



## Upcoming Event >>>

**Mon 1:** BOGGLE/ 10:00 Exercises/ Noodles/Balloons

**Tue 2:** 10:00 Cribbage/ 2:00 Bingo

**Wed 3:** PANDA/ 10:00 Game Day/ 1:15 Movie of the week

**Thu 4:** 12:00 4<sup>th</sup> of July PARADE/ Early Lunch

**Fri 5:** 10:00 Craft Group/ 2:00 Bingo

**Sat 6:** 2:00 Bingo

**Sun 7:** 2:00 The Refuge Church

**Mon 8:** B/B Orders/ BOGGLE/ Barber Shop/ 2:00 Therapy Warriors

**Tue 9:** 10:00 Cribbage/ 2:00 Jean Swoboda Music

**Wed 10:** 2:00 Bingo Independent crafts/ games in activity room

**Thu 11:** Beauty Shop/ B/B Delivery/ 2:00 Happy Hour

**Fri 12:** 10:00 Baking Group/ 2:00 Bingo

**Sat 13:** 2:00 Bingo

**Sun 14:** 2:00 Faith Baptist Church

**Mon 15:** BOGGLE/ 2:00 Cake & Coffee

**Tue 16:** 10:00 Cribbage/ 2:00 Bingo

**Wed 17:** PANDA/ 10:00 Dice/ 1:15 Movie of the week

**Thu 18:** Beauty Shop / 2:00 Happy Hour Pete's Fish Fry

**Fri 19:** 10:00 Communion Service/ 2:00 Bingo

**Sat 20:** 2:00 Bingo

**Sun 21:** 2:00 Christ Lutheran Church

**Mon 22:** BOGGLE/ Barber Shop/ 2:00 Jack Gorski Music

**Tue 23:** 10:00 Cribbage / 1:15 Resident Council / 2:00 Bingo

**Wed 24:** INSERVICE/ 10:00 Dice/ 1:15 Movie

**Thu 25:** Beauty Shop/ 2:00 Happy Hour

**Fri 26:** 10:00 Catholic Mass/ 2:00 Bingo

**Sat 27:** 2:00 Bingo

**Sun 28:** 2:00 Activity Staff

**Mon 29:** BOGGLE/ 2:00 Outdoor Group

**Tue 30:** 10:00 Cribbage/ 2:00 Bingo

**Wed 31:** 1:15 Movie of the week

**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:** Morning – Catholic Communion weekly Seven Day a week and evening – Puzzles/Games/Crafts available in Activity Room anytime.

\*\*\*Calendar Subject to Change\*\*\*

# Newsletter

## Skin Care and Aging

Your skin may change with age. But remember, there are things you can do to help. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sunbathing or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. But there are things you can do to protect your skin and to make it feel and look better.

**Dry skin and itching:** Many older people suffer from dry spots on their skin, often on their lower legs, elbows, and lower arms. Dry skin patches feel rough and scaly. Here are some ways to help dry, itchy skin: Use moisturizers, like lotions, creams, or ointments, every day and try using a humidifier, an appliance that adds moisture to a room.

**Bruises:** Older people may bruise more easily than younger people. It can take longer for these bruises to heal. Some medicines or illnesses may also cause bruising. Talk to your doctor if you see bruises and don't know how you got them, especially on parts of your body usually covered by clothing.

**Age spots and skin tags:** Age spots, once called "liver spots," are flat, brown spots often caused by years in the sun. They are bigger than freckles and commonly show up on areas like the face, hands, arms, back, and feet. Using a broad-spectrum sunscreen that helps protect against two types of the sun's rays (UVA and UVB) may prevent more age spots.

Some sun can be good for you, but to keep your skin healthy, be careful:

**Limit time in the sun.** It's okay to go out during the day but try to avoid being in sun during peak times when the sun's rays are strongest. For example, during the summer, try to stay out of the sun between 10 a.m. and 4 p.m. Don't be fooled by cloudy skies. The sun's rays can go through clouds.

**Use sunscreen.** Look for sunscreen with an SPF (sun protection factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every two hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.

**Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99% to 100% of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.

Check your skin often. If you find any changes that worry you, see your doctor.

Reference: <https://www.nia.nih.gov/health/skin-care/skin-care-and-aging>

# Let's play! Word Scramble: 4<sup>th</sup> of July



1. OEDMFRE \_\_\_\_\_
2. LNAD FO EREF \_\_\_\_\_
3. RTLYBIE \_\_\_\_\_
4. BELU \_\_\_\_\_
5. IAITOPTRC \_\_\_\_\_
6. RAPDAE \_\_\_\_\_
7. YJLU \_\_\_\_\_
8. ERD \_\_\_\_\_
9. GUAMBSRHER \_\_\_\_\_
10. FWKOREISR \_\_\_\_\_
11. WIHTE \_\_\_\_\_
12. LRGIL \_\_\_\_\_
13. RINCAAME FALG \_\_\_\_\_
14. THO DSOG \_\_\_\_\_
15. YILMFA \_\_\_\_\_
16. DEEEINPEDCNN DYA \_\_\_\_\_
17. ORUFHT \_\_\_\_\_



## Employee Birthdays

- Kim W., July 03
- Haily K., July 06
- Ayla R., July 08
- Aurora F., July 09
- Mercedes S., July 14
- Deborah F., July 17
- Amber M., July 22
- Toni C., July 28



## Meet our Team >>>

Hometown: Evansville, Indiana

Tell us about your Job.

I am a Dietary aide since 2009 and have been at Meadowbrook over a year.

Tell us about your family.

I have a son, a granddaughter, and I have two sisters.

What are your outside Interests?

I love to spend time with close family and friends, and granddaughter Willow. Bon fires and helping others.

Something not everyone may know about you.

Enjoying learning about my family genealogy.

Favorite sport team

The Green Bay Packers!

**Charlene S.**  
Dietary Aide



## Testimonial >>>



"The people that helped me were great. They always let me know what to expect. They have the best activity people." **Mike. - Resident**

## Fun & National Holidays!

- ▶ Jul 1 Ginger Snap Day
- ▶ Jul 1 Postal Worker Day
- ▶ Jul 2 I Forgot Day
- ▶ Jul 2 World UFO Day
- ▶ Jul 3 Inter Plastic Bag Free Day
- ▶ Jul 4 INDEPENDENCE DAY
- ▶ Jul 5 Workaholics Day
- ▶ Jul 6 World Kissing Day
- ▶ Jul 7 World Chocolate Day
- ▶ Jul 8 Video Games Day
- ▶ Jul 8 Math 20 Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Teddy Bears Picnic Day
- ▶ Jul 10 Clerihew Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 Tatto Day
- ▶ Jul 17 Hog Dog Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 21 Ice Cream Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Cousins Day
- ▶ Jul 25 Christmas in July
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day

## July also is...

- National Picnic Month
- Social Wellness Month



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