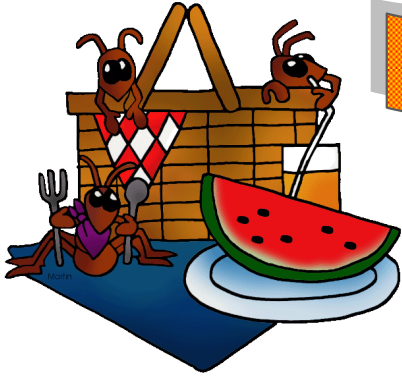


RAULF PLACE'S
THE UPTOWNER



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Picnic Fun!





Heat Safety

Follow these tips to stay safe during extreme heat:

- When possible, stay in air conditioning on hot days. If you don't have air conditioning, head to libraries, malls, and other public spaces to keep cool.

- Be sure to check on older friends and neighbors who live alone
- If you have to be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air conditioned breaks.
- Beware of hot cars. Never leave a person or a pet in a parked car, even for a short time. On an 80 degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.
- Stay hydrated. Don't wait to feel thirsty. Drink plenty of water throughout the day. Avoid alcohol and hot, heavy meals.

Taking a cool shower or bath will cool you down OR apply cold wet washcloths to the neck, head and arms or legs also cools the body quickly

- Stay informed. Watch your local weather forecasts so you can plan outdoor activities safely. Pay attention to any extreme heat alerts.
- Keep your pets cool. Be sure to give your pets plenty of fresh, clean water. Make sure they have a shady place to get out of the sun, or keep them indoors.

If you start feeling overheated, weak, dizzy, nauseated, or have muscle cramps, you could be experiencing heat illness. Move to air conditioning, drink water, get under a fan, and put cool washcloths on your neck or forehead. If your symptoms worsen or don't improve, go to the emergency room or call 911.

Raulf Place

(Formerly
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Wed: 8:00am—11:30am

Fri.: 8:00am—noon

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Fri.: 7:00am—11:00am

RAULFS RIDDLES

BY DEL DUBINSKI

Although these may be dumb. There all just for fun. I know you'll figure them out. Of that there's no doubt. So don't be a hater. I promise you all. I'll post the answers later. (first floor)

- 1) When Mary Magee turned of her bedroom light, she was always able to get to her bed before the room went dark. Considering the fact that the wall switch was fifteen feet away from her bed, how was Mary able to do this?
- 2) What is Smokey the Bears middle name?
- 3) Once there was a large gorilla play wrestling with a small gorilla. The small gorilla was the large gorillas son. But the large gorilla was not the small gorillas father. How can this be?
- 4) Divide twenty by one half, then add three. What is the amount?
- 5) How do you keep a skunk from smelling?
- 6) How much is twice one half of 987,654,321?
- 7) Why do dog groomers in Hollywood prefer to cut the hair of ten small dogs as opposed to the hair of one large dog?
- 8) Two fathers and two sons all went together on a fishing trip. Everyone caught a fish. But there were only three fish caught. How is this possible?
- 9) Every time that Adam puts on a coat, it's always wet. Why?
- 10) A horse was very hungry and wanted to eat the oats that were sitting in a bag. The problem was that the oats were fifteen feet away and the horse was tied to a six foot long rope but the horse had no problem eating the oats. How was this possible?

The answers will posted on the first floor bulletin board in a week or two.

Activity Calendar for Raulf Place



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30am Chair Exercise Group (ER)	3	4 Independence Day OFFICE CLOSED	5	6	7
8	9 10:30am Chair Exercise Group (ER)	10 Bug Day (3rd floor)	11	12 New Library Books from the Oshkosh Library (L)	13	14
15	16 10:30am Chair Exercise Group (ER) 1:30pm Resident Meeting (T)	17	18 Fire Alarm Testing 2:00pm	19	20	21
22	23 10:30am Chair Exercise Group (ER) 3:30pm OHA Board meeting (MM)	24	25 2:00pm Monthly Birthday party (CR)	26	27	28
29	30 10:30am Chair Exercise Group (ER)	31	(ER) = exercise room (2nd floor) (T) = theater (3rd floor) (MM) = Marian Manor (600 Merritt) (CR) = Community Room (2nd floor) (L) = Library (2nd floor)			