



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Sat 1: 10:30 Board Games

Sun 2: Virtual church Serv./ 10:00 Bagels & Brew/ 7:00 Movie Night!

Mon 3: 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

Tue 4: 10:00 Crafts/ **Happy 4th of July!**

Wed 5: 10:00 Morning Mugs/ 1:30 Dice Bingo/ **Natl Hawaii Day!**

Thu 6: 10:00 Group Therapy/ 2:00 Bingo

Fri 7: 0:00 Breakfast club /1:30 Movie & Popcorn

Sat 8: 10:30 Dice Bingo/ **Natl Freezer Pop Day!**

Sun 9: Virtual Church Serv./ 10:00 Bagels & Brew/ 7:00 Movie Night!

Mon 10: 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

Tue 11: 10:00 Yahtzee/1:30 Blueberry Muffin Making/ 6:00 Color Me Calm/ **Natl Blueberry Muffin Day!**

Wed 12: 10:00 Morning Mugs/ 1:30 King's Corner

Thu 13: 10:00 Group Therapy/ 2:00 Bingo

Fri 14: 10:00 Breakfast Club/ 1:30 Tie Dye Shirt

Sat 15: 10:30 Crafts

Sun 16: Virtual Church Serv/ 10:00 Bagels & Brew/ 7:00 Movie Night! **Natl Ice cream Day!**

Mon 17: 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

Tue 18: 10:00 Music & Memory/ 1:30 Farkle / 6:00 Color Me Calm

Wed 19: 10:30 Veteran Pinning Serv./ 1:30 UNO/ **Natl Hotdog Day!**

Thu 20: 10:00 Group Therapy/ 2:00 Bingo

Fri 21: 10:00 Breakfast Club/ 1:30 Movie & popcorn

Sat 22: 10:30 Boggle

Sun 23: Virtual Church Serv/ 10:00 Bagels & Brew/ 7:00 Movie Night!

Mon 24: 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

Tue 25: 10:00 Music & Memory/ 1:30 Resident Council/ 6:00 Color Me Calm/ **Natl Hot Fudge Sundae Bar!**

Wed 26: 10:00 Morning Mugs/ 1:30 Go Fish/ **Natl Bagelfest Day!**

Thu 27: 10:00 Group Therapy/ 2:00 Birthday Bingo/ **Natl Refreshment Day!**

Fri 28: 10:00 Breakfast club/ 1:30 Crafts/ **Natl Milk Chocolate Day!**

Sat 29: 10:30 Dice Bingo

Sun 30: Virtual church Serv/ 10:00 Bagels & Brew/ 7:00 Movie Night!

Mon 31: 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

Every Friday: Cribbage Group 10:30 - Daily Activity: 5 AM – 9 AM Good Day Wisconsin in Living Rm. Mail will be delivered daily by Kjersti or Kayla. Daily M-F - Snack/Hydration Station 3:30 pm with Exercise. Nails Every Thurs afternoon (2:30) in AR ****Activities may change****

Newsletter

Ways to Increase Fluid Intake

Remember, water isn't the only option for staying hydrated. Most fluids count toward the recommended 64 ounces (except for alcohol), and many foods do, too.

If a senior refuses to drink plain water, there are plenty of modifications and alternatives available. Consider both savory and sweet flavors. Warm chicken, beef, or vegetable broth can be a soothing source of fluids and electrolytes that seems more like a "meal" and less like a drink. For those who are fond of sweets, popsicles, milkshakes, and smoothies may be more enticing options that function as a sweet vehicle for fluids.

Here are some hydrating Foods for Seniors

While water is the go-to for most people, keep in mind that beverages are not the only source of fluids. Raw fruits and vegetables can pack a hydrating punch as well. For example, a small plate of cut vegetables, like celery sticks, cucumber slices, cherry tomatoes, and bell pepper slices served with a healthy dressing or hummus for dipping can be a nutrition- and fluid-filled snack. Use the list below to add foods to your loved one's diet that will help keep them hydrated.

Ingredient	Percent Water	Serving Size
Cucumber	96%	1 cup peeled and sliced
Tomato	94%	1 medium
Watermelon	92%	1 cup diced, or 10 balls
Bell pepper	92%	³ / ₄ cup sliced
Grapes	92%	1 cup
Cantaloupe	90%	¹ / ₁₀ (1 small wedge)
Orange	97%	1 medium
Blueberries	85%	1 cup
Apple	84%	1 medium

Adding healthy ingredients to foods they already enjoy can yield small victories for a caregiver. Try adding fresh berries to a loved one's yogurt, cereal, or dessert, or including slices of tomato and a few leaves of lettuce in wraps and sandwiches. These may not seem like meaningful additions, but every little bit adds up. Incorporating these items on a daily basis can help your loved one prevent dehydration without significantly changing the amount of liquid they drink.

While these helpful guidelines make good health sense, they are general recommendations. Stay in communication with your loved one's doctor and keep in mind that managing some chronic medical conditions, such as heart failure and kidney or liver disease, may require intentional restrictions of fluid intake.

References: <https://www.agingcare.com/articles/hydration-tips-for-seniors-205594.htm>

Let's play! Word Search: Summer Drinks



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|------------|----------|------------|----------|
| STRAWBERRY | COCOCOLA | ICEDTEA | COLDBEER |
| FRUITPUNCH | SWEETTEA | GINGERBEER | LEMONADE |
| COCONUT | DIETCOKE | SMOOTHIE | ROOTBEER |
| ICEDCOFFEE | SPRITE | MILKSHAKE | PUNCH |

Meet our Team >>>

Hometown: Lola, WI

Tell us about your Job.
I am a Dietary Aide.

Tell us about your family.

I am married with three kids and a fourth on the way!

What are your outside Interests?

Anything but running!

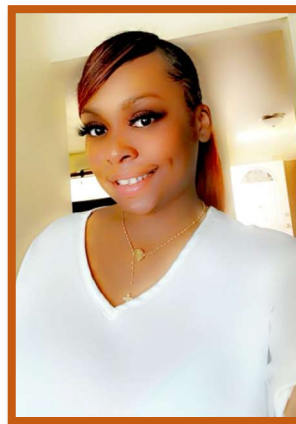
Something not everyone may know about you.

I add sugar to everything.

Favorite sport team.

Golden State

*Nisha H.,
Dietary Aide*



Testimonial >>>



"I have been here before and I was well taken care of. The staff is so nice and took good care of me. The staff is supportive and kind."

Darrell N. - Resident



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Contact us at **920-731-6646**

www.meadowbrookappleton.com/



Employee Birthdays

- Chavez D., July 04
- Charmillion V., July 07
- Victoria O., July 08
- Samantha B., July 09
- Cayla P., July 17
- Linda G., July 20
- Sandy T., July 20
- Dao V., July 20



FUN FACTS ABOUT JULY

- **All hail, Cesar!** The month of July is named after Roman leader Julius Caesar. Before the name change, July was known as Quintilis. Quintilis, the Latin word for five, was the fifth month on the Gregorian calendar.
- **It's hot up here.** The month of July holds some very hot records! In the northern hemisphere, July is usually the hottest month of the year. The hottest temperature ever recorded in the United States was in Greenland Ranch, California.
- **But it's cold down there.** While it may be hot north of the Equator, people living in the southern half of the world see their coldest temperatures in July. In fact, the most severe cold season on record happened in July 1983 near the South Pole.
- **We landed on the moon.** On July 16th, 1969, the crew of the Apollo 11 launched from Kennedy Space Center in Florida. Four days later, on July 20th, 1969 Neil Armstrong was the first human to set foot on the moon.
- **The king of gems.** The stunning red ruby is the official birthstone of July.
- **Two wonderful flowers.** July is a month where flowers are at their most beautiful and July is represented by two flowers. The first is the water lily. The second is larkspur.
- **Presidential deaths.** Here is one of the more somber July facts. 7 US Presidents have passed away in July. That is the most of any month.
- **Quirky July days.** As with all the months, July has some head-scratching daily observances. July 2nd is World UFO Day. July 6th is International Kissing Day. Finally, July 24th is National Tequila Day. If you end up having one too many margaritas and kissing an alien – well you can just blame it on the month of July!

<https://www.funfactsabout.com/fun-facts-about-july/>