



Upcoming Event >>>

Fri 1: 2:00 Water Balloon Day - Competition!

Sat 2: 2:00 Bingo

Sun 3: 2:00 Freedom Community

Mon 4: BOGGLE/ B/B/ 10:00 Bible Study/ 2:00 Catapulting Frog

Tue 5: 10:00 Cribbage and Dice/ 2:00 Bingo

Wed 6: PANDA/ 10:00 Courtyard/ 1:15 Movie

Thu 7: Beauty Shop/ 10:00 Dice/ 2:00 Happy Hour

Fri 8: 10:00 Crafts Group/ 2:00 Bingo/ Celebrate Watermelon

Sat 9: 2:00 Bingo

Sun 10: 2:00 Chetek/Dovre Lutheran Church

Mon 11: BOGGLE/ B/B/ 10:00 Bible Study/2:00 Music/Steve Midboe

Tue 12: 10:00 Cribbage/ 10:00 Dice/ 2:00 Bingo

Wed 13: 10:00 Tabitha Circle/ 2:00 Monthly Birthday Party

Thu 14: Beauty Shop/ B/B/ 2:00 Happy Hour

Fri 15: 10:00 Memorial Communion Service/ 2:00 Bingo

Sat 16: 2:00 Bingo

Sun 17: 2:00 Chetek United Methodist

Mon 18: BOGGLE/ 10:00 Bible Study/ 2:00 Jack Gorski

Tue 19: 10:00 Cribbage and Dice/ 1:15 Res Council/ 2:00 Bingo

Wed 20: PANDA/ 10:00 Coffee with a Veteran/ / 2:00 Watermelon

Thu 21: Beauty Shop / 2:00 Happy Hour

Fri 22: 10:00 Catholic Mass/ 2:00 Bingo

Sat 23: 2:00 Bingo

Sun 24: 2:00 St. Boniface Catholic Church

Mon 25: BOGGLE/ 10:00 Bible Study/ 2:00 Noodles and Balloons

Tue 26: 10:00 Cribbage and Dice/ 2:00 Bingo

Wed 27: 10:00 Corn Hole/ 2:00 Brown Bag Auction

Thu 28: Beauty Shop/ 2:00 Happy Hour/ sweet Corn Feed

Fri 29: 10:00 Bean Bags/ 2:00 Bingo

Sat 30: 2:00 Bingo

Sun 31: 2:00 Church/ Activity Staff

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.

Newsletter

August is Summer Sun Safety Month

For senior citizens, summer sun safety is crucial due to increased sensitivity to sun exposure and heat. Key tips include avoiding peak sun hours (10 am to 4 pm), using broad-spectrum sunscreen with SPF 30 or higher, wearing protective clothing like lightweight, long-sleeved shirts and wide-brimmed hats, and staying hydrated by drinking plenty of water. Here are some tips:

- 1. Timing is Key:** Plan outdoor activities for early mornings or late afternoons when the sun's intensity is lower. If you must be outside during peak hours, seek shade from trees, umbrellas, or covered areas.
- 2. Sunscreen is Essential:** Apply broad-spectrum sunscreen with an SPF of 30 or higher to all exposed skin, including ears, neck, and the tops of feet. Reapply sunscreen every two hours, or more frequently if sweating or swimming.
- 3. Protective Clothing is Vital:** Wear lightweight, long-sleeved shirts and pants made of tightly woven fabric. Choose wide-brimmed hats to shade your face, neck, and ears. Sunglasses with UV protection are essential for eye protection.
- 4. Hydration is Crucial:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid sugary drinks, alcohol, and excessive caffeine, as they can lead to dehydration.
- 5. Be Mindful of Medications:** Some medications can increase sensitivity to the sun. Consult with a pharmacist or doctor about potential side effects.
- 6. Recognize Heat-Related Illnesses:** Be aware of the signs of heat exhaustion, such as headache, dizziness, confusion, nausea, or excessive sweating. If you experience any of these symptoms, seek shade, cool down, and drink fluids.
- 7. Check Your Skin Regularly:** Perform monthly skin self-exams to check for any changes in moles or new growths. Consult a doctor if you notice anything unusual.

Let's make the most of summer while protecting our skin and health.



Let's play! Word Scramble: Back to School

1. ARICH _____
2. AFLG _____
3. UTLOAALRCC _____
4. REKARM _____
5. ONOBOTEK _____
6. NCADRALE _____
7. SAERRE _____
8. PTLARES _____
9. KCAHL _____
10. SISSCSOR _____
11. CCPAKBKA _____
12. CLPNIE _____
13. KXEOTOTB _____
14. AEPRP _____



Employee Birthdays

Jessica S., Aug 04	Miranda A., Aug 20
Leah V., Aug 07	Keni C., Aug 25
Kristin G., Aug 14	Jesus B., Aug 28
Alyssa L., Aug 16	Luis H., Aug 30
Sarah B., Aug 18	Lilie G., Aug 31
Jonathan D., Aug 20	



Meet our Team >>>

Hometown: Hillsdale, WI

Tell us about your Job.

I work in the Dietary Department.

Tell us about your family.

Two sisters, Chrissy is older, and Beth is 18 months younger who also works with me in the kitchen and an older sister, Holly, that lives in Pennsylvania.

What are your outside Interests?

Enjoy spending time outdoors hiking, looking for wildlife. I also love cooking, baking and I am currently learning the art of canning.

Something not everyone may know about you.

I used to eat flies when I was little. My mom said I would catch them in mid air.

Favorite sport team.

Pittsburgh Steelers.

Madison H.

Dietary Aide/Cook



Testimonial >>>



"I chose Meadowbrook at Chetek as it was the first place that could get me in, everything was great, the staff is great. I would recommend Meadowbrook. I would have to say it met all my expectations and the care I needed. I was here for rehab after a complete knee replacement and the goal was completed. The food was pretty good! I loved the staff, everyone was very." - Mikey P. – Resident

2025 Fun & National Holidays!

- ▶ Aug 1 Water Balloon Day
- ▶ Aug 1 International Beer Day
- ▶ Aug 2 Ice Cream Sandwich Day
- ▶ Aug 3 Sisters' Day
- ▶ Aug 3 Watermelon Day
- ▶ Aug 4 Chocolate Chip Cookie Day
- ▶ Aug 6 Root Beer Float Day
- ▶ Aug 7 Lighthouse Day
- ▶ Aug 8 Happiness Happens Day
- ▶ Aug 9 Book Lovers Day
- ▶ Aug 9 Bowling Day
- ▶ Aug 10 Lazy Day
- ▶ Aug 11 Son and Daughter Day
- ▶ Aug 12 Middle Child Day
- ▶ Aug 14 Creamsicle Day
- ▶ Aug 15 Relaxation Day
- ▶ Aug 15 Brat Day
- ▶ Aug 16 Tell a Joke Day
- ▶ Aug 17 Thrift Shop Day
- ▶ Aug 18 Mail Order Catalog Day
- ▶ Aug 19 World Photo Day
- ▶ Aug 20 Chocolate Pecan Pie Day
- ▶ Aug 21 Senior Citizen Day
- ▶ Aug 22 Be An Angel Day
- ▶ Aug 23 Ride Like the Wind Day
- ▶ Aug 24 Pluto Demoted Day
- ▶ Aug 25 Waffle Day
- ▶ Aug 26 Dog Appreciation Day
- ▶ Aug 28 Bow Tie Day
- ▶ Aug 29 College Colors Day
- ▶ Aug 29 Beach Day
- ▶ Aug 30 Frankenstein Day

Also, August is...

Summer Sun Safety Month
Social Wellness Month



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