

July 2026

# King's Daughters Home

2410 Rodd St. - Midland, MI 48640 \* (989) 839-9800



## Celebrating July

### Resident Meeting

Tuesday, July 14<sup>th</sup>

@ 2:30 pm.- Dining Rm

### Monthly Birthday Party

Thursday July 16<sup>th</sup>

@ 2:30 pm.- Dining Rm Join  
us for Cake & Ice Cream

### 250 Years of AWESOME AMERICA- Land of the Free & Home of the Brave!

Friday, July 24<sup>th</sup>

2:00-4:00 pm

Dining Rm- Join us for  
Ice Cream Cones & Sundaes!

### Earn Extra KDH Buck

@ Exercise Classes starting  
on July 20-30

\*Spend them @ the KDH  
Buck Auction on Friday,  
July 31<sup>st</sup> @ 2:30 pm



## Happy July, everyone!

As the new Administrator, I would like to take a moment to introduce myself for those of you who may not have met me yet and say how honored I am, to once again, be part of this wonderful home. The kindness, warmth, and sense of family I have experienced continues to make me feel truly welcome.

July is a month filled with sunshine, celebrations, and opportunities to create lasting memories. It is a wonderful time to enjoy outdoor activities, family visits, seasonal treats, and the many events planned by our Activities Department. I encourage everyone to participate, connect with one another, and make the most of the summer season.

As we celebrate this special month, I want to thank our residents, families, volunteers, and staff for all you do to make our home a place filled with care, compassion, and friendship. I look forward to continuing to learn from each of you and working together to continue to make our home the best it can be.

Wishing everyone a safe, happy, and healthy July filled with laughter, sunshine, and wonderful memories.

Warm regards,

**Jamie Studer**  
Administrator



## Knead to Relax



Tired? Stressed? Sore? Perhaps you need a massage. Massage is no longer limited to fancy spas or luxury health clubs. Massages are now offered in the workplace, at the mall, and even in airports. If you've never tried a massage, perhaps you should between July 12 and

18, Everybody Deserves a Massage Week.

Not all massages are the same. The most well-known type is Swedish massage. It is the gentle kneading of muscles, tendons, ligaments, and skin that brings deep relaxation. Deep-tissue massage uses slower, more forceful strokes to reach deeper muscles and relieve pain or injury. Shiatsu is a Japanese style that uses light finger pressure on pressure points to stimulate energy and regain balance. Sometimes massage therapists incorporate pleasing aromas, hot stones, or warm pads into the treatment to increase comfort and relaxation.

Relaxation, though, is not the only benefit of massage. While studies show that massage can reduce pain, stress, and muscle tension, it has also been shown to decrease anxiety, relieve headaches, combat insomnia, boost the immune system, and even relieve some digestive disorders. While massage is certainly not a substitute for regular medical care, many believe that it is an effective form of alternative medicine.

If you've been putting off a massage because you're wary of a stranger's touch, it may be helpful to remember that massage therapists are trained experts in anatomy, physiology, kinesiology, pathology, and ethics. There is no reason to be squeamish or self-conscious in the presence of these medical service providers. Communication is also key. A massage is for your benefit. You have to tell the massage therapist where you need work and whether you like more or less pressure. After all, a massage should be an enjoyable indulgence!

## King's Daughters Home Staff Royalty for July 2026



**CONGRATULATIONS Jennifer Bolan!**

Jennifer is our Evening Floorcare/ Housekeeper and has worked at

King's Daughters Home Since February of 2026. **\*She has won a \$50 Bonus!**



**Reminder to Please Check the Lost & Found Cart each Week-** Clothing is tagged and saved for one month. If not claimed items are taken to local donation centers. The cart is kept in the Computer Room near the Front Desk. **Thank You**

# NURSING NEWS

Happy July to our wonderful residents, families, and friends!

Summer is in full swing here at Midland King's Daughters Home, and with the sunshine pouring through our beautiful Alden B. Dow windows, our community is buzzing with energy. As we enjoy our beautifully landscaped courtyards and take strolls along the walking paths, the summer heat requires us to be extra mindful of our health. Protecting our seniors from heat-related illnesses is our top priority this month, so we ask everyone to hydrate constantly by drinking water throughout the day, even if you do not feel thirsty. Please help us watch for heat exhaustion symptoms like dizziness, heavy sweating, or nausea, and always apply broad-spectrum SPF 30+ sunscreen before stepping out. We also recommend wearing loose, lightweight, light-colored clothing and limiting outdoor walking to the cooler morning or evening hours.

This month is exceptionally historic as our nation commemorates America's 250th birthday on July 4, 2026. Marking a quarter-millennium since the signing of the Declaration of Independence, this Semi quincentennial is a beautiful milestone for our residents to reflect on a lifetime of American history, innovation, and community.

We are incredibly honored to celebrate this monumental milestone right here within our home, focusing on the shared memories and deep gratitude that connect us all. Our nursing staff remains fully dedicated to keeping everyone safe, comfortable, and properly hydrated through all of our indoor and outdoor festivities. If you are visiting a loved one this month, we invite you to relax in our air-conditioned spaces, share a refreshing drink from our hospitality carts, and join us in honoring our nation's history. Thank you for your continued partnership in keeping our close-knit family healthy and thriving.

**Jo Lynn  
and Kari**



## Congratulations

on "beeing" awesome & "sticking with us"



**We Appreciate YOU!!**

**Happy Anniversary dates of hire**

**Gloria Leonard, Prep Cook (22 yrs.)**

**Margot Rice, Housekeeper (20 yrs.)**

**Jack McGinnis, CNA (7 yrs.)**

**Shea Houck, CNA (5 yrs.)**

**Justin Conarty, CNA (3 yrs.)**

**Hayden Edmonds, Receptionist (2 yrs.)**

**Hunter Krancich, CNA (2 yrs.)**

**Kari Migut, Assistant Director  
Of Nursing (1 yr.)**

**Ethel Carman, Housekeeper (1 yr.)**



## Guardians of the Wild



One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild.

Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts.

Though they invoke fear in many, tigers rarely

target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.



**Please join us  
on Friday, July 24<sup>th</sup>  
to Celebrate 250 yrs.  
of America- Home of the Free!!!**

**\*We will have Ice Cream  
Cones & Sundaes!  
KDH Dining Room-  
Families & Friends- Please RSVP to  
Becky in Activities by July 20th**

## Redefining Beauty

Everybody knows we should respect our elders, but it's just as important to recognize their beauty—on their own terms. That's the spirit behind Gorgeous Grandma Day on July 23. Today, the idea of "aging beautifully" looks a little different than it once did. It's less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you'll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock but to feel good in the skin they're in. Some embrace gray hair, others bold fashion, others a bare face. There's no single formula anymore.

Even in industries once dominated by youth, older women are claiming space and redefining what beauty looks like. They're not "still beautiful despite their age"—they're just beautiful. The message has shifted from resisting age to standing comfortably within it. And that confidence? It's something no cream or routine can replicate.

## July Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

### Residents:

7/8 Barbara Chamberlin  
7/8 Julia Steinmetz  
7/12 Richard Avitabile  
7/27 Shirley Burel

### Staff:

7/2 Mary Hatfield  
7/17 Toni Hilberry  
7/23 Valerie Saxton  
7/23 Tejshun Willman  
7/26 Andrew Mrdutt  
7/27 Shea Houck  
7/28 Sandy Dorion  
7/31 Diane Barnhart



## Welcome New Employees!

Jadfa Cormier- CNA  
Cher Hasley- Dietary Aide  
Brianna Studer- Dietary Aide  
Eustasia Wells- CNA  
Ashton Riddle- CNA  
Mario Solorzano- CNA  
Jackie Studer- Dietary Manager  
Emma Andrus- CNA  
Dakota Squires- Dietary Aide  
Tejshun Willman- CNA  
Grace McReynolds-CNA

