



Doreen Converse
Director of Operations
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Happy July! Summer is here for sure with these hot days! Our hydration stations are up and running on each floor for residents, staff, and visitors. Please assist me in bringing them to the kitchen to replenish if needed. Enjoy a popsicle stored in freezers on each floor, as well. In June, we celebrated our CNAs; we showered them with food, snacks, candy, and gifts. We appreciate all they do! We have so many great staff members here at Ocean Meadow. REMINDER: Please fill out a "You have been spotted" form in the lobby to recognize a peer or staff member in any department for all they do!!!! Please join us for our Independence Day Picnic on Friday, July 3, and for our LUAU on July 15th. STAY COOL!!!

Doreen

Firework safety tips! ↙

Always prioritize safety by using legal fireworks, maintaining safe distances, supervising children, and keeping water nearby to prevent injuries and fires!

1. Use Legal and Consumer grade Fireworks.
2. Supervise Children.
3. Maintain Safe Distances
4. Proper Handling and Lighting.
5. Protective Measures.
6. Fire Preparations and Emergency Preparations.
7. Proper Disposal.

**Stay alert, don't
get hurt!**



Who has been spotted
for July??

Jeanne, LPN!



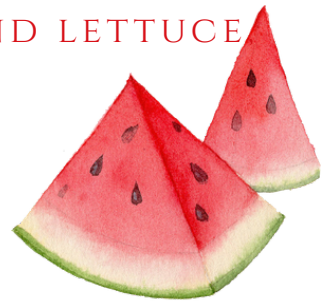
Jeanne has been with Ocean Meadow for many years; her professionalism, compassion, hard work and dedication to her job and our Residents do not go unnoticed. Thank you for being the Wonderful Nurse that you are!

Nursing Department News

A Smart Healthy Summer Tip!

SUMMER IS OFFICIALLY HERE! DID YOU KNOW THAT SENIORS ARE MORE SUSCEPTIBLE TO HEAT-RELATED ILLNESSES? THIS IS BECAUSE THEIR BODIES ARE LESS EFFICIENT AT REGULATING TEMPERATURE. THEIR THIRST SENSATION MAY HAVE DECLINED. THEIR KIDNEYS ARE LESS EFFECTIVE AT REGULATING FLUID BALANCE. SOME MEDICATIONS MAY INCREASE THE RISK OF DEHYDRATION. TIPS FOR SENIORS TO STAY HYDRATED: DRINK REGULARLY, ALWAYS KEEP WATER ACCESSIBLE, OFFER HYDRATING FRUITS AND VEGETABLES SUCH AS WATERMELON, CUCUMBERS, AND LETTUCE. AVOID SUGARY DRINKS.

HELP KEEP OUR SENIORS HYDRATED!



Water you waiting for?

LAUGH!

Chuckle!

Grin and Beam!



Erin Soucy
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Hello! This is a reminder that many of you enrolled in Partners in Long Term Care upon admission. This is the team used for podiatry, dentistry, optometry, and audiology. Coverage depends on your Medicare plan, but most managed Medicare plans provide residents with 1 routine hearing exam, 1 routine eye exam and 2 dental cleanings per year. If you'd like to confirm which services your loved one is enrolled in, please reach out to me any time. If circumstances changed and you're no longer interested in one of the services, I can discontinue further visits as well. Thank you!

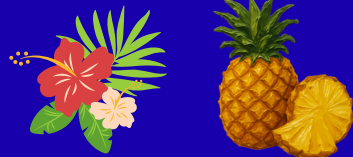
Erin

Congratulation to Samantha, Shanda, Kayla and Emily who have all graduated from their college studies to further their careers! Applause on your achievement!!

HAPPY JULY BIRTHDAY TO: SHARON B, AL T, CAROLYN S, AL V, HELEN D, AND BEVERLY H!



"To one who has taught so much to us, continue to inspire and shine. Happy Birthday! Congratulations to you at this milestone."



Life Enrichment Director

Debbie Williams



Happening in July!

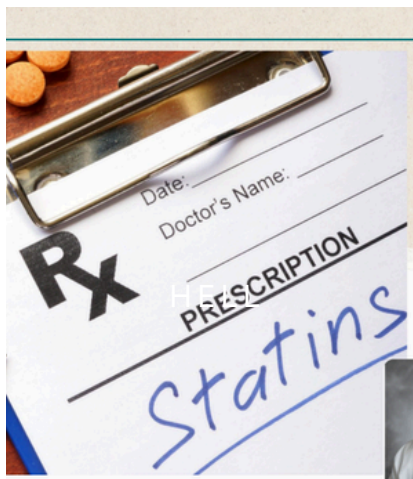
July 3rd: BBQ!

**July 15th: Luau
Summer Party!**

**July 23rd: Gorgeous
Grandma Day!**

**July 29th: Christmas
in July!**

**Plus 5 Live Music
Events ~**



July 2026 Care Connection webinar

Jul 9, 2026 01:00 PM in Eastern Time (US and Canada)

Speaker: Ambar Kulshreshtha, MD, PhD, MPH

Dr. Kulshreshtha is an associate professor in the family and preventive medicine department at Emory University.

Description of Talk:

Dr. Kulshreshtha will speak about the evidence of statin therapy for heart and cognitive health.

The session will discuss prior evidence regarding whether statins play a protective, harmful or no role in dementia risk and progression.



Scan the QR Code to join
this very informative
Seminar!

Join Us!

Dietary Department



Undecided About
your July 4th Menu?
Try This!

CAROLINA-STYLE BARBECUE CHICKEN

½ C Yellow Mustard

¼ C Apple Cider Vinegar

¼ C Light Brown Sugar

1 ½ Tbs Mustard Powder

2 Tsp Hot Sauce

½ Tsp Worcestershire
Sauce

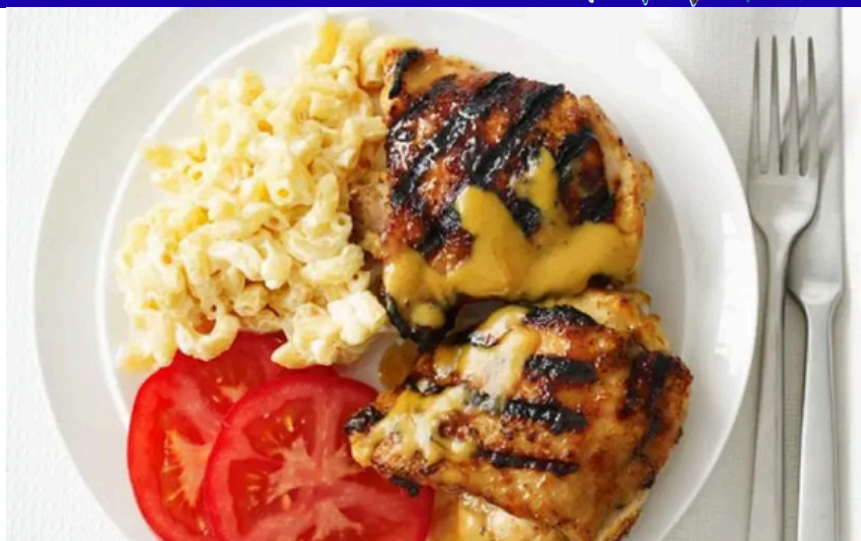
Salt & Pepper to Taste

2 Tbs Melted Butter

8 Skin on, Bone in
Chicken Thighs ~

Mix Ingredients in Bowl; Add
Thighs to Grill, baste with
Butter and BBQ sauce every
15 Minutes or so Until Crisp
and Cooked Through

Serve with Creamy
Macaroni Salad and a slice
of Beefsteak Tomato



**In Addition, Serve with a
Tomato and Watermelon Salad
and a Cool Crisp Muddled
Lemonberryade**



"LIFE, LIBERTY, AND THE PURSUIT OF BARBECUE."