



Upcoming Event >>>

Mon 1: BOGGLE/ Barber/ 10:00 Ntl. Spa/Nail Day/ 2:00 Ice cream

Tue 2: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 3: PANDA/ 10:00 Exercise/ 1:15 Movie

Thu 4: 10:00 Bean Bags/ 2:00 Happy Hour

Fri 5: 10:00 Fairy Garden/ 2:00 Bingo

Sat 6: 2:00 Bingo

Sun 7: 2:00 Chetek/Dovre Lutheran Church

Mon 8: BOGGLE/ B/B/ 10:00 Milk the Cow / 2:00 Steve Midboe

Tue 9: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 10: 10:00 Fr's Day Pics / 2:00 Baking Biscuits & Making Butter

Thu 11: B/VB 10:00 Fr's Day Pics / 2:00 Happy Hour

Fri 12: 10:00 Dairy Scavenger Hunt/ 2:00 Bingo

Sat 13: 2:00 Bingo

Sun 14: 2:00 The Refuge Church

Mon 15: BOGGLE/ Barber/ 10:00 Cow Races/ 2:00 Jack Gorski

Tue 16: Beauty Shop/ 10:00 Cribbage Dice/ 2:00 Bingo

Wed 17: PANDA/ 10:00 Crafts / 1:15 Movie

Thu 18: 10:00 Father's Day Coffee Party/ 2:00 Happy Hour

Fri 19: 10:00 Monthly Communion/Memorial Service / 2:00 Bingo

Sat 20: 2:00 Bingo

Sun 21: 2:00 Activity Staff

Mon 22: BOGGLE/ 10:00 Dairy Craft/ 2:00 Catapulting Frogs

Tue 23: Beauty Shop/ 10:00 Cribbage Dice / 1:15 Resident Council/
2:00 Bingo

Wed 24: IN-SERVICE/ 1:15 Movie and ice cream sundaes

Thu 25: 10:00 Dice / 2:00 Happy Hour/ Cheese Crackers

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

Sat 27: 2:00 Bingo

Sun 28: 2:00 Chetek United Methodist Church

Mon 29: BOGGLE/ Barber/ 10:00 Exercise

Tue 30: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Tuesday 6:00 PM Games in Conference Room

Thursday 6:00 PM Movie in Family Room

Third Wednesday: Coffee with a Veteran at 10:00

June 9, Father's Day Pictures

June 10, Chetek Lutheran-Tabitha Circle at 10:00

Calendar Subject to Change

Newsletter

5 Ways to Help Seniors Thrive in a Nursing Home

Helping a senior thrive in a nursing home involves creating a comforting environment, staying connected, and encouraging physical and mental engagement. With the right support, every day can feel meaningful — and your presence makes all the difference.

Here are some tips to help your loved one.

- 1. Visit Regularly and Stay Connected.** Frequent visits from family and friends combat loneliness and remind residents they are loved. Even short, consistent visits or video calls when in-person isn't possible can dramatically improve mood and mental health. Consider establishing a routine schedule so your loved one has something to look forward to.
- 2. Personalize Their Living Space.** Familiar photos, favorite blankets, and cherished mementos make a room feel like home. Personal touches help reduce anxiety and give seniors a sense of identity and comfort in their new environment. Hang artwork they love, bring a familiar lamp or throw pillow, and ask staff to respect those items as part of the resident's care.
- 3. Encourage Participation in Activities.** Most nursing homes offer group programs such as art classes, music sessions, and gentle exercise. Staying active and socially engaged supports cognitive health and gives residents something to look forward to each day. Review the activity calendar together during visits and gently encourage trying something new; even a short bingo game can spark new friendships.
- 4. Advocate for Their Care Needs.** Attend care-plan meetings, ask questions, and speak up if something doesn't seem right. Being an engaged advocate ensures your loved one's medical, emotional, and dietary needs are consistently met. Build a relationship with the nursing staff and social worker; knowing your loved one personally motivates the whole team to go the extra mile.
- 5. Support Their Sense of Purpose.** Encourage hobbies, light volunteering within the facility, or mentoring younger staff. Feeling useful and valued gives seniors a reason to engage with each new day and contributes to overall well-being. Ask them to teach you a skill, share a family recipe, or help organize a community bulletin board; small acts of contribution go a long way.



Let's play!

Word Scramble: Friendship

1. EREPCTS _____
2. FNOEIDC _____
3. LPAY _____
4. SPLHE _____
5. KNNISSDE _____
6. ARICGN _____
7. SBTE IDESFNR _____
8. OEARTEOPC _____
9. ESIEMMOR _____
10. TARLUGHE _____
11. EONSEUGR _____
12. ESHRA _____
13. ECISALP _____
14. URTST _____
15. LTNSIE _____



Employee Birthdays

- | | |
|---------------------|-------------------|
| Alaina T., Jun 01 | Alicia J., Jun 22 |
| Cloe B., Jun 08 | Alaina M., Jun 30 |
| Wayne B., Jun 08 | |
| Edward K., June 14 | |
| Brenda F., Jun 16 | |
| Mary Ann C., Jun 20 | |
| Dylan H., Jun 21 | |
| Melanie W., Jun 21 | |



Meet our Team >>>

Hometown: Yuba, WI

Job Overview.

I am a cook and dietary aide.

Tell us about your Family.

I have a son, he is 7 years old

What are your outside Interests?

I like racing, horses, and spending time with my son.

Something not everyone may know about you.

I did rodeo professionally and in college.

Favorite sports team.

Texas Longhorns

Bob W.
Dietary Aide



Testimonial >>>



"I chose Meadowbrook at Chetek because it was the perfect location; connected to our apartment and in our hometown, so close to family and friends. Thank you to EVERYONE! I am very grateful for all the rehabilitation, encouragement, and kindness that helped me get stronger and become more independent than I have been in a long time!" - James B. – Resident

2026 Fun & National Holidays!

- ▶ Jun 1 Nail Polish Day
- ▶ Jun 1 Dare Day
- ▶ Jun 3 Egg Day
- ▶ Jun 3 World Bicycle Day
- ▶ Jun 4 Cheese Day
- ▶ Jun 5 Donut Day
- ▶ Jun 5 World Environment Day
- ▶ Jun 5 Hot Air Balloon Day
- ▶ Jun 6 Yo-Yo Day
- ▶ Jun 7 Chocolate Ice Cream Day
- ▶ Jun 8 World Oceans Day
- ▶ Jun 9 Donald Duck Day
- ▶ Jun 9 Strawberry Rhubarb Pie Day
- ▶ Jun 10 Iced Tea Day
- ▶ Jun 11 Nursing Assistant Day
- ▶ Jun 12 Movie Night Day
- ▶ Jun 13 Wrist Watch Day
- ▶ Jun 14 Flag Day
- ▶ Jun 15 Father's Day
- ▶ Jun 15 Smile Power Day
- ▶ Jun 17 Root Beer Day
- ▶ Jun 18 International Picnic Day
- ▶ Jun 18 Go Fishing Day
- ▶ Jun 19 Juneteenth
- ▶ Jun 20 First Day of Summer
- ▶ Jun 21 Father's Day
- ▶ Jun 21 Selfie Day
- ▶ Jun 21 World Music Day
- ▶ Jun 24 Pralines Day
- ▶ Jun 25 Bomb Pop Day
- ▶ Jun 26 Bingo Day
- ▶ Jun 26 Beautician Day
- ▶ Jun 27 Sunglasses Day
- ▶ Jun 30 Ice Cream Soda Day

Also, June is...

- Alzheimer's & Brain Awareness Month
- National Safety Month
- Dairy Month
- National Nursing Assistants' Week, June 11-18



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