

July, August,  
September 2023

# LEBENSRAUM

118 INGALLS GRAND ISLAND, NE 68803



## Celebrating July

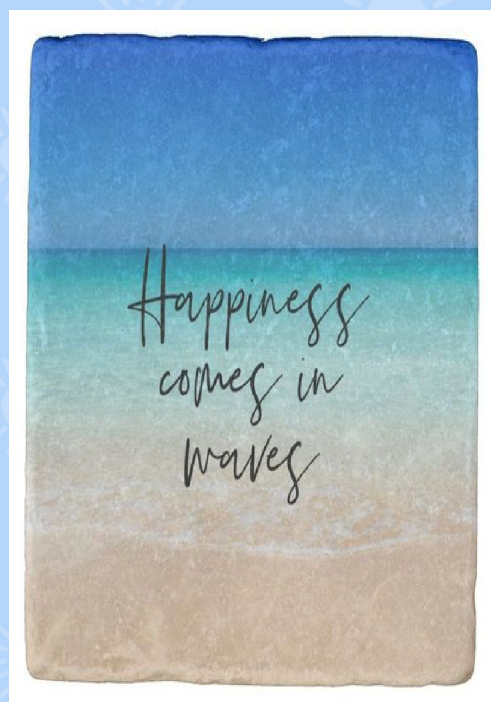
### Get to Know our Staff

Deb Halm-Owner

Megan Corona- Owner

Lasha Hudson- Manager

Giann Willey-  
Activity Director



## Hello Family & Friends

Where in the world does the time go? The year is already half way over, but we have had lot's going on and been staying very busy! We have been to the casino resort a few times, been out to the horse races. We got to go downtown to Big Red Treats, for some sweet ice cream treats. We went out to Cario Golf Club and drove around the golf course, and ate at the Watering Hole! We also planted our garden this year and it is growing like a weed, we can't wait to eat all of the fresh vegetables! We hope all of you father's had a Happy Father's Day! We hope all of you enjoy the rest of your summer and stay safe!

## Recipe from the Kitchen

### Berry Cobbler

#### Ingredients

2 Pounds of mixed berries fresh or frozen

Zest from 1 Lemon

1 tablespoon fresh lemon juice

$\frac{3}{4}$  cup granulated sugar

$\frac{1}{2}$  cup all-purpose flour

1 tablespoon cornstarch

#### Topping

1 box yellow cake mix

$\frac{1}{2}$  cup melted butter

Preheat oven to 350 degrees F

In a 9\* 13 pan add the frozen fruit add the lemon zest and lemon juice  
Add sugar, flour, and cornstarch stir the ingredients together.

In separate bowl melt the butter add the cake mix and stir slightly.

Bake the cobbler for about 40-50 minutes until top turns golden brown and the berries are bubbly.

Let cool for a few minutes then serve warm with vanilla ice cream  
Store leftovers in fridge for 2 days.

# SUMMER HEALTH AND SAFETY



PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

## PROTECT YOUR SKIN

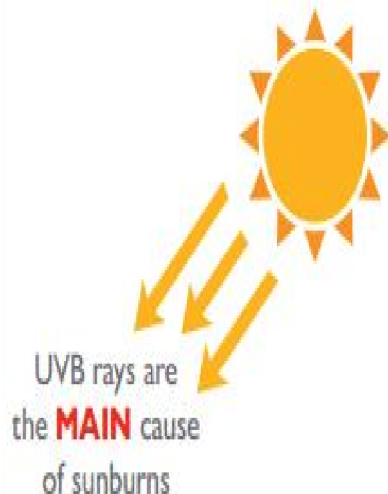


Skin cancer is the  
**MOST COMMON**  
type of cancer,  
accounting for  
**NEARLY HALF**  
of all cancer cases



The sun's UV rays  
are **STRONGEST**  
between  
10 a.m. and 4 p.m.

## — SUNSCREEN FACTS —



UVB rays are  
the **MAIN** cause  
of sunburns



SPF measures  
how well  
sunscreen  
protects against  
UVB rays only



Water-resistant  
sunscreen  
provides  
protection while  
swimming or  
sweating



Broad-spectrum  
sunscreen  
protects against  
both UVB and  
UVA rays



# Funnies

Crabby Road

3-23-10

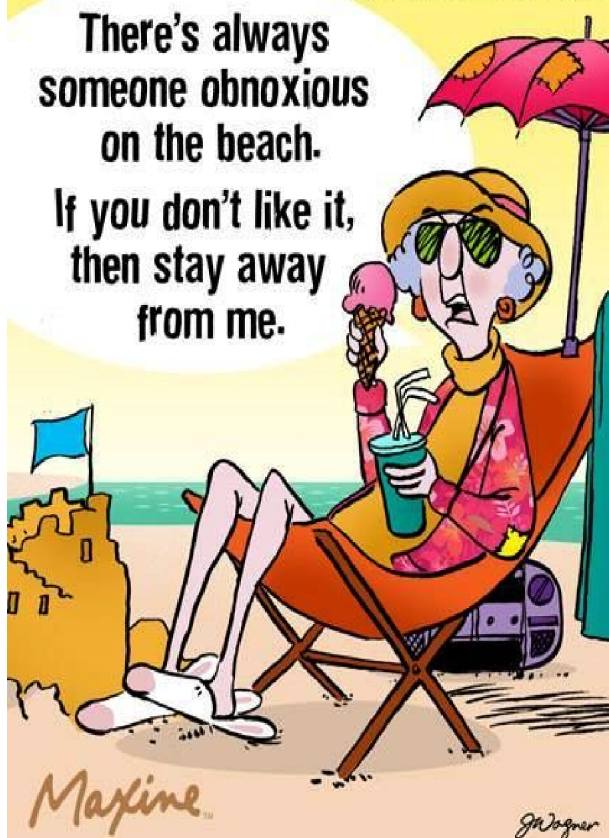


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**There's always  
someone obnoxious  
on the beach.  
If you don't like it,  
then stay away  
from me.**



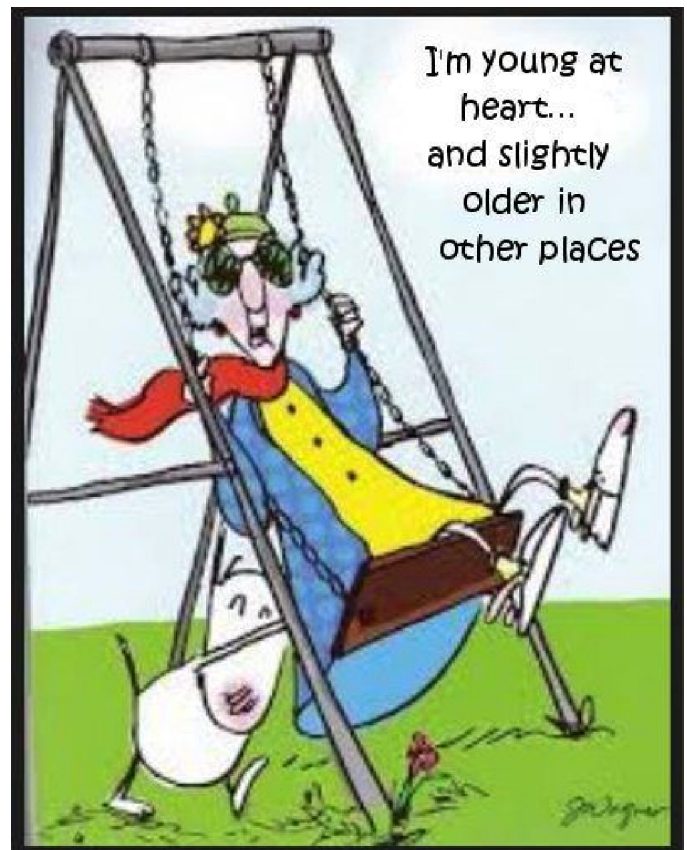
Crabby Road

8-11-11



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Ice cream outing at Big Red Treats



July , August, September Birthdays

July

11<sup>th</sup> - Twila  
26<sup>th</sup> - Pat  
31<sup>st</sup> - Nancy

August

10<sup>th</sup> - Dean  
14<sup>th</sup> - Delores  
17 - Don

September

7<sup>th</sup> - Ruby Weidner  
8<sup>th</sup> - Dona  
13<sup>th</sup> - Diane  
17<sup>th</sup> - Lois



Shadow the Pony stopped by for a visit!

