



RIVER GRAND HIGHLIGHTS

*** **JULY 2026** ***

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SUMMER SAFETY TIPS

WARM WEATHER IS HERE! LET'S REMEMBER SOME IMPORTANT WAYS TO STAY HEALTHY AND SAFE:

- DRINK PLENTY OF WATER.
- WEAR SUNSCREEN AND A HAT WHEN OUTDOORS.
- AVOID PROLONGED EXPOSURE TO EXTREME HEAT.
- REPORT ANY CONCERNS OR CHANGES IN HOW YOU'RE FEELING TO STAFF.

BRAIN HEALTH AND STAYING SHARP

· KEEPING OUR MINDS ACTIVE IS IMPORTANT AT EVERY AGE. THROUGHOUT THE MONTH, WE ENCOURAGE EVERYONE TO PARTICIPATE IN ACTIVITIES SUCH AS TRIVIA, CARD GAMES, PUZZLES, READING, AND SOCIAL GATHERINGS. STAYING ENGAGED SUPPORTS MEMORY, MOOD, AND OVERALL WELL-BEING.

WELLNESS MATTERS

· DID YOU KNOW THAT MAINTAINING SOCIAL CONNECTIONS AND PARTICIPATING IN ACTIVITIES CAN IMPROVE BOTH PHYSICAL AND EMOTIONAL HEALTH? WHETHER IT'S ENJOYING A MEAL WITH FRIENDS, ATTENDING AN EXERCISE CLASS, OR SIMPLY VISITING WITH NEIGHBORS, STAYING CONNECTED MAKES A DIFFERENCE.

LOOKING AHEAD

WE ENCOURAGE EVERYONE TO CONTINUE PARTICIPATING IN ACTIVITIES, TRYING SOMETHING NEW, AND ENJOYING ALL THAT SUMMER HAS TO OFFER. THANK YOU FOR MAKING RIVER GRAND SUCH A WONDERFUL PLACE TO CALL HOME. WE WISH EVERYONE A HAPPY, HEALTHY, AND MEMORABLE JULY!

SINCERELY,

Jessica





River Grand's Best employee of the month is awarded to Jordyn Longoria! Jordyn joined our Nursing team this past November. She often works in our GVC community, if you get a chance to see her, give her a big shout-out for all she does for our community. She is a hard worker with a big smile!

Beth

HELLO, JULY!

JULY BRINGS SOME OF MINNESOTA'S WARMEST DAYS, BEAUTIFUL SUNSHINE, AND PLENTY OF OPPORTUNITIES TO ENJOY THE OUTDOORS. IT'S A MONTH FILLED WITH SUMMER TRADITIONS, FROM PICNICS AND GARDENING TO CELEBRATING INDEPENDENCE DAY WITH FAMILY, FRIENDS, AND FESTIVE EVENTS. TAKE TIME TO ENJOY THE LONGER DAYS, COLORFUL FLOWERS, AND ALL THE SPECIAL MOMENTS THAT MAKE SUMMER IN MINNESOTA SO MEMORABLE. WISHING EVERYONE A HAPPY, HEALTHY, AND FUN-FILLED JULY! AND AS ALWAYS IF YOU EVER HAVE ANY QUESTIONS REGARDING YOUR MONTHLY STATEMENT DO NOT HESITATE TO REACH OUT!

Bradi

**REMINDER:
YOUR CONCERN FOR YOUR FRIENDS AND FAMILY COMES FROM A GOOD PLACE BUT WE ARE REQUIRED TO MAINTAIN CONFIDENTIALITY. WE KINDLY ASK THAT YOU GIVE OTHERS SPACE IN TIME OF URGENCY. WE HAVE HAD REQUESTS TO SHARE INFORMATION REGARDING OTHER RESIDENTS, UNFORTUNATELY, WE ARE UNABLE TO SHARE ANY INFORMATION. WE UNDERSTAND THAT WE BECOME A VERY CLOSE NIT FAMILY HERE AT RIVER GRAND BUT WE DO NEED TO RESPECT THE CONFIDENTIALITY OF OUR RESIDENTS AND STAFF.**

Be sure to keep an eye out for the FARMER'S MARKET on you activity calendar! I am so excited to share goodies from my farm with all of you!

Amy

HELLO ALL! HAPPY JULY! I HOPE YOU ARE ALL ENJOYING YOUR SUMMER, BLUE SKIES, SUNSHINE, AND WARM WEATHER!

DATES TO REMEMBER

OUR JULY CULINARY MEETING WILL BE HELD MONDAY, JULY 13TH. I VALUE EACH OF YOUR OPINIONS, YOUR INPUT IS SO IMPORTANT. HOPE TO SEE YOU THERE. INDEPENDENCE DAY JULY 4TH! WE WILL BE HAVING A 4TH OF JULY BBQ!

WHAT PRODUCE IS IN-SEASON IN JULY!!

- STRAWBERRIES, CHERRIES, BLUEBERRIES, WATERMELON, PEACHES, RASPBERRIES, BLACKBERRIES, APRICOTS, APPLES, GRAPES, NECTARINES!
- BROCCOLI, RADISH, POTATOES, CABBAGE, CARROTS, ZUCCHINI, BELL PEPPERS, BEETS, GREEN BEANS, EGGPLANT, CUCUMBERS, CORN, & TOMATOES



Condiment

Angie

LIFE'S BEST RECIPE

You will need:

- a sprinkle of kindness + a pinch of adventure + dashes of honesty +
- a drizzle of determination + one bottle of hope + a gallon of love + three sprigs of generosity + a bunch of understanding + a handful of humor + a pint of happiness + a dollop of humility + a cup of laughter and an ounce of fun

Procedure:

Mix them all together in a huge pot, slowly stir, bring to a boil, sweeten with honey. garnish with fresh herbs and serve warm.

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Hello River Grand!

Now that half of 2026 has come and gone, There are lots of NEW things happening in July so PLEASE join us, and don't hesitate to ask questions.

We are starting off the month with a Fourth of July celebration called "FIRECRACKER SOCIAL." We will enjoy special drinks, fruit treats and yard games!

I am hosting an Activity Meeting this month. The purpose of this gathering is to enhance programming with activities YOU want added. Stop by and let me know how I am doing. Your input is important to me.

I added a Restaurant outing on July 14th. The location is up to those who attend. Each person pays for thier own meal, but I will provide transportation to local eateries.

We will celebrate SUMMER with a Cruise Ship Week called "Ocean Breeze & Summer Seas." There will be dress up days and varying activies related to cruises. Toward the end of that week there will be another Fine Dining Event called "Double Down & Dine." The theme related to the casino on a cruise liner.

Liz



RG

BIRTHDAYS!

BILL- 7/1

MARY H.- 7/1

SAM- 7/5

TERRY- 7/9

JOANIE- 7/14

SHARON- 7/14

ROSE- 7/18

YVONNE- 7/22

THERESA- 7/28



4TH 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

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White