




MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Mon 1: 9:30 Fun Facts about June/ 2:00 Jackpot
Tue 2: 9:30 Balloon Volleyball/ 2:00 Bingo/ Manicures all day
Wed 3: 9:30 Music & Memory/ 2:00 No Cards
Thu 4: 9:30 Gardening/ 10:00 Catholic communion/ 2:00 Hangman

Fri 5: 9:30 Donuts & Coffee / 2:00 Bingo
Sat 6: 9:30 Outside Walks / 2:00 L-R-C Dice

Sun 7: 10:30 Catholic Church Ch. 5
Mon 8: 9:30 Create a Story/ 2:00 Jackpot
Tue 9: 9:30 Big Ball Kick / 2:00 Outside Social w/ice cream bars
Wed 10: 10:00 Catholic Mass / 2:00 7 Stinks
Thu 11: 9:30 Gardening/ 2:00 Bingo
Fri 12: 9:30 Sing Along / 2:00 Cove-Up
Sat 13: 9:30 Flag Day Trivia / 1:30 Bingo

Sun 14: 10:30 Catholic Church Ch. 5/ Lutheran Communion
Mon 15: 9:30 Java Music / 2:00 Jackpot
Tue 16: 9:30 Lutheran Church / 2:00 Bingo/ Manicure all day
Wed 17: 9:30 Music & Memory/ 2:00 No Cards
Thu 18: 9:30 Gardening/ 10:00 Catholic Communion/ 2:00 Music w/Scott
Fri 19: 9:30 Crafts / 2:00 Dad's Root Beer Float Social
Sat 20: 9:30 Father's Day Trivia / 2:00 Bingo

Sun 21: 10:30 Catholic Church Ch. 5/ 2:30 Mennonite Singers
Mon 22: 9:30 Java Music / 2:00 Cardio Drums
Tue 23: 9:30 Reminisce/ 2:00 Jackpot
Wed 24: 9:30 Reading Circle / 2:00 Penny Ante
Thu 25: 10:00 Rosary/ 2:00 Bingo
Fri 26: 9:30 Gardening / 2:00 Resident Council
Sat 27: 9:30 Let's Color/ 1:30 Bingo

Sun 28: 10:30 Catholic Church Ch.5/ Lutheran Communion
Mon 29: 9:30 Java Music / 2:00 Jackpot
Tue 30: 9:30 Birthday Board Craft / 2:00 Birthday Bingo

DAILY: 1:1 visits, morning greetings, Mail Delivery, Good Day Wisconsin 5AM-9AM

TUESDAY: Barber And Noodle Ball at 5:30 PM

WEDNESDAY: Beauty Shop every other

THURSDAY: Resident Shopping (have list to activities by Thursday)

*** Activities Subject to Change***

Newsletter

5 Ways to Help Seniors Thrive in a Nursing Home

Helping a senior thrive in a nursing home involves creating a comforting environment, staying connected, and encouraging physical and mental engagement. With the right support, every day can feel meaningful — and your presence makes all the difference.

Here are some tips to help your loved one.

- 1. Visit Regularly and Stay Connected.** Frequent visits from family and friends combat loneliness and remind residents they are loved. Even short, consistent visits or video calls when in-person isn't possible can dramatically improve mood and mental health. Consider establishing a routine schedule so your loved one has something to look forward to.
- 2. Personalize Their Living Space.** Familiar photos, favorite blankets, and cherished mementos make a room feel like home. Personal touches help reduce anxiety and give seniors a sense of identity and comfort in their new environment. Hang artwork they love, bring a familiar lamp or throw pillow, and ask staff to respect those items as part of the resident's care.
- 3. Encourage Participation in Activities.** Most nursing homes offer group programs such as art classes, music sessions, and gentle exercise. Staying active and socially engaged supports cognitive health and gives residents something to look forward to each day. Review the activity calendar together during visits and gently encourage trying something new; even a short bingo game can spark new friendships.
- 4. Advocate for Their Care Needs.** Attend care-plan meetings, ask questions, and speak up if something doesn't seem right. Being an engaged advocate ensures your loved one's medical, emotional, and dietary needs are consistently met. Build a relationship with the nursing staff and social worker; knowing your loved one personally motivates the whole team to go the extra mile.
- 5. Support Their Sense of Purpose.** Encourage hobbies, light volunteering within the facility, or mentoring younger staff. Feeling useful and valued gives seniors a reason to engage with each new day and contributes to overall well-being. Ask them to teach you a skill, share a family recipe, or help organize a community bulletin board; small acts of contribution go a long way.



Let's play! Word Scramble: Friendship

1. EREPCTS _____
2. FNOEIDC _____
3. LPAY _____
4. SPLHE _____
5. KNNISSDE _____
6. ARICGN _____
7. SBTE IDESFNR _____
8. OEARTEOPC _____
9. ESIEMMOR _____
10. TARLUGHE _____
11. EONSEUGR _____
12. ESHRA _____
13. ECISALP _____
14. URTST _____
15. LTNSIE _____

Meet our Team >>>

Hometown: Gillet, WI

Job Overview

I have been a CNA for over 12 years. I love helping people and making them feel good during a hard time. I will always try my best.

Tell us about your family.

I have a husband and 4 kids. Austin 19, Cayden 17, Jenessa 13, and Manny 8. I also have a dog, Hachi.

What are your outside Interests?

I love being with my kids and husband. I also love four-wheeling and walking outside.

Something not everyone may know about you.

I'm on a weight loss journey, which I started 1 year ago. I was 310 pounds and am down 80 pounds!!!

Favorite sports team.

Green Bay Packers.

Melissa J.
CNA



Testimonial >>>



"The VA chose Meadowbrook at Oconto Falls. I loved the food. I also liked the activities, Bingo being my favorite. I liked that they got me up early as I'm an early riser. I would recommend Meadowbrook because of the food, and it was a nice stay. I did not have any concerns and thought everyone was nice. The outdoor space was nice. I would like to come back here for my next stay." - Roger M. – Resident



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Contact us at **920-848-3272**
www.meadowbrookcoontofalls.com



Employee Birthdays

Donna S., Jun 02
Uriah B., Jun 09
Hayley R., Jun 12
Sydney B., Jun 13
Myranda K., Jun 14
Kyle G., Jun 17
Melissa J., Jun 24

Amanda G., Jun 25
Heather N., Jun 25
Colleen F., Jun 27
Jean F., Jun 28



2026 Fun & National Holidays!

- ▶ Jun 1 Nail Polish Day
- ▶ Jun 1 Dare Day
- ▶ Jun 3 Egg Day
- ▶ Jun 3 World Bicycle Day
- ▶ Jun 4 Cheese Day
- ▶ Jun 5 Donut Day
- ▶ Jun 5 World Environment Day
- ▶ Jun 5 Hot Air Balloon Day
- ▶ Jun 6 Yo-Yo Day
- ▶ Jun 7 Chocolate Ice Cream Day
- ▶ Jun 8 World Oceans Day
- ▶ Jun 9 Donald Duck Day
- ▶ Jun 9 Strawberry Rhubarb Pie Day
- ▶ Jun 10 Iced Tea Day
- ▶ Jun 11 **Nursing Assistant Day**
- ▶ Jun 12 Movie Night Day
- ▶ Jun 13 Wrist Watch Day
- ▶ Jun 14 **Flag Day**
- ▶ Jun 15 Father's Day
- ▶ Jun 15 Smile Power Day
- ▶ Jun 17 Root Beer Day
- ▶ Jun 18 International Picnic Day
- ▶ Jun 18 Go Fishing Day
- ▶ Jun 19 Juneteenth
- ▶ Jun 20 First Day of Summer
- ▶ Jun 21 **Father's Day**
- ▶ Jun 21 Selfie Day
- ▶ Jun 21 World Music Day
- ▶ Jun 24 Pralines Day
- ▶ Jun 25 Bomb Pop Day
- ▶ Jun 26 Bingo Day
- ▶ Jun 26 Beautician Day
- ▶ Jun 27 Sunglasses Day
- ▶ Jun 30 Ice Cream Soda Day

Also, June is...

Alzheimer's & Brain Awareness Month
National Safety Month
Dairy Month
National Nursing Assistants' Week, June 11-18