



June Wellness Newsletter

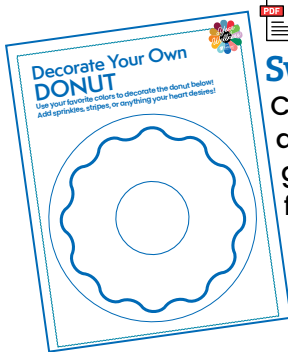
Simple Steps for a Safer Home

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An account gives you access to tons of great resources!

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Creating a safe environment for seniors is essential to maintaining independence, confidence, and overall well-being.

June Featured Activities



National Donut Day (June 5) – Sweet Treat Social

Celebrate with a fun “decorate your own donut” activity or a simple donut social. Residents can get creative with toppings while enjoying a classic favorite together.

National Selfie Day (June 21) – “Wall of Smiles”

Capture the moments that matter. Set up a simple selfie station and invite residents to take photos with friends or staff using a selfie stick. Print and display photos in a common area to create a “Wall of Smiles” that celebrates connection, personality, and joy.

National BINGO Day (June 27) – “Fall Prevention BINGO”

Celebrate National Bingo Day with a safety twist. Residents play a traditional game of bingo using cards that feature common fall prevention tips and healthy habits—like “Wear supportive shoes,” “Clear pathways,” “Use grab bars,” or “Stay hydrated.”

As each space is called, take a moment to briefly discuss the tip and why it matters. This simple activity reinforces everyday safety habits while keeping the experience social, interactive, and fun.



Therapy Corner

Supporting Safety Inside the Community and at Home

“Safety Sweep” Room-by-Room Challenge

Residents and patients work with therapy staff to identify common hazards using a checklist (loose rugs, poor lighting, clutter). Turn it into a group activity where participants “spot the risk” and discuss solutions.

Bathroom Safety Demo Day

Set up a mock bathroom space to demonstrate proper use of grab bars, shower chairs, and non-slip mats. Allow hands-on practice for safe transfers and positioning.

Functional Task Game: “Reach & Retrieve”

Using reachers and adaptive tools, patients practice safely retrieving items from different heights—reinforcing fall prevention strategies.

Marketing & Outreach Ideas

Social Media Campaign: “Did You Know?” Series

Share quick stats & tips paired with simple safety solutions.
(ex: “1 in 4 adults over 65 experiences a fall each year”)

“Home Safety Checklist” Giveaway

Provide printed checklists during family visits, tours, or community events to position your team as a proactive safety resource.

Discharge Support Highlight

Promote therapy’s role after discharge with messaging like:
“Your therapy doesn’t end here—we help you stay safe at home.”

Share the fun! Send your photos to SocialMedia@reliant-rehab.com