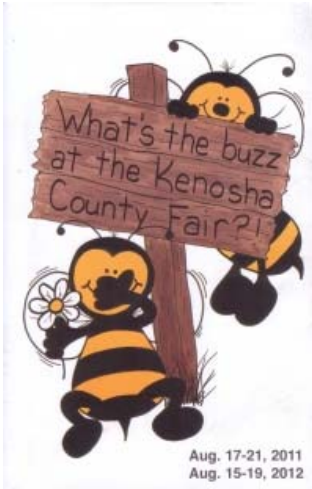




Rainbow Lake Manor Newsletter

August 2011



Special Events

August 3rd, 2011

9:30 am

Community Coffee
Marc Lofman & Scott Rose
Community Center

August 4th-14th, 2011

Wisconsin State Fair

August 10th, 2011

Fish Fry Reservations Due

August 12th, 2011

5:00 pm

Fish Fry
Antioch Moose

August 17th-21st, 2011

Kenosha County Fair

August 20th, 2011

5:00 pm

Potluck Dinner

Rainbow Lake Manor
19900 128th Street
Bristol, WI 53104

Phone

(262) 857-2891

Emergency Phone

(888) 462-5033

Fax

(262) 857-9335

Office Hours

Monday & Wednesday- Friday:
9:00 am – 1:00 pm
Closed on Tuesday

Letter from the Office

Greetings Homeowners:

Summer is flying by and it's already August. Fair season is back which means everyone has the opportunity to keep busy while enjoying the wide variety of events and entertainment.

The Wisconsin State Fair begins on August 4th and runs through August 14th with an entertainment schedule featuring something for everyone. Just about every genre of music is touched upon, from MC Hammer to ZZ Top and from Whitesnake to Blake Shelton. Check out the schedule at www.wistatefair.com

In addition to the musical entertainment, there's so much more including animal shows, cream puff eating contest and even a Moo-la-palooza Mooing Contest.

After the WI State Fair wraps up, the Kenosha County Fair begins on August 17th and runs through August 21st. August 17th is Senior Citizen Day with \$5 admission and on the 19th it's children's day making it even more exciting.

Similar to the State Fair, the Kenosha County Fair offers Horse and Pony shows as well as Pie Auctions and Demo Derbies. In addition to all of that, there is also musical entertainment to cap-off the festivities. To find out more visit, www.kenoshacofair.com.

While enjoying "fair" season remember to use caution when exposed to high temperatures and humidity. See page 2 for some highlights and helpful tips.

Please submit ***all*** maintenance requests to the management office and not directly to Jim. This helps us manage your requests and complete them in a timely manner.

Remember to visit the Rainbow Lake Manor Community Center us at the Community Coffee Meeting on August 3rd at the Community Center. Both Marc Lofman and Scott Rose will be on hand to answer any questions or address concerns. We hope to see you there!

Rainbow Lake Manor Office

Yard Waste Rules – A Refresher

- ☀ All yard waste must be placed at the curb by Monday morning at 10:00 am in order to be collected by the maintenance staff.
- ☀ Branches must be bundled and tied (no wire) together in bundles of no more than 3 feet in length and cannot exceed 50 lbs.
- ☀ Only include leaves, grass clippings, yard waste and small branches (bundled as outlined above).
- ☀ Yard waste must be in paper bags and/or a container that can be dumped into the truck.
- ☀ Bags/containers cannot weigh more than 50 lbs. If you have a branch/yard waste that exceeds the 50 lb limit, please call the office, 262-857-2891, by 5:00 on the Friday prior to pick-up.

Simple tips to help beat the heat

With summer in full swing, people over the age of 65 are more prone to heat stress than younger people because they do not adjust as well as younger people do to sudden change in temperature, they are more likely to have a chronic medical condition that changes normal body responses to heat, and they are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration. Following are some simple tips to help manage the affects of the dangerous heat wave that has gripped our area this summer:

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.
- **Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.
- **Slow down. Avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning from 4:00-7:00 am.
- **Stay indoors when possible.** If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.
- **Be a good neighbor.** During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.
- **Learn Red Cross first aid and CPR.**

Signs and Symptoms of Heat Exhaustion

When the heat begins to take its toll, the body begins to show signs that it's time to take heed. Warning signs of Heat Exhaustion may include one or more of the following:

- Heavy Sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

Treating the Heat Exhaustion Victim

- Get the person out of the sun and into a shady or air-conditioned location
- Lay the person down and elevate the legs and feet slightly
- Loosen or remove the person's clothing
- Have the person drink cool water or other nonalcoholic beverage without caffeine
- Cool the person by spraying or sponging him or her with cool water and fanning
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke
- If fever is greater than 102° F, fainting, confusion and seizures occur, call 911 immediately

Senior Dining Luncheon

August Menu

Friday, August 5th

Baked Alaskan Pollock w/ Florentine Sauce
Au Gratin Potatoes
Bran Muffin Bread
Coleslaw
Fruit Sunburst

Friday, August 12th

Meatball Marinara Sub
Potatoes Italiano
Italian Green beans
Soft Hoagie Roll
Banana

Friday, August 19th

Creamed Chicken over Baking Powder
Biscuit
Zucchini & Tomatoes
California Blend
Chilled Peaches

Friday, August 26th

Grzeian Baked Chicken Thigh
Sweet Potato Puffs
Green Beans
Whole Wheat Bread
Fresh Melon

Milk, Juice, Coffee and Tea are included
RSVP by 12:00 pm -Thursday afternoon
To Mickey or Diana at 262-843-3828

Rainbow Lake Manor Activity Calendar

August 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Yard Waste Collection 11:00 am Red Hat Society	2 10:00 am – 4:00 pm Sewing Class	3 9:30 am Community Coffee w/ Marc Lofman 2:00 pm – 7:00 pm Bristol Farmer's Market (near Fire Station)	4 Wisconsin State Fair NOON Deadline for Sr. Dining Luncheon Registration 6:30 PM Bingo	5 Wisconsin State Fair 12:00 pm Sr. Dining Lunch 1:45 pm – 2:45 pm Bookmobile	6 Wisconsin State Fair
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