



Upcoming Event >>>

Sat 1: 2:00 Bingo

Sun 2: 2:00 St. Boniface Catholic Church

Mon 3: BOGGLE/ 2:00 Outdoor Group June Dairy month Treat

Tue 4: 10:00 Cribbage We Care Ministries/ 2:00 Bingo

Wed 5: PANDA/ 1:15 Movie

Thu 6: Beauty Shop/ 2:00 Happy Hour-Cheese & Crackers

Fri 7: 10:00 Butter & Biscuit Making/ 2:00 Bingo

Sat 8: 2:00 Bingo

Sun 0: 2:00 Chetek United Methodist Church

Mon 10: B/B Orders/ BOGGLE/ 2:00 Therapy Warriors

Tue 11: 10:00 Cribbage We Care Ministries/ 2:00 Bingo

Wed 12: 1:15 Movie of the Week/ Root Beer Float

Thu 13: Beauty Shop/ Noon B/B Food Delivery/ 2:00 Happy Hour

Fri 14: 2:00 Bingo

Sat 15: 2:00 Bingo

Sun 16: Activity Staff

Mon 17: BOGGLE/ 2:00 Jack Gorski

Tue 18: 10:00 Cribbage/ 1:15 Resident Council/ 2:00 Bingo

Wed 19: Inservice PANDA/ 1:15 Movie Family Room

Thu 20: Beauty Shop / 2:00 Happy Hour

Fri 21: 10:00 Communion Service/ 2:00 Bingo

Sat 22: 2:00 Bingo

Sun 23: Activity Staff

Mon 24: BOGGLE/ 2:00 Outdoor Group/ Ice Cream Sundae

Tue 25: 10:00 Cribbage / 2:00 June Bridel Tea

Wed 26: 2:00 Brown Bag Auction

Thu 27: Beauty Shop/ 2:00 Happy Hour

Fri 28: 10:00 Catholic Mass/ 2:00 Bingo

Sat 29: 2:00 Bingo

Sun 30: Activity Staff

DAILY: Morning Greeting, Room Visits, 1:1 with residents – Puzzles/Games/Crafts available in Activity Room

MONDAY: Weekly BOGGLE passed out, 6:00 Games - Family Rm

TUESDAY: We Care Ministries treats and Pastors Letters

THURSDAY: BEAUTY SHOP IS OPEN, 6:00 Movie - Family Rm

Seven Day a week and evening – Puzzles/Games/Crafts available in Activity Room anytime.

Calendar 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

- | | |
|----------------------|---------------------|
| Michelle M., June 01 | Lisa M., June 15 |
| Edith M., June 02 | Mary C., June 20 |
| Rebecca Z., June 03 | Melanie L., June 21 |
| Daniel P., June 07 | |
| Wayne B., June 08 | |
| Katie V., June 09 | |
| Edward A., June 14 | |
| Dawn M., June 14 | |



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: Chetek, WI

Tell us about your Job.

I am a CNA.

Tell us about your family.

I live with my husband and four cats: Sweetie, Pirdy, Ace and Lonnie.

What are your outside Interests?

I love gardening and reading with my cats.

Something not everyone may know about you.

I'm lactose intolerant except for cheesecake and three of my four cats were foster fails.

Favorite sport team

Taylor Swift's boyfriends' team (The Kansas City Chiefs)

Sara B.
CNA



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June also is...

National Nursing Assistant Week
Dairy Month
Bride Month