



We were thrilled to celebrate our fabulous staff during STNA week June 13th-19th!

Our State Tested Nursing Assistants (STNAs) are the backbone of our community, providing exceptional care with compassion and dedication. Their hard work and commitment ensure that our residents feel supported, valued, and cared for every day.

We greatly honor and appreciate the outstanding contributions of our STNAs. Thank you for your tireless efforts and the positive difference you make in the lives of our residents. We are incredibly proud to have such a remarkable team!

JULY 4TH - CELEBRATING INDEPENDENCE DAY

In 1776 when the Declaration of Independence was signed, a staged party was planned to celebrate the birth of America and the separation from England.

Colonists, families and towns continued to celebrate the anniversary of this freedom yearly on July 4 with large crowds and festivities.

Today, we celebrate our free nation with parades, feasts, festivals, fireworks and family cookouts, but there is more to celebrate than our country's

birthday. Our Independence Day celebrations:

- Symbolize the right to live with the freedoms of religion, without persecution and with the ability to think and do for yourself.
- Remind us that it takes courage to protect freedom and often courage is needed in the toughest times.
- Provide a day to reflect on and recognize our nation's multi-cultural heritage, history, and unity of people.

Happy Birthday!

STAFF

Simone H. 07/02

Newton S. 07/03

Feldon S. 07/07

Michael R. 07/25

RESIDENTS

Carmen R 07/02

Renaldo C. 07/03

Rebecca B. 07/08

Rebecca 07/12

Tiffany H. 07/15

Vincent N. 07/19

Bianca W. 07/21

Alexandria S. 07/23

Sally P. 07/25



Activity Highlights

July is a month full of fun and celebration. It's National Hot Dog Month, so get ready to enjoy classic summer treats. We'll also be honoring National Ice Cream Month with delicious ice cream socials that you won't want to miss. Plus, it's National Picnic Month, providing the perfect opportunity for us to gather outdoors and enjoy some fresh air and good company.

This is also the year for the Summer Olympic Games where we will engage in a series of fun activities. Throughout the month, we will be hosting a variety of events that promote

fitness, teamwork, and friendly competition.

From indoor games and outdoor activities to themed crafts and social gatherings, there will be something for everyone to enjoy. Our goal is to create a lively and festive atmosphere where you can participate, cheer on your fellow residents, and celebrate the Olympic spirit together.

Join us as we embark on this exciting journey and make this summer memorable with our very own Canal Pointe Summer Olympics!

We Had An Absolute Blast At Our Roaring 20'S Party!

Our residents and staff embraced the spirit of the 1920's prohibition era. The event was filled with lively music, dancing, and joyful celebration, transporting everyone back to the jazz age.

The energy and enthusiasm were truly infectious, and the photos captured the fun we had perfectly. Here's to many more fabulous parties and shared memories!



EMPLOYEE OF THE MONTH: TANNER HILL ACTIVITIES (JUNE)



We Had An Incredible Time At Our Juneteenth Celebration!

The event was filled with joy, learning, and community spirit. We enjoyed great food, featuring a delicious spread of traditional spread that everyone loved. Beyond the feast, we took time to reflect on the importance of Juneteenth, engaging in meaningful discussions and educational activities that highlighted the history and significance of this day. Thank you to everyone who participated and helped make our Juneteenth celebration so special. It was a day of remembrance, education, and unity that we will cherish. Stay tuned for some fabulous photos of all the events!



Welcome New Residents

We are delighted to have you join our community. Our dedicated team is here to ensure you feel comfortable, supported, and cared for. At Canal Pointe, we offer a wide range of services and activities designed to promote your well-being and enhance your quality of life.

Please don't hesitate to reach out to our staff with any questions or needs you may have. We're here to make your experience as positive and fulfilling as possible.

James G.	05/17
Timothy N.	05/17
Claudia R.	05/26
Dennis H.	06/04
Christopher P.	06/07
James S.	06/19

Tips for Preventing Heat-Related Illness

👕 Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing, wide-brim hats, and sunglasses. Many brands have offer UPF (Ultraviolet Protection Factor) apparel for added sun protection.

🌬️ Stay Cool Indoors: Stay in an air-conditioned place as much as possible. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

🧴 Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen

of 30 SPF (Sun Protection Factor) or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

🥤 Drink Plenty of Fluids: Drink more fluids, specifically water, regardless of how active you are. Don't wait until you're thirsty to drink. However, be sure to consult with your physician how much water you should consume daily, especially during summer months. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid and become dehydrated sooner.

👥 Updates and Buddies: Check your local news for extreme heat or UV alerts and safety tips. When working in the heat, be sure to have someone with you at all times. Monitor each other for signs of heat exhaustion or heat stroke.



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Give Something Away Day

On July 15, Give Something Away Day provides a special opportunity to give back, connect with their community, and experience the joy of generosity. This day can serve as a wonderful reminder to share your time, talents, and resources with others. Whether it is donating cherished possessions, offering assistance, or simply lending a listening ear, seniors have a wealth of wisdom and experiences to share, making Give Something Away Day an ideal time to engage intergenerational activities. Collaborative initiatives like crafting handmade gifts for others, preparing care packages for those in need, or participating in community service projects with children are great ways to create lasting memories while simultaneously passing down important values to future generations.



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DROP A ROCK DAY: JULY 3



Have you ever been walking and spotted a painted rock? It mostly likely made you smile. Maybe you wondered how it got there or who created it. July 3, Drop a Rock Day is a great time to be that somebody! All you need is some small flat rocks, acrylic paints, and a paintbrush. **Get creative! Sunshine. Smiley faces. Bright, colorful doodles, flowers, sunshine, rainbows. Uplifting messages!** On your next walk outdoors, take one or two of them with you and place them along your route to brighten everyone's day!

JULY – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

- ACTIVITY
- CELEBRATE
- FIREWORKS
- FLAGS
- FREEDOM
- GENEROUS
- GORGEOUS
- HOTDOG
- KETCHUP
- LOTION
- MUSTARD
- PROTECT
- SAFETY
- SUNLIGHT
- TALENT