



## Upcoming Event >>>

**Thu 1:** Beauty Shop/10:00 Catholic Communion/2:00 Happy Hr

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

**Sat 3:** 2:00 Bingo

**Sun 4:** 2:00 Freedom Community Church

**Mon 5:** BOGGLE/ Barber Shop/ 2:00 Catapulting Frogs

**Tue 6:** 10:00 Cribbage/ 2:00 Bingo

**Wed 7:** PANDA/ 1:15 Movie of the Week

**Thu 8:** Beauty Shop/10:00 Catholic Communion/2:00 Happy Hr

**Fri 9:** 2:00 Bingo

**Sat 10:** 2:00 Bingo

**Sun 11:** 2:00 Chetek/ Dovre Lutheran Church

**Mon 12:** BOGGLE/ B/B Order/ 2:00 Therapy Warriors

**Tue 13:** 10:00 Cribbage/ 2:00 Bingo

**Wed 14:** 1:15 Movie of the week

**Thu 15:** Beauty Shop/Catholic Communion/2:00 Happy Hr

**Fri 16:** 10:00 Communion Service/ 2:00 Bingo

**Sat 17:** 2:00 Bingo

**Sun 18:** 2:00 Methodist Church

**Mon 19:** BOGGLE/ Barber Shop/ 2:00 Jack Gorski Music

**Tue 20:** 10:00 Cribbage / 1:15 Resident Council / 2:00 Bingo

**Wed 21:** INSERVICE/ 1:15 Movie

**Thu 22:** Beauty Shop/Catholic Communion/2:00 Happy Hr

**Fri 23:** 10:00 Catholic Mass/ 2:00 Bingo

**Sat 24:** 2:00 Bingo

**Sun 25:** 2:00 St Boniface Catholic Church

**Mon 26:** BOGGLE

**Tue 27:** 10:00 Cribbage/ 2:00 Bingo

**Wed 28:** 10:00 Cribbage/ 2:00 Brown Bag Auction

**Thu 29:** Beauty Shop/Catholic Communion/2:00 Happy Hr

**Fri 30:** 2:00 Bingo

**Sat 31:** 2:00 Bingo

**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

## 5 WAYS TO IMPROVE QUALITY OF LIFE FOR SENIORS

It's not enough to just be alive. Good quality of life is especially important for older adults who are dealing with chronic health conditions and major life changes.

Feeling satisfied and fulfilled is just as important for overall well-being as getting regular check-ups from the doctor.

Having a positive view of life can help seniors have more energy, less stress, better appetite, and prevent cognitive decline.

We share 5 ways to help older adults improve their quality of life.

- 1. Treat depression:** It can be caused by stressful life events like retirement or losing a spouse. It could also be caused by a medical disease or medication side effects. To improve quality of life, it's important to recognize the signs of depression and get help from a doctor, psychologist, therapist, or counselor.
- 2. Help them feel useful and needed:** From the very young to the very old, everyone wants to be useful. Even if they can't do these tasks efficiently or perfectly, that's ok. What's important is that they're contributing.
- 3. Encourage regular physical activity:** Regular physical activity, no matter how gentle, helps keep both body and mind feeling balanced and positive. Physically, exercise boosts the immune system, lowers blood pressure, improves sleep quality, improves heart health, relieves anxiety, improves strength and stamina, and more.
- 4. Keep them mentally active:** Crossword puzzles, sudoku, other brain games, reading, and writing are all great activities for mental stimulation. Having a sharp and active mind improves overall well-being.
- 5. Help them stay connected with family, friends, and community:** Seniors who are isolated and lonely have shorter lives and are at greater risk for dementia. Prevent that by encouraging and helping your older adult stay connected with their community.



Reference: <https://dailycaring.com/5-ways-to-improve-quality-of-life-for-seniors/>

# Let's play! Word Scramble: USA States



1. OIAW \_\_\_\_\_
2. NIEMA \_\_\_\_\_
3. ETSXA \_\_\_\_\_
4. OINARCIFLA \_\_\_\_\_
5. IAAIHW \_\_\_\_\_
6. EWN YORK \_\_\_\_\_
7. OIHO \_\_\_\_\_
8. YMLNAADR \_\_\_\_\_
9. LRFODIA \_\_\_\_\_
10. OIIMUSSR \_\_\_\_\_
11. NIAOWGTSHN \_\_\_\_\_
12. KAAALS \_\_\_\_\_
13. MCHIINGA \_\_\_\_\_
14. NADEAV \_\_\_\_\_
15. WEN JRSYEE \_\_\_\_\_
16. UTHA \_\_\_\_\_



## Employee Birthdays

- Jessica S., Aug 04
- Darlene D., Aug 09
- Danielle L., Aug 15
- Linda H., Aug 17
- Sarah B., Aug 18
- Marissa W., Aug 27
- Lillie G., Aug 31



## Fun & National Holidays!

- ▶ Aug 1      Homemade Pie Day
- ▶ Aug 2      Ice Cream Sandwich Day
- ▶ Aug 2      Coloring Book Day
- ▶ Aug 3      Watermelon Day
- ▶ Aug 4      Sisters Day
- ▶ Aug 4      Chocolate Chip Cookie Day
- ▶ Aug 5      Work Like a Dog Day
- ▶ Aug 6      Root Beer Float Day
- ▶ Aug 7      Lighthouse Day
- ▶ Aug 8      Happiness Happens Day
- ▶ Aug 9      Book Lovers Day
- ▶ Aug 10     Lazy load Day
- ▶ Aug 11     Son and Daughter Day
- ▶ Aug 12     Middle Child Day
- ▶ Aug 13     Left Handers Day
- ▶ Aug 14     Creamsicle Day
- ▶ Aug 15     Relaxation Day
- ▶ Aug 16     Hawaiian Shirt Day
- ▶ Aug 17     Thrift Shop Day
- ▶ Aug 19     World Photo Day
- ▶ Aug 19     Potato Day
- ▶ Aug 20     Chocolate Pecan Pie Day
- ▶ Aug 21     Senior Citizen Day
- ▶ Aug 24     Waffle Day
- ▶ Aug 26     Dog Appreciation Day
- ▶ Aug 27     Just Because Day
- ▶ Aug 28     Bow Tie Day
- ▶ Aug 29     Lemon Juice Day
- ▶ Aug 30     Beach Day
- ▶ Aug 31     Eat Outside Day

## Meet our Team >>>

Hometown: Iowa City, Iowa

Tell us about your Job.

I work as housekeeper.

Tell us about your family.

I have three brothers; one lives in Chetek along with my mom and the other two are in Arkansas.

What are your outside Interests?

I love anything from fishing to camping along with a good bonfire.

Something not everyone may know about you.

I can spend countless hours watching movies about history.

Favorite sport team

Las Vegas Raiders.

**Kyle A.**  
Housekeeping



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## August also is...

- Family Fun Month
- National Breastfeeding Month
- Summer sun Safety Month