Lebensraum Assisted Living Grand Island, NE 308-382-9066

Health Tips

Tips for Healthy Living

Summer 2019



Cozy Corner Newsletter

"Raise the Woof" Comfort Dog Fundraiser

We are hosting, "Raise the Woof", a fundraiser for the local K9 Comfort Dog Charity.

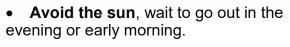
The event will be on Wed. August 14 from 11:30-1:30 at Lebensraum.

The event will include lunch, bake sale, silent auction baskets, popcorn bar, and home-made dog treats. Everyone is welcome!

All proceeds will benefit the puppy training program, transportation costs, kennels, grooming, food, and other pet supplies.

The K9 Comfort Dog Charity ministry trains and sends Golden Retrievers to schools, nursing homes, and shut-ins. Additionally, the dogs are sent to disaster areas after tornadoes, hurricanes, fires, and mass shootings. The dog teams are dispatched locally and nationally to bring comfort and compassion.





- **AC is your friend**, spend as much time in air-conditioned spaces.
- **Stay hydrated,** drink plenty of cool water, clear juices, and liquids that don't contain alcohol or caffeine.
- **Dress appropriately,** wear loose, light-colors, and a hat.
- Avoid sunburns, use sunscreen with (SPF) of 15 or higher.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths with cool water and put them on your wrists, ankles, armpits, and neck.



Square Jokes

Why aren't koalas actual bears?

They don't meet the koalafications

What's brown and sticky?

A stick

What's red and moves up & down?

A tomato in an elevator

Lashay's Kitchen -Favorite Recipes

Blueberry Muffins

- ½ cup softened butter
- 1 ¼ cups sugar
- 2 eggs
- 1 tspn vanilla extract
- 2 cups flour
- ½ teaspoon salt
- 2 tspns baking powder
- ½ cup milk
- 2 cups blueberries, washed, drained and picked over
- 3 tspns sugar



- 1. Preheat oven 375
- 2. Cream the butter & 1 1/4 cups sugar until light
- 3. Add eggs, one at a time, beating well after each. Add vanilla.
- 4. Sift together the flour, salt and baking powder, and add to creamed mixture alternately with milk.
- 5. Crush 1/2 cup blueberries with fork, and mix into batter. Fold in remaining whole berries.
- 6. Line 12 cup standard muffin tin with cupcake liners, fill with batter. Sprinkle 3 teaspoons sugar over tops of muffins, and bake at 375 degrees for 30-35 minutes.
- 7.Remove muffins from tin and cool at least 30 minutes. Store, uncovered, or muffins will be too moist the second day.

"DON'T LET YESTERDAY TAKE UP TOO MUCH OF TODAY." - WILL ROGERS

Win Lebensraum Bucks!

Win \$1.00 in Lebensram Bucks for each question you get right!

Q - What was Elvis's last #1 hit?

Q - What was Pres. John Kennedy's middle name?

Q - How many cups in one quart?

Let Giann know your answers!

Remember When?



What happened in history at this time of year...

- 1923 One-piece bathing suits are debuted
- 1930 Frozen food is sold in stores for the first time
- 1933 The first drive-in movie theatre opens
- 1934 Donald Duck appears in first Disney short-film
- 1946 The National Basketball Association (NBA) is founded
- 1949 George Orwell publishes Nineteen Eighty-Four
- 1968 Robert Kennedy dies after being shot by assassin
- 1975 "Jaws" the movie is released
- 1981 The game "Trivial Pursuit" is first sold
- 1986 Tetris the video game is released
- 1989 Chinese troops storm Tiananmen Square
- 2002 Department of Homeland Security is created
- 2013 nuclear power plant in Japan leaks radiation