visitors such as ants and other little pesky bugs. Please make sure all food is sealed and stored in air tight containers to avoid any unwanted visitors.

If there are any questions or concerns, please feel free to contact the staff anytime! Have a safe summer!!!

Town Hall Meeting Updates

Once again we are glad to bring you the following updates from our town hall meeting that was held in March.

As asked for, we now have EXIT and ENTER signs in the driveway. We are hoping this will alleviate any future problems when you are visiting your family and friends.

We are also continuing to get our St. Elizabeth's Web site up and running. We are hoping it won't be much longer before you are able to access all the updates directly from the site.

Our next Town Hall meeting will be in September and our Administrator, Judy Humes, will be the guest speaker. If there are any topics that you wish to discuss or address, please contact Penny Arnold.

Keeping it Cool: Preventing Heat-Related Illnesses

Heat exhaustion usually develops as the result of prolonged exposure to high temperatures combined with inadequate hydration.

The body loses moisture and salt through sweat, and heat exhaustion is the body's response to unbalanced fluid replacement.

The CDC lists symptoms of heat exhaustion as: **Heavy sweating, Paleness, Muscle cramps, Tiredness or weakness, Dizziness, headache, or fainting, nausea or vomiting, Cool moist skin, Fast or weak pulse, and Fast and shallow breathing.**

If heat exhaustion is left untreated, it can progress to heat stroke. To avoid this, the American Red Cross (ARC) recommends the following treatment:

- Move the individual to a cool place.

- Remove or loosen tight clothing and apply cool wet clothes (such as sheets or towels soaked in water) to the skin.

- Have the victim sip half a glass of cool water every 15 minutes.

- Monitor the individual for any changes in his condition.

- Seek medical attention if the symptoms are severe, worsen, or if the victim has high blood pressure or heart problems

Chapel Updates

I know that for the past year our residents have missed having daily masses at St. Elizabeth's. I am happy to announce that Father Francis Zmoczynski and Monsignor John Bugman are now celebrating daily masses and the residents are ecstatic. Mass is celebrated daily at 9:30 am.

We have also received a new five piece altar set that was left to us by the late Deacon Al Fox. The set was handmade by Deacon Al and it was his wish that it be given to St. Elizabeth's of Lancaster after he passed away. We are very honored to have these items.

Also, I would like to ask that everyone say a prayer for Sister Marcelette. Sister had a fall on May 26, 2011 and will be out recovering for the next few weeks or so. She has been missed and I know the residents miss her greatly. We wish her a speedy recovery and hope she is back with us soon.

Upcoming Events

We have some great events coming up for the residents and the families to enjoy.

We will be having a Yard Sale on Friday, July 15, 2011 from 9am-3pm. Gently used items will be accepted for donation. The deadline for donations is Friday, July 8, 2011.

We are also hosting a Life Line Screening at St. Elizabeth's on Wednesday, July 27, 2011.

Our Annual Family Picnic will be held on Tuesday, August 9, 2011 beginning at 5:30 PM with dinner being served at 6:00. Letters on this event will be sent out by June 15th. Please remember there is a deadline to respond if you are attending.

Our next Town Hall Meeting will be held in September. Once scheduled, an update will be listed on this web site.

4th of July

Independence Day, commonly known as the **Fourth of July**, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies, and various other public and private events celebrating the history, government, and traditions of the United States.

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia.^{[4][5]} After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the Declaration, finally approving it on July 4.

Please take time to remember our Service Men and Woman that have continued their sacrifices so that we may enjoy the freedoms we hold so dearly!

USS Sullivan—Buffalo Boat Harbor

The five Sullivan brothers enlisted in the Navy and served together aboard the cruiser USS Juneau. On November 13, 1942, while fighting off Guadalcanal, the five brothers died with seven hundred other sailors when the USS Juneau was sunk by a Japanese submarine. President Roosevelt directed that one of the new Fletcher class destroyers be named after the brothers. The USS The Sullivans was launched in San Francisco on April 4, 1943.

The ship sported the shamrock of Ireland on her forward stack and sailed into World War II with 23 crew members named Sullivan. She fought in the Marshalls, Carolines, Mariannas and Philippines and earned nine battle stars. After deployment in Korea, the Cuban blockade, and the rescue efforts for the sub Thresher, she was laid up. The vessel was acquired By the City of Buffalo and is on display at the Buffalo and Erie county Naval & Servicemen's park. It has been designated as a National Historic Landmark.

Easy Antipasto Salad

Ingredients

1/2 cup vegetable oil
3 tablespoons red wine vinegar
1 clove garlic, minced
1 teaspoon dried basil
1/8 teaspoon crushed red pepper flakes
1 teaspoon salt
6 ounces macaroni
1/4 cup grated Parmesan cheese
2 cups broccoli florets
4 ounces sliced pepperoni sausage
10 cherry tomatoes, halved
1/2 cup shredded Mozzarella Cheese

Directions

Cook pasta in a pot of boiling salted water until al dente. Drain.

In large bowl, stir together oil, vinegar, garlic, basil, and salt and pepper. Toss with warm macaroni to coat well. Toss with Parmesan. Cover, and refrigerate 2 to 3 hours.

Add broccoli, pepperoni, and tomatoes; toss well. Sprinkle with mozzarella cheese, and serve.