



# July Wellness Newsletter

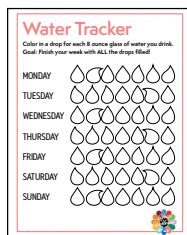
## UV Safety Awareness Month Safe Summer Fun

Need to create an account?  
Request a login at [AYOW.com](https://www.ayow.com)  
An account gives you access to tons of great resources!

Click on the  to download resources!

## Therapy Corner

### Beat the Heat: Indoor Therapy Ideas



#### Hydration Tracking Chart

Collaborate with nursing to engage residents in logging daily fluid intake as a therapy cognitive task.



**Sunny Rainbow Summer Craft** Create a rainbow to work on dexterity and brighten your resident's room or the gym.

### Sand Sensory Boxes

Use kinetic sand or rice with seashells and small tools for fine motor rehab and sensory stimulation.

## July Featured Activities

Help residents enjoy summer while staying safe and healthy with these engaging activities:



### Safe Summer Sun Fun Coloring Page

#### Make Your Own Sun Hat Craft

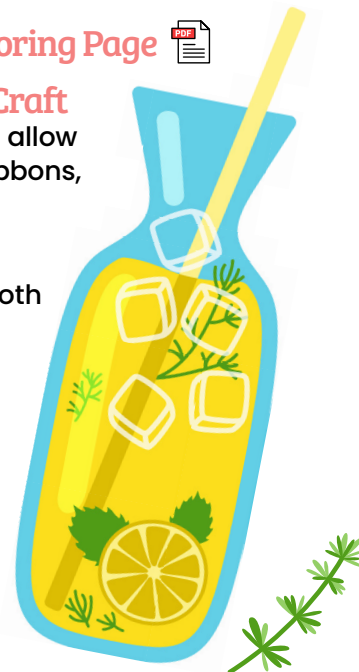
Use wide-brimmed hats and allow residents to decorate with ribbons, flowers, or fabric paint.

#### Summer Photo Booth

Set up a sunny-themed booth with sunglasses, beach towels, and hats for fun keepsake photos.

#### Lemonade Mixology Class

Let residents create their own flavored lemonades using herbs and fruits (mint, strawberries, basil) while discussing the importance of hydration.



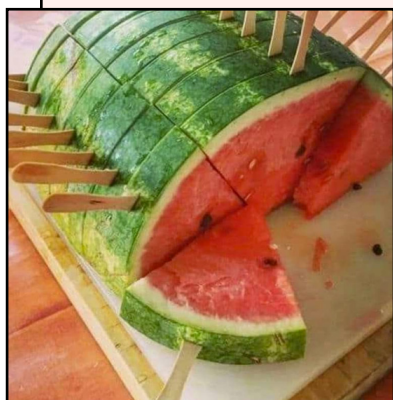
## Marketing & Outreach Ideas

**Promote your wellness & therapy program throughout the community:**

**Host a "Summer Safety Fair"** Invite local EMTs, pharmacists, or wellness vendors to present tips to keeping seniors healthy and safe in the summer.

**Partner with Senior Centers or ALFs** for co-branded hydration kits or sun protection giveaways. Consider taking Watermelon for a fun hydrating treat for their residents.

**Deliver Summer Fun Kits to Referral Partners** Include SPF lip balm, sunglasses, a UV safety awareness card, and your branded flyer.



## Social Media & Promotions

- **Post a Weekly "UV Safety Tip for Seniors" Series:** Include hydration reminders, peak sun hour tips, and skin protection facts.
- **Therapy Tuesday Post:** Show off an indoor therapy activity with a caption like "Staying cool while staying active—that's our kind of summer fun!"
- **Reels/TikToks with Staff & Residents:** Trendy or fun audio featuring "what staying cool in therapy really looks like" clips.

Share the fun! Send your photos to [SocialMedia@reliant-rehab.com](mailto:SocialMedia@reliant-rehab.com)