

# Tuff Memorial Home

505 East 4<sup>th</sup> Street | Hill, Minnesota | 507-962-3275 |



## Resident Birthdays

Arlene F.	July 7 <sup>th</sup>
Allan B.	July 8 <sup>th</sup>
Dar B.	July 11 <sup>th</sup>
Judy R.	July 16 <sup>th</sup>

## Staff Birthdays

Keaton H.	July 1 <sup>st</sup>
Leif T.	July 2 <sup>nd</sup>
Tara W.	July 4 <sup>th</sup>
Noah H.	July 7 <sup>th</sup>
Makynzie K.	July 8 <sup>th</sup>
Cherlyn B.	July 11 <sup>th</sup>
Lydia H.	July 11 <sup>th</sup>
Sage D.	July 22 <sup>nd</sup>
Regina A.	July 25 <sup>th</sup>
Jayden K.	July 26 <sup>th</sup>
Anjemillo O.	July 29 <sup>th</sup>
Dana H.	July 29 <sup>th</sup>

## Staff Anniversaries

Autumn D.	1 year
Allie K.	2 years
Eric V.	2 years
Keaton H.	3 years
Mark O.	3 years
Skylar V.	3 years
Ashton D.	4 years
Lora F.	13 years
Samantha K.	20 years

## New Residents

Butch H.  
Enore B.

## We Remember

Harriet Larson  
Ed DeWit  
Marilyn Jellema

## America Turns 250

Since 2026 marks the 250th anniversary of the United States, it provides a wonderful opportunity to celebrate our nation's history while reflecting on the memories that have shaped our lives. For many of our residents, patriotic celebrations, family road trips, and visits to treasured landmarks such as Mount Rushmore were unforgettable traditions.

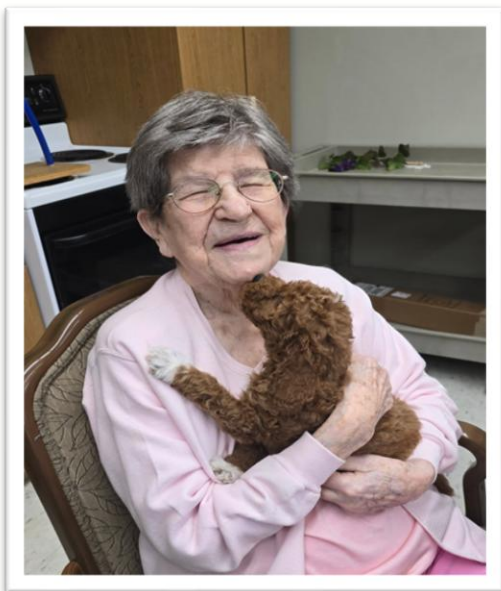
Residents recently enjoyed an armchair travel adventure to Mount Rushmore and the Badlands, where virtual tours showcased the iconic presidential carvings, breathtaking landscapes, and rich history of the Black Hills. As the images came to life on the screen, so did countless memories.

Residents reminisced about family vacations, scenic drives with children in the back seat, spotting bison and other wildlife along the way, making a stop at the famous Wall Drug, capturing moments with film cameras, unfolding paper road maps to plan the next destination, and enjoying homemade snacks packed for the journey.

### Did You Know?

- Carving of Mt. Rushmore began in 1927 and was completed in 1941
- Nearly 400 workers helped carve the monument, some unfortunately lost their lives in this making.
- Each president face is 60 feet tall
- More than 2 million people visit Mt. Rushmore every year
- The faces represent four presidents: George Washington (father of our country), Thomas Jefferson (expanded the nation), Theodore Roosevelt (promoted conservation), and Abraham Lincoln (helped preserve the nation).

## Puppy Love Brings All the Smiles



## Tuff Time Travel

Residents were asked what their favorite Grilled Foods are:

- *“Hamburgers” -Evean H.*
- *“Cheeseburgers” – Jim B.*
- *“Russell Burgers made by my husband with shredded potatoes and onions mixed in the patty.” – Jeane S.*
- *“Medium rare steak.” – Dar B.*

## Highlighted Activities for July

- July 3rd – 4<sup>th</sup> of July Program
- July 12<sup>th</sup> – Glenda’s Piano Recital
- July 15<sup>th</sup> – Summer Craft
- July 16<sup>th</sup> – Music by Bob S.
- July 23<sup>rd</sup> – Summer Splash Party in the courtyard from 1:30-2:30p.m. Kids are welcome to attend and must be accompanied by an adult. See our Facebook Flyer post.

## Pastor's Page

*"Day by day, the blessings, Lord, you send me draw me nearer to my heav'nly goal"*

From ELW #790

Every day we receive blessings from God. The sun, the rain, food to eat, clothes to wear, family and friends. Every day these things are part of our lives and they come without our asking, we simply receive. I have discovered a very bad habit you all have here at this church. Instead of thanking God for your blessings weekly, you only thank God for the blessings when you are at worship. If you miss a Sunday, you do what you do and do not show your thank-fulness for that week. Instead of giving more the next time at wor-ship most of you simply give what you normally give. Every day God blesses us and we only say thanks once a month, or whenever we show up? What habit have you learned?

Weekly giving is what sustains congregations. Sure, you can throw a twenty in the plate when you're here, but when you're not, it seems you are taking God for granted, and also the church. Every day you receive bills at home, every day we receive bills at church! If you only paid your bills when you felt like it, what would your creditors say? No more electricity or wifi? No more Netflix or credit card? Imagine if we didn't have electricity at church. You might complain. Or no wifi, or no air conditioning, or even worse, no coffee! We are not close to having that happen, but the numbers are not good. Take a look at the graph in the newsletter – we are way behind the budget! What can we do? We can give weekly! You don't have to be at church, you can add the church on your elec-tronic bill pay system at your bank and the church will receive your offering, whether you are here or not. If you don't want to give that way, consider giving what you give each week – espe-cially if you are gone for a week or two. Sixty dollars is more than the twenty you might give when you are back, but it is helpful for our budget.

Think seriously about how you give – many of you give through your time and donations, which is wonderful, but those of you who do not do this, maybe consider how you could give weekly to show your thankfulness to God for all the blessings you have received and continue to receive.

Summer blessings,

Pastor Lori

## Tuff Family Council

Meetings will be held on the first Thursday of every month at 5p.m. located in the Tuff Chapel.

**Thursday, July 2<sup>nd</sup>**

These meetings are designed for families to gather amongst themselves to discuss topics related to their loved ones in a safe space.



**Residents and the Blue Ribbon 4H Club  
Planting Flowers in Buckets.**

## Employee of the Month is: *Mark O.*

Employee of the month is Mark O. Mark has been working in the Maintenance Department since July 2023. His family consists of his wife (Marie- married 17.5 years), daughter (Kirsten), son in law (Justice), son (Eric), daughter in law (Dawn), a total of 7 grandchildren, brother Alan (Vikki) and brother Paul (Emily). His hobbies include working on or tinkering with anything mechanical. Sunday driving with no real destination and visiting old friends. He enjoys working with everyone and visiting with residents when he can.



**“75% of Americans  
are chronically dehydrated”**  
- National Council on Aging

### Tips On Hydration

#### -How much water should I drink?

Experts say as a baseline, aim to drink half your body weight in ounces of water per day.

#### -What if I hate the taste of water?

Water can get boring at times, you can infuse water with flavor enhancers. For a more natural enhancer try placing lemons, cucumbers or mint into a pitcher of water.

#### -Can I get water through food?

According to Healthline.com 20% of fluid intake comes from food. Water rich foods include watermelon, strawberries, cucumbers, and tomatoes bell peppers.

#### Fun Fact:

According to the MS Society eating spicy food helps you cool down. Just make sure you drink plenty of water during or after the meal.

### Department Heads

Administrator- Katie Kendall  
Executive Director- Jane Blank  
Director of Nursing- Dana Huisman  
Social Services Professional- Emily Baatz

Dietary Manager- Kelli Hellerud  
Life Enrichment Director- Jocelyn Jacoby  
Maintenance Supervisor- Ben Vander Poel  
Laundry & Housekeeping Supervisor- Judy DeNoble

*The Tuff Memorial Home is a Christian Home with a heart. In Christian Love, we provide heartfelt quality care to people in a way that contributes to their sense of dignity and self-worth.*