



Upcoming Event >>>

Mon 1: 10:00 Nails/ 2:00 Balloon Ball/ 5:30 Hangman

Tue 2: 10:00 Cribbage group/1:30 Crafting / 4:00 Puzzles

Wed 3: 10:00 Nails/ 2:00 Music in Memory/ 3:00 1:1 Visits

Thu 4: 10:00 Volleyball/ 1:00 Bingo Store/ 5:30 Trivia

Fri 5: 10:00 Color me calm/ 1:00 Bingo/ 4:00 Reading Hour

Sat 6: 10:00 Jackpot / 1:00 DIY Crafts

Sun 7: 9:00 Virtual Church/ 10:00 Morning Mugs/ 2:00 Yahtzee

Mon 8: 10:00 Nails/ 2:00 Balloon Ball/ 5:30 Hangman

Tue 9: 10:00 Cribbage group/1:30 Crafts / 4:00 Puzzles

Wed 10: 10:00 Jackpot/ 2:00 Music in Memory/ 3:00 1:1 Visits

Thu 11: 10:00 Volleyball/ 1:00 Bingo Store/ 5:30 Trivia

Fri 12: 10:00 Color me calm /2:00 Bingo/ 4:00 Reading Hour

Sat 13: 10:00 Jackpot / 1:00 DIY Crafts

Sun 14: 9:00 Virtual Church/ 10:00 Morning Mugs/ 2:00 Yahtzee

Mon 15: 10:00 Nails/ 2:00 Balloon Ball/ 5:30 Hangman

Tue 16: 10:00 Cribbage group/1:30 Crafts / 4:00 Puzzles

Wed 17: 10:00 Nails/ 2:00 Music in Memory / 3:00 1:1 Visits

Thu 18: 10:00 Volleyball/ 1:00 Bingo Store/ 5:30 Trivia

Fri 19: 10:00 Color me calm/ 1:00 Bingo/ 4:00 Reading Hour

Sat 20: 10:00 Jackpot / 1:00 DIY Crafts

Sun 21: 9:00 Virtual Church/ 10:00 Morning Mugs/ 2:00 Yahtzee

Mon 22: 10:00 Nails/ 2:00 Balloon Ball/ 5:30 Hangman

Tue 23: 10:00 Cribbage group/1:30 Crafts / 4:00 Puzzles

Wed 24: 10:00 Jackpot/ 2:00 Resident Council/ 3:00 1:1 Visits

Thu 25: 10:00 Volleyball/ 1:00 Bingo Store/ 5:30 Trivia

Fri 26: 10:00 Color me calm/ 1:00 Bingo/ 4:00 Reading Hour

Sat 27: 10:00 Jackpot / 1:00 DIY Crafts

Sun 28: 9:00 Virtual Church/ 10:00 Morning Mugs/ 2:00 Yahtzee

Mon 29: 10:00 Nails/ 2:00 Balloon Ball/ 5:30 Hangman

Tue 30: 10:00 Cribbage group/1:30 Crafting / 4:00 Puzzles

MONDAY - SUNDAY: 8:00 MORNING VISITS
ALL 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 _____



Employee Birthdays

- | | |
|---------------------|-----------------|
| Aiyanna L., Jun 08 | Jody B., Jun 30 |
| Courtney L., Jun 15 | |
| Henie B., Jun 15 | |
| Ani H., Jun 18 | |
| Trista C., Jun 20 | |
| Mariah P., Jun 26 | |
| Joey B., Jun 27 | |



Meet our Team >>>

Hometown: Manitowoc, WI

Tell us about your Job.

I put in assessments and information for all departments for reimbursement and put in detailed care plans for each resident.

Tell us about your family.

Happily married to my husband Matt, we have a baby named Austyn and a black cat.

What are your outside Interests?

I enjoy outdoor activities no matter what the season. We have a permanent campground site love spending weekends there.

Something not everyone may know about you.

I am an only child, so I love spoiling my child as much as possible.

What's your favorite sports team?

Brewers

Camryn
MDS Coordinator



Testimonial >>>



"My wife chose Meadowbrook at Appleton for me. My stay was good, and the people were really nice. I liked watching the bunnies that ran through the grass outside my window. Meadowbrook at Appleton was a nice place to stay."

- Ronald N. – Resident

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



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