



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

- Fri 1:** 9:30 4th of July Trivia/ 2:00 Star Craft
- Sat 2:** 9:30 Reading Circle/ 2:00 Star Craft cont.
- Sun 3:** 11:00 Polka Time Ch 10.1
- Mon 4:** **Happy 4th of July!** Cookout/ Patriotic Dress
- Tue 5:** 9:30 Lutheran Dev/ 2:00 Jackpot/ 6:00 1:1 visits
- Wed 6:** 9:30 Curr events/ 10:00 Manicures/ 2:00 Exercises
- Thu 7:** 10:00 Communion/ 2:00 Strawberry Sundae Social
- Fri 8:** 10:00 Hobos & Swimholes/ 2:00 Bingo/ 6:00 1:1 visits
- Sat 9:** 9:30 Outside walks/ 1:30 7-Stinks
- Sun 10:** 11:00 Polka Time Ch 10.1
- Mon 11:** 9:20 Boggle/ 2:00 Jackpot
- Tue 12:** 9:30 AM Stretch 1:30 Eye Care w/Sue/ 2:00 Bingo
- Wed 13:** 9:30 Manicures/ 2:00 Music&Memory/6:00 1:1 visits
- Thu 14:** 10:00 Rosary/2:00 Bingo/ 6:00 Noodle Ball
- Fri 15:** 9:30 Reminisce/ 1:30 Making Dirt Cake
- Sat 16:** 9:30 Let's Color/ 2:00 No Cards
- Sun 17:** 11:00 Polka Time Ch 10.1/ 2:00 Mennonite Singers
- Mon 18:** 9:30 Grocery Game/ 2:00 Jackpot
- Tue 19:** 9:30 Lutheran Dev./ 2:00 Bingo/ 6:00 1:1 visits
- Wed 20:** 9:30 Manicures/ 2:00 Noodle Ball
- Thu 21:** 10:00 Communion/ 2:00 Bingo
- Fri 22:** 10:00 Resident Council/ 2:00 Happy Hr/6:00 1:1 visits
- Sat 23:** Gorgeous Grandma Day! 1:30 "Glamour Shots"
- Sun 24:** 11:00 Polka Time Ch 10.1
- Mon 25:** 10:00 Boggle/ 2:00 Jackpot
- Tue 26:** 9:30 Reminisce/ 1:30 Veterans Pinning Ceremony
- Wed 27:** 9:30 Manicures/ 2:00 Cover Up
- Thu 28:** 10:00 Rosary/ 2:00 Bingo/ 6:00 Noodle Ball
- Fri 29:** 9:30 Music &Memory/ 2:00 Birthday Bingo
- Sat 30:** 9:30 Outside walks/ 1:30 Birthday Board
- Sun 31:** 11:00 Polka Time Ch 10.1

5:00 AM-9:00 AM Good Day Wisconsin

Thursday-Resident Shopping - Mail Delivered Daily

Beautician Wednesdays and Thursdays & Barber on Mondays

Newsletter

Heat Stroke in Seniors

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature:

- the body's temperature rises rapidly,
- the sweating mechanism fails, and
- the body is unable to cool down.

Warning! Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Seek medical attention immediately.

Symptoms:

- An extremely high body temperature (104°F or higher)
- Red, hot, and dry or moist skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



Treatment: Have someone call for immediate medical assistance while you begin cooling the athlete. Response time will be critical.

- Remove restrictive clothing, equipment, and helmet.
- Cool the person rapidly:
 - immerse him or her in a tub of cool water or ice water;
 - place the person in a cool shower;
 - spray the person with cool water from a water hose;
 - sponge the person with cool water;
 - use icebags at neck, armpit, and groin area; or
 - if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until body temperature drops to 101 - 102°F (should then be removed from water to prevent overcooling).
- If the person is alert, give him or her sips of cool water.
- Do not give the person alcohol to drink.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

References:

<https://www.cdc.gov/disasters/extremeheat/warning.html>

123 Sudoku Puzzle Level Medium

2						6	9	
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3



Employee Birthdays

Melissa W., July 01
 RaeAnn P., July 19
 Melissa M., July 20
 Cherie C., July 22
 Kris W., July 23
 Hamby A., July 30
 Michaila C., July 31



HaPpy BiRthDay JULY Born

- They are organized.** People born in July are extremely hardworking in whatever task they do.
- Prone to mood swings.** They are closed off and don't open up that easily. Sometimes even the people close to them have a hard time understanding why they act they do.
- Perfectionists.** Their organization skills make them perfectionists, which can sometimes be annoying. If nothing goes their way, they lose it!
- Concerned about the future.** People born in July care about the security of their life and their families. So, they will go every step of the way to ensure that they are financially stable.
- Family oriented.** Since they are overprotective, it is sometimes a good trait that shows that they care about the safety of their close ones. Which can also be a commendable trait among family and relatives. And kids love them!
- Empathetic.** They are extremely empathetic which makes them care about other feelings and emotions.
- Rather do something productive.** July borns do not have time for small things like gossip and talking about nonsense. They consider it a waste of time.
- Takes everything a little too seriously.** They take everything to heart and personally and gets hurt easily. Even if they know that it was all meant to be a playful banter.
- Sharp memory.** They remember everything from dates, important events, and even memories. Like EVERYTHING!
- Curious mind.** Which means they have a lot of questions. Tons of them. It's okay if they just keep it to themselves, but the moment they ask they never stop, and it can get annoying.

Meet our Team >>>

Tell us about your Job?

Administration Assistant; Jack of all trades.

Tell us about your family?

I am married with 4 daughters and 1 son. I have 2 grandchildren, a German Shepard, and 2 black cats.

What are your outside Interests?

I like stain glass crafts, camping, reading.

Something not everyone may know about you

Drove Semi for 2 years and rode in the rodeo and trained and broke horses.

Favorite sport team

I like hockey, the Green Bay Blizzards

Kriss B Administration Assistant



100 E Highland Drive
 Oconto Falls, WI 54154
 Contact us at **920-848-3272**
www.meadowbrookocoontofalls.com



<https://www.dazzling.news/a667/born-in-july-10-reasons-why-you-re-probably-the-best-of-the-year>