




MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Tue 1: 9:30 Planting in the courtyard/ 2:00 Bingo

Wed 2 : 9:30 Manicures / 1:30 Noodle ball

Thu 3: 9:30 Catholic devotion / 1:30 Bingo

Fri 4: 9:30 Morning stretch/ 1:30 Outside Social

Sat 5: 1:1 visits

Mon 7: 9:30 Reading circle/ 2:00 Bingo

Tue 8: 9:30 Lutheran devotion/ 1:30 Eye Care Center with Sue

Wed 9: 9:30 Manicures/ 1:30 Reminisce

Thu 10: 9:30 Catholic devotion/ 2:00 Bingo

Fri 11: 9:30 Music & Memory/ 2:00 Root beer floats on Patio

Sat 12: 1:1 visits

Mon 14: Flag Day Word Find/ 9:30 Making Red, White and Blue tie dye shirts / 2:00 Jackpot – **Flag**

Day!

Tue 15: 9:30 Grocery game / 2:00 Bingo

Wed 16: 9:30 Manicures / 1:30 Noodle ball

Thu 17: 9:30 Catholic devotion / 2:00 Bingo

Fri 18 : 9:30 Outside walks/ 2:00 Father's Day Trivia

Sat 19: 1:1 visits

Sun 20: Happy Father's Day!!!

Mon 21: 9:30 Lutheran devotion / 1:30 Father's Day Luah – **Selfie Day!**

Tue 22: 9:30 Resident/Kitchen council / 2:00 Bingo

Wed 23 : 9:30 Manicures / 1:30 Reading circle

Thu 24: 9:30 Catholic devotion / 2:00 Jackpot

Fri 25: 9:30 Reminisce/ 2:00 Bingo

Sat 26: 1:1 visits

Mon 28: 9:30 Cardio drums/ 2:00 Jackpot

Tue 29: 9:30 Birthday board/ 2:00 Bingo

Wed 30 : 9:30 Manicures / 1:30 Outside walks

**** Activities Subject to change****

Newsletter

Skincare Tips for Seniors

Our skin changes a lot as we age. Over time, it will grow thinner, which means that it is less able to protect and rejuvenate itself. Because of this, seniors should pay special attention to taking care of their skin during the summer. Here are some summer skin safety tips for seniors that can help them stay safe at all times.

Use sunscreen

The National Institute on Aging (NIA) suggests that seniors choose a “broad spectrum” SPF sunscreen. This will help prevent most UV rays from affecting the skin negatively.

Additionally, the NIA recommends scheduling any outings for your loved one before 10:00 a.m. or after 4:00 p.m. on summer days. These hours are considered to be prime burning time because the sun's UV rays are strongest in the middle of the day.

Find a shade

When you are outdoors, look for some shade instead of trying to sunbathe. If you know that you will be out in the sun, choose appropriate clothing to provide adequate sun protection. Hats with wide brims can protect the sensitive skin on your loved one's face and neck, and lightweight, long-sleeve shirts and long pants can protect other areas.

Check-in with your skin

Every month, seniors - or their loved one or a caregiver - should look over their skin for signs of skin cancer, paying close attention to birthmarks and moles. Checking in on the skin can also mean noting red, dry, or irritated patches, for which a physician may be able to suggest treatments. It's also important to check the skin on seniors' feet. As we grow older, the skin on our feet becomes susceptible to corns, calluses, warts, and fungal infections.

Hydrate

Drink enough water is one way to combat dry skin, it is also recommended that you consume a great deal of water during the hot months. Not only can this help to keep you from becoming dehydrated, but it can also help you to avoid heat-related skin issues.

Moisturize

After you arrive home with your loved ones, help them compensate for any sun damage by moisturizing dry, irritated skin well.

Taking care of yourself during the summer is an important part of any senior's life.

June Word Search



BEST DAD EVER
FATHERS DAY
FIFTY STARS
FLAG DAY
HUGS

JUNETEENTH
LONGEST DAY
PATRIOTISM
SOLSTICE
STRAWBERRY MOOM

SUMMER
SUNSHINE



Meet our Team >>>

Hometown: Green Bay, WI

How Long have you worked at Oconto Falls?

I've worked for 11 years.

Tell us about your family?

I'm married, we have 2 sons (Uriah and Vance), 2 granddaughters (Electa and Juniper) I named both my granddaughters, 2 dogs (Waffles and Lucy), I am the oldest of 6 kids.

What is the best part of your job?

The meetings....no kidding. I love spending time with the residents and hearing their stories and planning activities. I also LOVE my coworkers!!!!.

What is something you'd like to accomplish?

I would like to buy a house

What is your favorite TV Show and Movie?

My favorite TV Show 90 day Fiancé and my favorite movie is Shawshank

April Bakos

Activities Director



Employee Birthdays

- Nicole Conine, June 01
- Donna Spang, June 02
- Ana Grover, June 19
- Jeannie Fielder, June 28
- Sandi Schneider, June 30



The Month of June

June was most likely named for the Roman goddess Juno, patroness of marriage and the well-being of women. Another interpretation says that the name came from the Latin *juvenis*, "young people," who were celebrated at this time.

JUNE CALENDAR

- **June 5** is **World Environment Day**—a day meant to raise environmental awareness across the globe.
- **June 14** is **Flag Day** (U.S.). Be sure to raise the flag.
- **June 19** is **Juneteenth** (also known as **Freedom Day** or **Emancipation Day**). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating slaves in the state, which had thus far been beyond control of the Union Army.
- **June 20** is **Father's Day**.
- **June 20** is also the **summer solstice**, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.
- **June 24** brings **Midsummer Day**, traditionally the midpoint of the growing season, halfway between planting and harvesting.
- **June** is also **National Dairy month**.



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A CMS 4 Star Facility

"Happy people plan actions, they don't plan results." – Denis Waitley