



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Sat 1: 10:00 Summer Trivia/ 2:00 Cover-up

Sun 2: 1:10 Brewers

Mon 3: 9:30 Coffee Clutch/ 2:00 Jackpot/ 5:40 Brewers

Tue 4: 9:30 Manicures/ 2:00 Bingo/ 5:40 Brewers

Wed 5: 9:30 Chair Exercises/ 2:00 No Cards/ 3:05 Brewers

Thu 6: 10:00 Communion/ 2:00 Hangman

Fri 7: 9:30 Reading Circle/ 2:00 Outside Ice Cream Social/ 5:40 Brewers

Sat 8: 2:00 Bingo/ 3:10 Brewers

Sun 9: 12:40 Brewers

Mon 10: 9:30 Music & Memory/ 2:00 Jackpot/ 7:10 Brewers

Tue 11: 9:30 Manicures/ 2:00 Bingo/ 7:10 Brewers

Wed 12: 10:00 Catholic Mass/ 1:10 Brewers/ 2:00 Bingo

Thu 13: 9:30 Chair Exercises/ 2:00 Patio Social

Fri 14: 9:30 Flag Day Trivia/ 1:30 Daniel Lovett/ 7:10 Brewers

Sat 15: 9:30 Outside Walks/ 2:00 Donuts w/Dad social/ 3:10 Brewers

Sun 16: 1:10 Brewers/ 2:30 Mennonite Singers/ Father's Day!

Mon 17: 9:30 Manicures/ 2:00 Jackpot/ 8:38 Brewers

Tue 18: 9:30 Lutheran Church/ 2:00 Bingo/ 8:38 Brewers

Wed 19: 9:30 Music & Memory/2:00 Hangman/ 8:38 Brewers

Thu 20: 10:00 Room Communion/ 2:00 Making Ice Cream

Fri 21: 9:30 Resident Council/ 2:00 Birthday Bingo/ 8:40 Brewers

Sat 22: 10:00 Outside Walks/ 2:00 Rock Painting/ 6:15 Brewers

Sun 23: 3:10 Brewers

Mon 24: 9:30 Rock Painting/ 2:00 Jackpot/ 7:10 Brewers

Tue 25: 9:30 Manicures/ 2:00 Bingo/ 7:10 Brewers

Wed 26: 9:30 Reminiscence/ 1:10 Brewers/ 2:00 7-Stinks

Thu 27: 10:00 Rosary/ 2:00 Bingo

Fri 28: 9:30 Balloon Volleyball/ 2:00 Banana Split Social/ 7:10 Brewers

Sat 29: 9:30 Birthday Board Craft/ 2:00 Act it Out/ 3:10 Brewers

Sun 30: 1:10 Brewers

DAILY: 1:1 visits, Morning Greeting, Good Day Wisconsin Ch. 11, Mail Delivered by April, Julie, or Lori

TUESDAY: Barber

BEAUTY SHOP- 5th and 12th, then won't be back for 4 weeks.

THURSDAY: Resident Shopping (please have list to activities by Wednesday)

*** Activities Subject to Change***

Newsletter

Hot Weather Tips for Seniors

To protect seniors from the unrelenting summer heat, the standard advice is for them to remain inside air-conditioned buildings, dress lightly and keep hydrated. Unfortunately, this is easier said than done, since poor circulation often causes older adults to catch a chill more easily. It's not uncommon for an elder to reach for a sweater or turn on the heat in their home even though it's unbearably hot outside.

Dehydration is another serious concern. The body's natural thirst mechanism becomes less effective with age, so many seniors are perpetually dehydrated regardless of the season. Elders tend to prefer beverages like coffee and soda to water, too. Drinks that are high in caffeine and sugar do contain some fluids, but water is always the best option for staying hydrated.



Additional Tips for Beating the Heat This Summer

- If your loved one complains of the cold indoors, turn up the thermostat in small increments and try to seat them away from the direct flow of air vents.
- If they won't stay inside, have them sit outside in a shady spot under a ceiling fan or near a box fan. Try to get them to spend the hottest parts of the day inside if possible.
- To keep a senior's home cooler, close curtains or blinds on the east side of the home during the morning and the west side in the afternoon.
- If your loved one doesn't have air conditioning or refuses to use it, make sure they spend at least some time in a cool, air-conditioned space like a library, mall, senior center or theater.
- Offer plenty of drinks that your loved one prefers, but avoid highly caffeinated beverages, sodas loaded with sodium and alcohol.
- Keep cool treats available that are low in sugar and have a high water content. Sugar-free popsicles are a classic, and you can make your own using juice. Fruits and vegetables that are high in water, like watermelon, cucumbers, celery, strawberries and bell peppers, are also an easy way to increase a loved one's fluid intake without getting them to drink more.
- Seniors sometimes dress inappropriately for warm weather, so make sure your loved one's clothing is lightweight, not too form-fitting and light in color. Hats are useful, but make sure they are loosely woven or well ventilated, so they don't trap heat. A broad brim is also crucial for shading the entire face.
- Wear sunscreen when outside, and don't forget to reapply! Sunburns not only cause skin damage and increase the risk of skin cancer but they can also interfere with the ability to regulate one's body.

Reference: <https://www.agingcare.com/articles/protecting-seniors-from-dangerous-summer-heat-147205.htm>

Let's play! Word Scramble: Summer



1. ACOTNIAV _____
2. CNSURESNE _____
3. GOLGESG _____
4. BRBERLUSEEI _____
5. LOTFA _____
6. BUCETK _____
7. BAHEC _____
8. FPACEMIR _____
9. AENCO _____
10. CIE CRMEA _____
11. CGINPMA _____
12. TEOLW _____
13. PFIL FOLPS _____
14. HLVOSE _____
15. ERORKSWIF _____
16. DASN ESLCTA _____



Employee Birthdays

- | | |
|--------------------|---------------------|
| Criss M., June 01 | Amanda G., June 25 |
| Donna S., June 02 | Jeannie F., June 28 |
| Uriah B., June 06 | |
| Linda H., June 13 | |
| Jaelyn P., June 15 | |
| Kyle G., June 16 | |
| Skylar S., June 21 | |
| Julita T., June 21 | |



2024 Fun & National Holidays!

- ▶ Jun 1 Say Something Nice Day
- ▶ Jun 2 Leave the Office Early Day
- ▶ Jun 4 Cheese Day
- ▶ Jun 4 Hug Your Cat Day
- ▶ Jun 6 Drive In Movie Day
- ▶ Jun 7 Chocolate Ice Cream Day
- ▶ Jun 8 Best Friends Day
- ▶ Jun 9 Donald Duck Day
- ▶ Jun 10 Iced Tea Day
- ▶ Jun 11 Corn on the Cob Day
- ▶ Jun 12 Red Rose Day
- ▶ Jun 13 Sewing Machine Day
- ▶ Jun 14 Flag Day
- ▶ Jun 15 Smile Power Day
- ▶ Jun 15 World Juggling Day
- ▶ Jun 16 HAPPY FATHER'S DAY
- ▶ Jun 17 National CNA Day
- ▶ Jun 17 Eat Your Vegetables Day
- ▶ Jun 18 International Picnic Day
- ▶ Jun 19 Juneteenth Day
- ▶ Jun 20 First Day of Summer
- ▶ Jun 21 Selfie Day
- ▶ Jun 22 Onion Ring Day
- ▶ Jun 23 Typewriter Day
- ▶ Jun 24 Swim a Lap Day
- ▶ Jun 26 Chocolate Pudding Day
- ▶ Jun 27 Bingo Day
- ▶ Jun 28 Tau Day
- ▶ Jun 29 Camera Day
- ▶ Jun 30 Meteor Watch Day

Meet our Team >>>

Sienna V
CNA



Hometown: Chicago, IL

Tell us about your Job.

I work as CNA, helping our residents.

Tell us about your family.

I have one son Wesson, my world and two 10-year-old twin sisters.

What are your outside Interests?

We love hanging out with family, hiking, and going to Symco.

Something not everyone may know about you.

I'm a pin up model.

Favorite sport team.

Chicago Cubs.



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June also is...

National Nursing Assistant Week
Dairy Month
Men's Health Month