



Skyline Estates
Senior Living and Memory Care
A Tierra Senior Living Community

2861 Mountain St. Carson City, NV. 89703/775-885-9223
www.SkylineCarsonCity.com

August 2021

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*hello,
august*

Around our Community

Monica, our Dining Director, is leaving Skyline Estates for another job opportunity, and she will be sorely missed. She did an outstanding job in her position and really cared about the residents. We wish her the very best in her new endeavor and appreciate everything she did for Skyline Estates.



Welcome our new resident:

- Marilyn Trelenberg-CD



Administrator's Corner

Well, here we are in August, and we are still doing our very best to open up for indoor visits, but the nasty Delta Variant has created a bit of a stumble for us. We are extremely close to having 90% of the residents vaccinated, and when that happens, then we should be able to start doing indoor visitations (probably toward the end of August). As soon as this happens, I will be sure to inform all the residents and their family and friends.

In addition to dealing with the Delta Variant, we are also still struggling with trying to hire more staff, but this has been across almost every industry, so it does have an impact on how soon caregivers can respond to help the residents. We are trying very hard to fill our vacant positions, and it is my hope that we will be fully staffed by the middle of August. In the meantime, please be patient with the staff and realized that many of them are working very hard (some are even putting in extra hours) to help provide the care and assistance that the community needs. We all want the very best for everyone here at Skyline Estates, and we won't stop striving for those results.

One last note, I want to welcome Jen back as our Dining Director starting August 9th. Jen was with Skyline Estates a while back and made some wonderful dishes for the residents, so we are definitely excited about her once again re-joining our team.



Marketing with Katie



We are excited to announce that we are extending our Summer Move-In Special through the month of August – ½ off the Community Fee! If you know anyone who may be interested in making Skyline their home, let them know about this amazing deal! We have several open rooms at this time and paying the Community Fee will reserve a room for 30 days!

We will be opening for tours again the first week of August. We will be showing off our Cedar House and our beautiful Courtyard!!

-Katie H



Meals by Monica

Easy chocolate fudge

Ingredients:

2 cups (12-ounce package) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels

1 can (14 ounces) NESTLÉ® CARNATION® Sweetened Condensed Milk

1 cup chopped walnuts

1 teaspoon vanilla extract

Step 1: Line 8- or 9-inch square baking pan with foil.

Step 2: Combine morsels and sweetened condensed milk in medium, heavy-duty saucepan. Warm over lowest possible heat, stirring until smooth. Remove from heat; stir in nuts and vanilla extract.

Step 3: Spread evenly into prepared baking pan. Refrigerate for 2 hours or until firm. Lift from pan; remove foil. Cut into 48 pieces.





Melissa's Minutes

Please remember when scheduling doctor appointments for your loved ones to notify staff at Skyline Estates. You can contact the Front Desk Concierge or Business Office with the date, time, place of the appointment and if a family member will be meeting up with the resident at the appointment. This will ensure that the resident is up and ready for the appointment and that it is added to the transportation schedule.

Thank you!



Keeping Healthy with Kenise

No matter your age, it is important to take care of your body and prevent illness. Something as simple as the flu or a common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection, or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse

Follow these six tips to stay healthy year-round.

- 1.) **Stay Active-** Physical activity is an immune system booster. The more you move, the more your body can fight inflammation and infections.
- 2.) **Eat A Healthy Diet-** Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system.
- 3.) **Wash your hands frequently-** Washing your hands on a regular basis is another excellent way to stay healthy year-round. Wash your hands with warm soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands.
- 4.) **Get Plenty of rest-** Not only can sleep reduce your stress level, but sleep is how your body repairs itself. An adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Aim for at least seven and a half to nine hours of sleep per night.
- 5.) **Take Steps to get prevent infections-** Getting annual vaccinations is another way to stay healthy throughout the year. You can also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.
- 6.) **Schedule annual physicals-** Scheduling a yearly checkup can also keep you healthy. Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term complications.



Residents

Leslie Cater-12th; Eugene Taylor-13th;
Carl Kangieser-15th

Employees

Donna Marr-6th; Nicole Boatner-12th;
Kirstyn Boling-14th; Dolores Munoz-20th

Happy
Birthday



Life Enrichment



Greetings from Life Enrichment!

This month we have Karson Kruzers on the 20th with live music as well. So come out and see some classic cars and hear some tunes! We also have Catfish Carl coming back to Skyline to play some live music on the 23rd. Be sure to check your activities calendar for the schedule and I hope to see everyone there!

-Shannon



Janelle Sanchez



Outstanding Employee of the Month

Congratulations to Janelle Sanchez for being awarded as August 2021 Outstanding Employee of the Month. Janelle has tirelessly dedicated her time to Skyline Estates and has demonstrated a high-level of professionalism and work ethic.

She continually provides excellent care for the residents and goes the extra mile to help make this a better place.

— Congratulations —



Exercise Your Mind

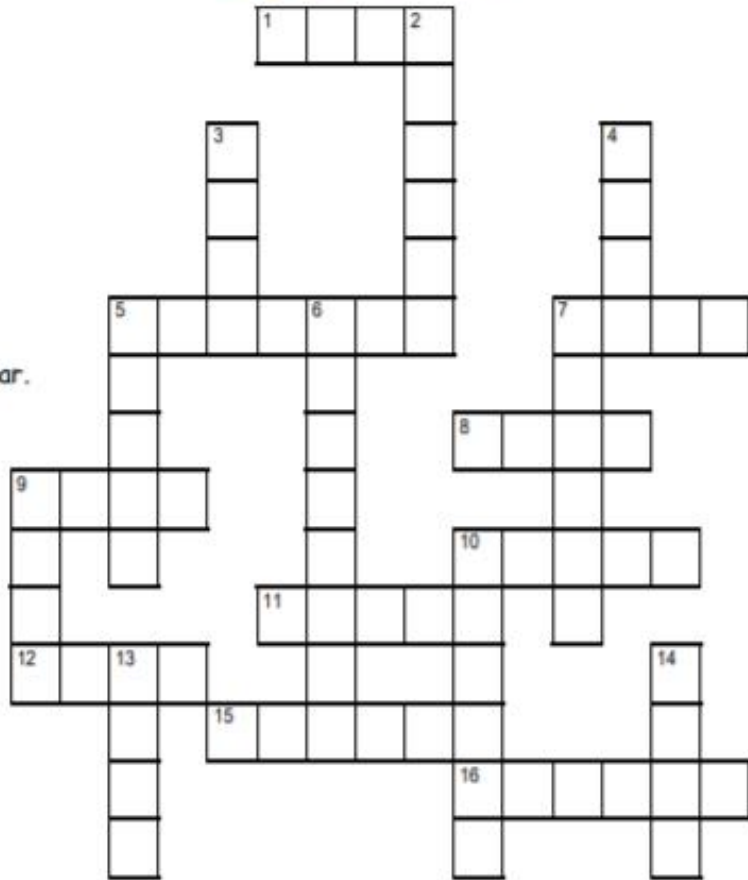


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Answer Key on Page 7

A Trip To The Beach

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

- ALOE VERA
- BATHING SUIT
- BEACH BALL
- BEACH CHAIR
- BUCKET
- BUG SPRAY
- CHAPSTICK
- COOLER
- FRISBEE
- GOGGLES
- GOOD BOOK
- HAT
- SANDALS
- SARONG
- SHORTS
- SHOVEL
- SNACKS
- SNORKEL
- SUNGLASSES
- SUNSCREEN
- TANK TOP
- TENT
- TOTE BAG
- TOWEL
- UMBRELLA

S	B	I	C	J	C	S	T	D	A	U	N	F	W	H	D	R	H	R
E	N	M	T	Z	L	G	H	Q	K	L	T	U	I	Y	Y	N	N	K
L	A	K	T	O	T	E	B	A	G	C	L	E	K	R	O	N	S	W
G	N	W	Z	B	Q	A	R	T	S	G	H	E	K	K	D	E	A	R
G	E	Q	U	U	P	P	L	R	A	D	J	A	R	K	Z	O	A	Y
O	V	I	Z	C	B	A	G	K	B	H	F	D	P	B	X	R	K	U
G	H	G	I	K	M	R	I	D	F	Z	A	F	S	S	M	I	A	F
C	M	T	R	E	N	E	G	O	O	D	B	O	O	K	T	U	A	Z
E	B	X	O	T	Q	V	N	E	E	R	C	S	N	U	S	I	I	T
F	A	S	O	W	E	E	B	S	I	R	F	R	S	K	P	T	C	X
J	T	E	P	Q	E	O	T	E	N	T	B	I	N	H	M	F	V	K
Y	H	S	J	N	A	L	C	K	T	L	M	A	A	X	O	F	L	Y
A	I	S	G	S	L	A	D	N	A	S	E	H	C	L	F	R	I	V
R	N	A	C	D	S	E	T	V	Q	C	G	C	K	U	R	C	T	J
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G	U	N	I	V	V	A	Q	I	A	M	T	A	N	K	T	O	P	A
U	I	U	E	Z	E	S	N	P	G	D	F	E	G	W	T	J	H	V
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Answers to crossword and word search

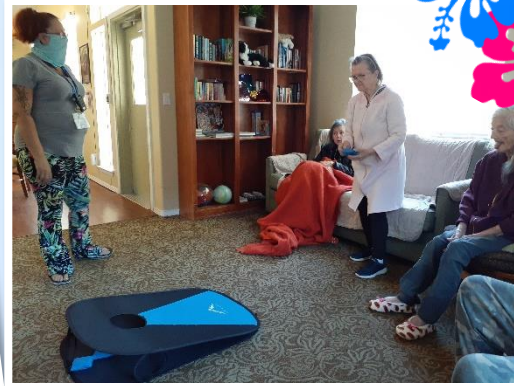
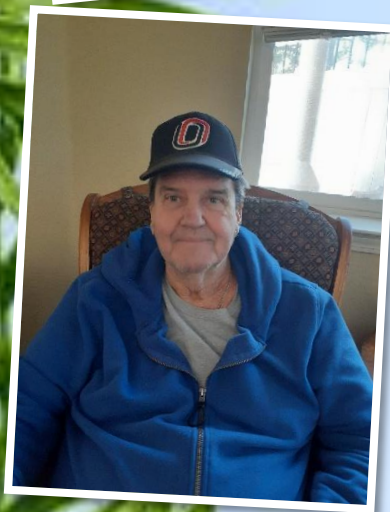
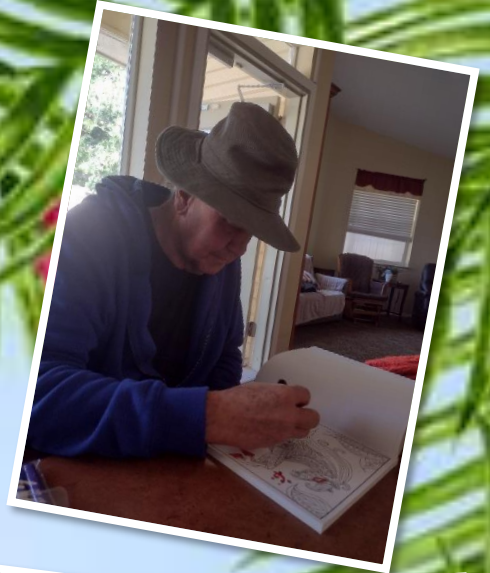
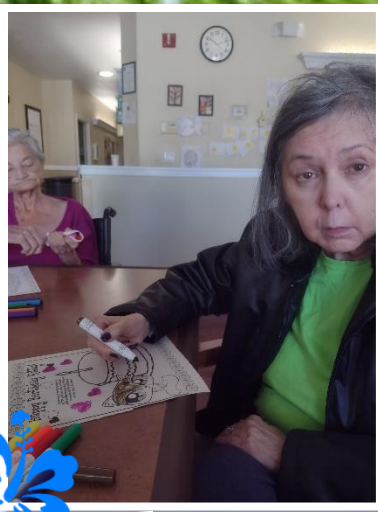


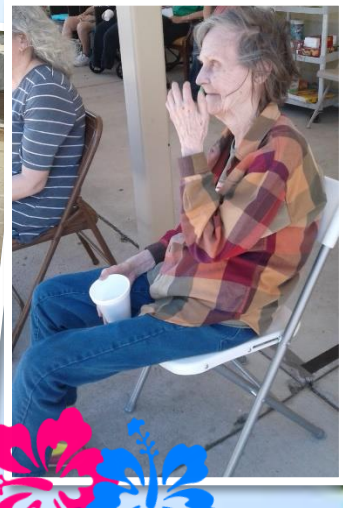
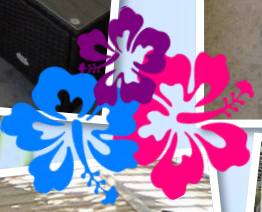
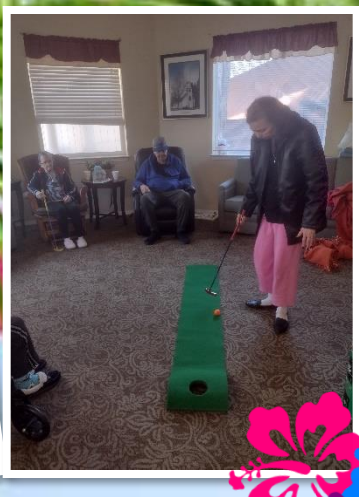
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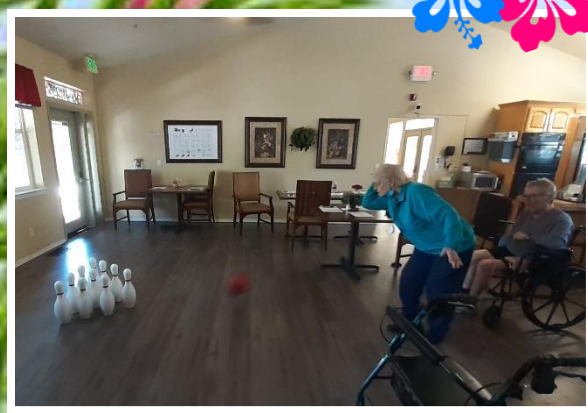
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 O V I Z C B A G K B H F D P B X R K U
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 S S G A P O S A R O N G C O O L E R E
 G U N I V V A Q I A M T A N K T O P A
 U I U E Z E S N P G D F E G W T J H V
 B T S K P L H B E A C H B A L L J W W











Leadership Team



Eric Mager – Administrator



Katie Hiatt – Community Relations Liaison



Melissa Moody – Business Office Manager



Kenise Smith – Wellness Director



Monica Lindstrom – Director of Dining Services



Chris Meitzner – Maintenance Director



Shannon Gruening – Director of Life Enrichment

SUMMER Days

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