



Upcoming Event >>>

- Tue 1:** 10:00 Cribbage/ 2:00 Bingo
- Wed 2:** PANDA/ 10:00 Dice/ 2:00 Human Slot Machine
- Thu 3:** Beauty Shop/ 11:30 Music Harp Dining/ 2:00 Happy Hour
- Fri 4:** 10:00 Dice – Eat Early/ **12:00 PARADE**
- Sat 5:** 2:00 Bingo

- Sun 6:** 2:00 The Refuge Church
- Mon 7:** BOGGLE/ B/B/ 10:00 Craft/ 2:00 Catapulting “Cows & Frog”
- Tue 8:** 10:00 Cribbage/ Theme Lunch/ 2:00 Bingo
- Wed 9:** 10:00 Cookie Decoration/ 2:00 Monthly Birthday Party
- Thu 10:** Beauty Shop/ B/B /10-12 “Trike Ride”/ 2:00 Happy Hour
- Fri 11:** 10:00 Courtyard/ 2:00 Bingo
- Sat 12:** 2:00 Bingo

- Sun 13:** 2:00 Faith Baptist Church
- Mon 14:** BOGGLE/ 10:00 Bible Study/2:00 Music/Steve Midboe
- Tue 15:** 10:00 Cribbage/ 10:00 Craft Grp/ 2:00 Bingo
- Wed 16:** PANDA/ 10:00 Coffee w/ a Veteran
- Thu 17:** Beauty Shop/ Cook Out Day/ 2:00 Happy Hour
- Fri 18:** 10:00 Memorial Communion Service/ 2:00 Bingo
- Sat 19:** 2:00 Bingo

- Sun 20:** 2:00 Christ Lutheran Church
- Mon 21:** BOGGLE/ 10:00 Bible Study/ 2:00 Jack Gorski
- Tue 22:** 10:00 Cribbage/ 1:15 Res Council/ 2:00 Bingo
- Wed 23:** 10:00 Courtyard/ 2:00 Gorgeous Grandma Day Pictures
- Thu 24:** Beauty Shop / 10:00 Wii Bowling/ 2:00 Happy Hour
- Fri 25:** 10:00 Catholic Mass/ 2:00 Bingo
- Sat 26:** 2:00 Bingo

- Sun 27:** 2:00 Activity Staff
- Mon 28:** BOGGLE/ 10:00 Bible Study/ 10:00 Courtyard/ 2:00 Watermelon
- Tue 29:** 10:00 Cribbage/ 2:00 Bingo
- Wed 30:** 10:00 Outdoor Grp/ 2:00 Brown Bag Auction
- Thu 31:** Beauty Shop/ 10:00 Craft Grp/ 2:00 Happy Hour

Other activities are scheduled, or available daytime and evening include:

- Games:** Scrabble, Yahtzee, Checkers, Dice, Cribbage, Word Find/Crossword Puzzles
- Movies:** Scheduled Tuesday/Thursday evening 6pm in the family room. Movies are always available in the family room with a variety of movies on hand. We will get movies from the public library upon request.
- Crafts and Jigsaw Puzzles:** Always available in activity room and the West Conference Room.
- Books/Magazines:** Activity room Large Print Library and variety of magazines always available.
- Aviary:** Residents are free to come and go at any time in the activity room and see the birds.

Calendar Subject to Change

Newsletter

How to Keep Seniors Cool in Hot Weather

In hot weather, it’s best for older adults to stay indoors and avoid strenuous activities because:

- Their bodies don’t adjust as well to sudden changes in temperature.
- Chronic medical conditions can change their body responses to heat.
- Prescription medicines can impair the body's ability to regulate temperature or could actually prevent sweating.

10 ways to keep seniors cool in hot weather

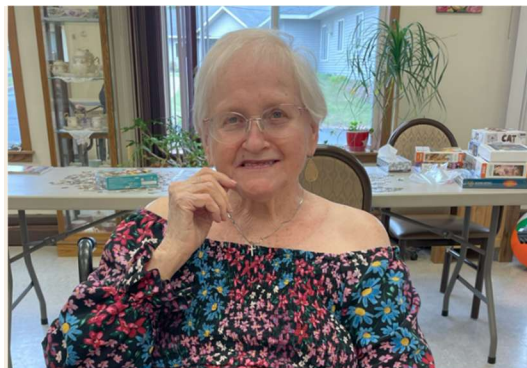
1. Drink plenty of cool water throughout the day (don’t wait until they feel thirsty) and avoid alcohol and caffeine.
2. Eat cooling snacks like homemade popsicles that are light on sugar (Tip: catch drips with a cupcake liner), frozen peas, or slightly frozen grapes.
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
5. Sit with feet in a pan of cool (but not too cold) water.
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and/or using inexpensive mylar solar curtains to reduce the amount of sunlight coming in.
7. Wear layers of lightweight clothing in light-colored, breathable fabrics like cotton so it’s easy to adjust to the temperature throughout the day by removing or adding layers.
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – but always use a thin towel to protect fragile senior skin from direct contact with the ice.



Reference: <https://dailycaring.com/10-tips-to-keep-seniors-cool-in-hot-weather/>

Let's play! Word Scramble: Summer Time

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

Kim W., July 03

Kristine P., July 13



Meet our Team >>>

Jonathan De La Fuente
CNA

Hometown: Hermosillo Sonora, Mexico

Tell us about your Job.

Works as CNA at Meadowbrook at Chetek.

Tell us about your family.

My nuclear family live in Hermosillo, but I have a lot of relative in other parts of Mexico and the United States.

What are your outside Interests?

I love to go hiking, camping, swimming and almost all sports.

Something not everyone may know about you.

I prefer Chinese food over Mexican food.

Favorite sport team.

I'm a New England Patriots fan since 1999



Testimonial >>>



"I chose the facility for the family experience with Meadowbrook at Chetek. The care and caregivers I liked the best. I would recommend Meadowbrook because the care is great. It is a great place and very caring." - Anonymous – Resident

2025 Fun & National Holidays!

- ▶ Jul 1 International Joke Day
- ▶ Jul 1 Postal Worker Day
- ▶ Jul 2 Disco Day
- ▶ Jul 2 I forgot Day
- ▶ Jul 3 Compliment Your Mirror Day
- ▶ Jul 4 **Independence Day**
- ▶ Jul 5 Workaholics Day
- ▶ Jul 7 Rock & Roll Day
- ▶ Jul 7 World Chocolate Day
- ▶ Jul 8 Freezer Pop Day
- ▶ Jul 8 Math 2.0 Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Teddy Bears' Picnic Day
- ▶ Jul 10 Clerihew Day
- ▶ Jul 11 Blueberry Muffin Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 Lottery Day
- ▶ Jul 17 Emoji Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 19 Stick Out Your Tongue Day
- ▶ Jul 20 Ice Cream Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 23 Gorgeous Grandma Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Prent Appreciation Day
- ▶ Jul 25 Carousel Day
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day
- ▶ Jul 31 International Friendship Day

Also, July is...

National Picnic Month
Social Wellness Month



725 Knapp St
Chetek, WI 54728
Contact us at **715-924-4891**
www.meadowbrookchetek.com

