



YUMA

Nursing Center

WELCOME TO OUR

Spring & Summer Newsletter



As the seasons change, we are excited to share the latest happenings here at Yuma Nursing Center & Rehab! In this edition, you'll find highlights from our recent events, and information on any upcoming!

No matter what the season, we are proud to create joyful moments and meaningful connections with our residents, families, and community.

We hope this newsletter keeps you informed, inspired, and connected as we move into this wonderful time of year together.



In this newsletter you will find:

Upcoming events, Photo Highlights, and more! Keep Reading!

HELP US WELCOME OUR NEW DON MAXINE, MDS JONI & ADON FIOR!



Meet our new Director of Nursing(right) Maxine and MDS (left) Joni! Maxine has been a nurse for 19 years and when she's not caring for our patients, she loves to knit and crochet. Her favorite part of being a nurse is being able to solve problems for our patients.

Joni has been a nurse for 20 years and when she isn't working, she loves to attend her 3 kids' activities. Her favorite part of being a nurse is helping make patients feel better.



We are beyond pleased to welcome Fiordaliso Baez as the new Assistant Director of Nursing of our building. Fior brings an incredible wealth of experience to our facility. She began her dedication to patient care back in 2005 as a CNA- with her very first jobj actually being here at Yuma Nursing Center. She went on to become a licensed nurse in 2018. When she isn;t busy supporting our team and residents, Fior loves spending quality time with her family and heading out for camping adventures. Please join us in giving her a warm welcome!

SUMMER SAFETY REMINDERS



Summer is here, and keeping our residents, families, and staff healthy is a top priority.

Here are a few important reminders to help us get through the summer!

1. **Stay hydrated** – Keep a water bottle with you and take small sips regularly. Even if you are not thirsty or feel like you've had enough water for the day, it is better to drink more than you need than not enough.
2. **Eat healthy** – Replace hot, heavy meals with nutritious, smaller meals spaced out throughout the day. Fresh fruits, veggies, watermelon, oranges, and cucumbers can keep you cool and hydrated.
3. **Choose your clothes carefully** – Loose-fitting clothes and shoes help regulate body temperature, especially when you spend time outdoors. If you need to be outside, please consider wearing a hat.
4. **Maintain your air conditioner** – To keep your AC unit working efficiently, call a local HVAC professional and have it checked as early as possible in the summer.
5. **Find alternative ways to stay cool** – Take cool showers when you are at home. When you must be outside, look for shaded areas. If your air conditioning is not working, consider spending time at the nearest community center or library to ensure you are staying cool.
6. **Avoid peak hours outdoors** – Peak heat hours outdoors are typically between 10 am and 4 pm.
7. **Don't forget sunscreen** – One of the best heat safety tips for seniors during the summer is to wear sunscreen, even on overcast days. Doing so helps avoid sunburn, which naturally increases your core body temperature.
8. **Act fast when you do not feel well** – If you don't feel well due to excessive heat, avoid waiting to seek help. Call a medical professional or explain your symptoms to a family member or care provider.