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A Monthly Insight into Westwood Nursing Center

# July Bulletin

**Current Events >>>**

1. *International Joke Day*  
July 1st
2. *Independence Day*  
July 4th
3. *70's Party*  
July 16<sup>th</sup>
4. *Name that Tune*  
July 30th

**Fast Food Fridays**  
Happening every Friday this month

**Don't forget YOGA!!!**

*\*Please check with Activities Department for YOGA schedule\**

**[ALL UPDATES REGARDING VISITATION WILL BE UPLOADED WEEKLY ON THE WEBSITE AT WESTWOODNC.COM]**

## Wearing Your Mask

*Stay Safe and Mask Up!*

*When you wear your mask, you protect yourself and other. Masks work best when everyone wears them. A mask is **NOT** a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around other people. Masks should completely cover the nose **and** mouth and fit snugly against the sides of face without gaps.*

*-Center of Disease Control*



# 4<sup>TH</sup> OF JULY

## WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

# RESIDENT OF THE MONTH

CONGRATULATIONS !!!!  
e. pete



UNSHELVED by Gene Ambaum & Bill Barnes

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. . . FROM THE ADMINISTRATOR'S DESK

## COMMUNAL DINING COMING BACK IN JULY

COVID – 19 SPOILED OUR DINING EXPERIENCE FOR A TIME, BUT THAT'S COMING TO AN END. WESTWOOD NURSING CENTER WILL RESUME COMMUNAL DINING AND RESIDENTS WILL EAT IN THEIR DINING ROOMS. STUDIES HAVE SHOWN THAT RESIDENTS WHO EAT SOCIALLY ARE OFTEN TIMES HAPPIER, THERE'S MORE LAUGHTER AND REMINISCING. SOCIAL EATING TENDS TO BE A MECHANISM FOR SOCIAL BONDING. THE RESIDENTS ARE EXCITED ABOUT "BREAKING BREAD" TOGETHER AGAIN

BON APPETIT!

- **MONICA MORRIS, ADMINISTRATOR**

## HOW TO RECOGNIZE ABUSE

-DEBRA THORTON -  
EVERETT, LBSW

**Abuse**- willful infliction of injury, unreasonable confinement, intimidation, or punishment with resulting in physical harm, pain or mental anguish.

### Types of Abuse

- Verbal Abuse
- Sexual Abuse
- Physical Abuse
- Mental Abuse
- Neglect
- Involuntary Seclusion
- Exploitation
- Misappropriation of Resident Property
- Mistreatment

Celebration >>>

# HAPPY BIRTHDAY!

*For everyone celebrating a birthday in July, we would like to wish you a big HAPPY BIRTHDAY! We hope that your day is special and joyous! We honor you and celebrate you!*

*-WW Management*

## July Resident Birthdays

Vernon D.

Lindy T.



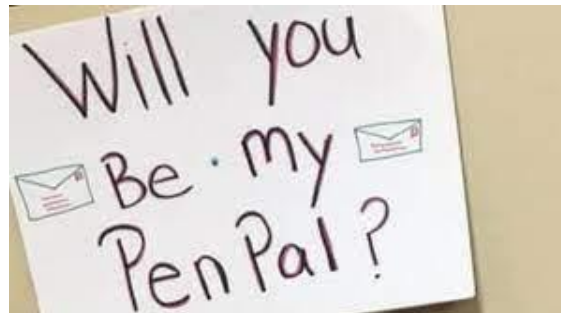
# Coming Soon.....



Westwood Nursing Center, in partnership with Concerto Renal Services, has advanced their Clinical Services to now offer in-house hemodialysis for long term & short-term rehabilitation patients in a new state of the art environment!!



## #Friends<sub>4</sub>Seniors



The Admissions Department is partnering with Baker College to provide a Pen Pal Program to Westwood Residents. If you are interested please see Social Services to inquire about eligibility.

Thank you!

-John Ingram  
Marketing/ Admissions Director