

June 2026

SUMMIT HOUSE

Summit House Assisted Living, 600 1st St. NW, Britt, Iowa 50423



Celebrating June

UPCOMING EVENTS

**Catholic Mass/Father
Paul**

June 3 10am

Lisa/Singing Cowgirl

June 3 1pm

**Jeff Beuge/Gospel &
Country**

June 12 2pm

**Summit House Annual
Picnic**

June 18 5:00pm

**Steve Lang/Country &
Gospel**

June 18 5:30-7pm

Father's Day

June 21

Pastor John & Nancy

June 24 3:00pm

**"Happy Birthday
to You" Day**

June 27

MOTHER'S DAY CELEBRATION



Everyone enjoyed some yummy treats,



good conversations, and



Arlene was the lucky winner of the guessing game.

SUMMIT HOUSE'S NEW VAN



Arlene and Marlene are checking things out.



Arnie and Thelma Prohaska are ready to get on the road and do some exploring.

NURSING WEEK



For National Nursing Week we wanted to recognize Shanda Mallory for her dedication, compassion and the care she gives to our residents every day. We appreciate all you do to keep things running smoothly and for putting smiles on everyone's faces.

MAY BASKETS



These three were being very quiet while delivering May Baskets to all the residents. They will wake up to a little treat to celebrate May Day.

THE NIGHTINGALE REPORT

Preventing Falls, Protecting Independence

June is National Safety Month, a perfect time for older adults to focus on simple habits that can help prevent injuries and maintain independence. Falls are one of the most common causes of injury in seniors, often leading to hospitalizations and sometimes a need for a higher level of care. Best practice to prevent falls include keeping walkways clear, removing loose rugs, ensuring rooms are well-lit, and wearing supportive, non-slip shoes. In the bathroom, there should be sufficient grab bars near the toilet and shower. It is recommended to use a shower chair, as well as a non-slip mat.

Medication management is another important part of staying safe. Older adults should take medications exactly as prescribed, keep an updated list of medications, and use pill organizers to avoid missed or double doses. Some medications, such as heart medications, can increase risk of falls. It's important to communicate with your physician regarding concerns and routinely review your medications with your physician.

During this month, I encourage everyone to do a walk-through of their own apartment to assess potential fall risks. Do you have throw-rugs in your apartment? Is your apartment without clutter? Are the soles of your shoes non-slip? By taking a few proactive steps, older adults can continue enjoying safe, healthy, and independent lives all year long.

Shanda Mallory-RN

HOSPICE SUNDAE SOCIAL



St. Croix Hospice of Iowa visited us today and served up some ice cream sundaes while they talked about becoming a volunteer with hospice. Thank you Alanna and Katie for reaching out to us.

SUMMIT HOUSE ANNUAL PICNIC

Summit House will be hosting our annual summer picnic for family and community. This will be held on Thursday June 18th. We invite you to a night of great food, good music, and conversation. We will start serving at 5pm. The music will be outside from 5:30-7pm with Steve Lang weather permitting. Please bring a lawn chair with you if possible. We also encourage residents who live courtside to use their decks. SEE YOU ALL SOON!



created for lawn fawn by cristina "yainea" nuñez

SAFETY FIRST

GARDENING 101



Marj is giving a helping hand planting our garden. We went in a different direction this year. We are using fabric garden bags. Hopefully we will see results.



So far, we have planted potatoes, onions and carrots. If all works out, we will have the makings for a delicious pot roast. Now on to tomatoes and peppers.

June Birthdays

RESIDENTS

LARRY STOHR 6/2
LOIS NELSON 6/12
CORINNE RASMUSSEN 6/12
GEORGE SCHMIDT 6/14
DON VERBRUGGE 6/24
DIANE BRO 6/27
DEAN RICKE 6/27
CARL GIESKING 6/30

STAFF

JOEY BOURG 6/2
SHANDA MALLORY 6/29

EMPLOYEE SPOTLIGHT



Introducing Reese Quisling, our Employee Spotlight of the Month. Reese lives in Kanawha with her parents, her sister McKenna, and her cat Pepper. She is a Junior at West Hancock and is involved in band and choir. She also enjoys fishing in her spare time. Reese has worked in our dietary department for 5 months and loves interacting with the residents.