



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

- Sat 1: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 2: 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open Crafts
- Mon 3: 9:30 Coffee social/ 10:30 Current Event/ 1:30 Jackpot
- Tue 4: 9:30 One-on-ones/10:30 Stretches/1:30 Relax on Patio-Ice Cream Social
- Wed 5: 9:30 Coffee social/ 10:30 Current Event/ 1:30 Manicures
- Thu 6: 10:00 Volleyball/ 1:30 Crafts/ 2:30 Hang-man
- Fri 7: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 8: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 9: 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open Crafts
- Mon 10: 9:30 Coffee Social/ 10:30 Curr events/ 1:30 Horseshoes/ Bean Bag Toss
- Tue 11: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Jeopardy
- Wed 12: 9:30 Coffee Social/ 10:30 Curr Events/ 2:00 Daniel Lovett
- Thu 13: 10:00 Volleyball/ 1:30 Crafts/ 2:30 Family Freud
- Fri 14: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 15: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 16: 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 17: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Horseshoes/ Bean Bag Toss
- Tue 18: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Wii Games
- Wed 19: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Farkle
- Thu 20: 10:00 Volleyball/ 1:30 Birthday Bash/ 2:30 Funny Bones
- Fri 21: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 22: 10:00 Coffee & Chat/ 1:30 Open Crafts
- Sun 23: 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 24: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Wine & Canvas
- Tue 25: 9:30 One-on-ones/10:30 AM Stretches/ 1:30 Target Shooting
- Wed 26: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Bingo/ 2:30 Movie & Popcorn
- Thu 27: 10:00 Volleyball/ 1:30 Resident Council/ 2:30 Trivia/ Name That Tune
- Fri 28: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 29: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 30: 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts

Monday-Friday's Morning Visits 8:30 am
Tuesday's The Voice 6:00 pm
Wednesday's Beauty/Barbershop
Church Service June 5th & 19th at 3:30 pm
Thursday's Puzzles & Word Games 6:00 pm

****All Activities are 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

Jessica K., June 15

Terry G., June 20

Owen E., June 25

Patricia E., June 26

Heather D., June 28

Jodi B., June 30



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 >>>

Hometown: Born and raised in Appleton. Lived in Kaukauna for the last 27 years.

Tell us about your Job.

Planning and overseeing activities such as arts, crafts, entertainment, games and more for the residents. Hoping to enrich their lives while they are here.

Tell us about your family.

I am married and have two daughters and two grandsons. I also have a dog, cat and two rabbits.

What are your outside Interests?

I love Reading, Hiking, Camping, Spending time with my family doing just about anything.

Something not everyone may know about you.

I enjoy singing and used to sing in the church choir.

Favorite sport team

I don't have a favorite, but I root for the Green Bay Packers, Milwaukee Bucks, and Chicago Blackhawks.

Sherrie K.
Activity Director



Testimonial >>>



"My stay was very good. I was here before and wanted to come back. I liked making friends, meeting new people and all the activities. I would recommend Meadowbrook because of the residents and staff. It was enjoyable and they are friendly and polite." **Paula F. - Resident**



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June also is...

National Nursing Assistant Week
Dairy Month
Men's Health Month