

Sheridan Court



FRASER
Special needs ★ Bright futures

Game Night

Game Night will be held on

Wednesday,
July 25th
from **6:45-**
7:45PM.

Come join your friends and Fraser volunteer, Erin for this

fun-filled event! Treats will be provided!



Service Coordinator Office Hours

The Service Coordinator will be out of the office on July 4-6. All messages will be returned on Monday,

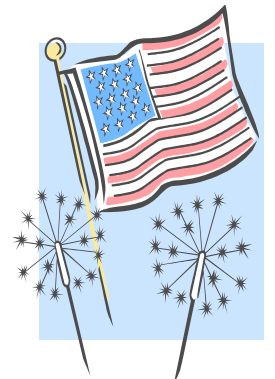
July 9. If you need immediate assistance please call Fraser School at 612-861-1688. Have a great holiday!



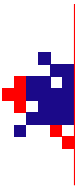
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Happy 4th of July!

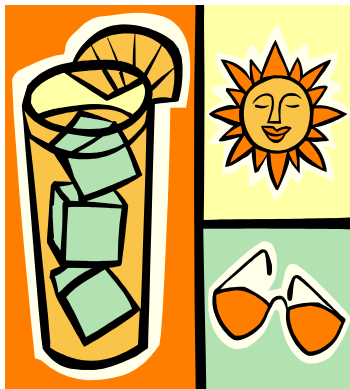
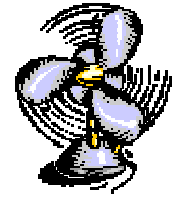


Health Tip

From: Bloomington Public Health

How to keep your COOL when it's hot!

- Drink lots of water, even if you don't feel thirsty.
- Use air conditioning. If you don't have it, go somewhere that does. Spend at least 2 hours/day somewhere cool.
- Cut back on physical activity.
- Take lukewarm baths and showers-not very cold ones.
- Wear loose fitting clothes in light-colored light-weight fabrics.
- Eat light. Choose foods high in water content-fruits, salads, and soups.
- Check on your neighbors. Make sure elderly people are staying cool and healthy.



Summer Social Hour

Come join your neighbors and the Service

Coordinator from 5:00-6:00PM for a social hour in

the community room! Holly will provide cold drinks and a snack. Feel welcome to share

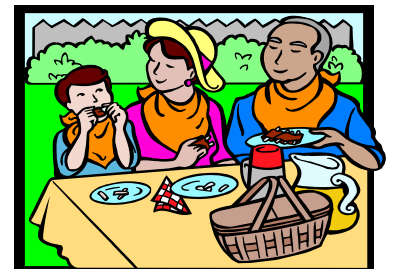
any fun summer stories or plans you may have!



Save the Date!

Mark your calendars! The annual ILP tenant and family picnic is coming soon! This year's picnic will be held on Saturday, September 15th, from 1:30-5:00PM at

Veterans Memorial Park in Richfield. All tenants and their families and friends are invited to attend. More details to come!



St. Kate's Student Nurses

Before we know it, Summer will be over and Fall will be approaching! This means the student nurses from the College of St. Catherine are coming back to

Sheridan Court! Nursing students will be returning in September to pair up with tenants from Sheridan Court. Please watch for an interest survey that will explain more

about this opportunity.



Job well done!

A thank you from property management and your service coordinator on completion of June's

Fire Drill. All tenants that were home during the drill, participated in a safe and efficient manner. Keep up the good work! For

guidelines on fire safety please refer to your tip sheet or see Holly Reinsmoen. Thanks!

Happy Independence Day!

Wednesday, July 4th marks Independence Day! For those interested in seeing fireworks, Veteran's Memorial Park in Richfield will have a

fireworks show beginning at 10pm. Veteran's Memorial Park is located at 6335 Portland Avenue. Plan to arrive early to get a good spot! Happy 4th of July!





July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Happy 4th of July!	5	6	7
8	9	10 Social Hour 5-6PM Cub Club	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Cub Club	25 Game Night 6:45-7:45PM	26	27	28
29	30	31				