



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Fri 1: 10:00 1:1 Visits/ Handmade Ice Cream then outside

Sat 2: 3:05 Brewers Game

Sun 3: 12:35 Brewers Game

Mon 4: **Happy 4th of July!!**

Tue 5: 10:30 Games w/Linda /2:00 June & July Birthday Party

Wed 6: 10:30 Stix Kix Music/ 2:00 Wheel of Fortune w/Snacks

Thu 7: 10:00 Music from Jackson City Students/2:00 Bingo w/Strawberry sundaes

Fri 8: 10:00 Make blueberry pie/ PM outside to eat the pie!

Sat 9: 3:05 Brewers Game

Sun 10: 1:10 Brewers Game

Mon 11: 10:30 Cards/2:00 Bingo/ Muffins for Snack

Tue 12: 10:30 Games w/Linda/2:00 Horse Race Game & Snacks

Wed 13: 10:30 Stix Kix Music / 2:00 French Fry Snack/ 3:00 Church P. McHann

Thu 14: 10:30 1:1 Visits/2:00 Bingo/ Mac & cheese app/Snacks

Fri 15: Cow Appreciation Day! PM Outdoor Activity

Sat 16: 6:15 Brewers Game

Sun 17: 3:05 Brewers Game/ 3:00 Gospel Singer in Day Rm

Mon 18: 10:00 1:1 Visits/2:00 Bingo/ Snack cart

Tue 19: 10:30 Game w/Linda/ 1:30 Manicures/ 3:00 Snack Wagon

Wed 20: 10:30 1:1 Visits/2:00 Wheel of Fortune/Snacks

Thu 21: 10:30 Summer craft/ 1:00 Resident Council/ 2:00 Bingo/Snack

Fri 22: 2 by 2/TBA as to be fun that will be! PM Outdoor Activity

Sat 23: 6:10 Brewers Game

Sun 24: 1:10 Brewers Game

Mon 25: 10:00 1:1 Visits/2:00 Bingo/Sparkling Wine Cheese Plate

Tue 26: 10:00 Games w/Linda/ 2:00 Variety Topic Trivia Game and variety of Snacks

Wed 27: 10:30 Stix Kix Music/ 2:00 Snack cart/ 3:00 Church P. Shudy

Thu 28: 10:30 What Game will it be? Resident picks! 2:00 Bingo & Snack

Fri 29: 10:30 1:1 Visits/ PM Outdoor Activity

Sat 30: 3:10 Brewers Game

Sun 31: 12:35 Brewers Game

**** Activity Calendar is subject to change****

****All outside activities will depend on the weather****

Evening Activities begin @ 5:30-Tues, 5th-Movie in Day Rm. Thurs, 7th -Board Game. Mon, 11th Movie. Thurs, 7th Card Game

Newsletter

Heat Stroke in Seniors

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature:

- the body's temperature rises rapidly,
- the sweating mechanism fails, and
- the body is unable to cool down.

Warning! Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Seek medical attention immediately.

Symptoms:

- An extremely high body temperature (104°F or higher)
- Red, hot, and dry or moist skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



Treatment: Have someone call for immediate medical assistance while you begin cooling the athlete. Response time will be critical.

- Remove restrictive clothing, equipment, and helmet.
- Cool the person rapidly:
 - immerse him or her in a tub of cool water or ice water;
 - place the person in a cool shower;
 - spray the person with cool water from a water hose;
 - sponge the person with cool water;
 - use icebags at neck, armpit, and groin area; or
 - if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until body temperature drops to 101 - 102°F (should then be removed from water to prevent overcooling).
- If the person is alert, give him or her sips of cool water.
- Do not give the person alcohol to drink.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

References:

<https://www.cdc.gov/disasters/extremeheat/warning.html>

123 Sudoku Puzzle Level Medium

2						6	9	
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3



Employee Birthdays

Kathleen L., July 07

Chad F., July 07

Jack V., July 11

Donikka R., July 22



HaPpy BiRthDay JULY Born

- 1. They are organized.** People born in July are extremely hardworking in whatever task they do.
- 2. Prone to mood swings.** They are closed off and don't open up that easily. Sometimes even the people close to them have a hard time understanding why they act they do.
- 3. Perfectionists.** Their organization skills make them perfectionists, which can sometimes be annoying. If nothing goes their way, they lose it!
- 4. Concerned about the future.** People born in July care about the security of their life and their families. So, they will go every step of the way to ensure that they are financially stable.
- 5. Family oriented.** Since they are overprotective, it is sometimes a good trait that shows that they care about the safety of their close ones. Which can also be a commendable trait among family and relatives. And kids love them!
- 6. Empathetic.** They are extremely empathetic which makes them care about other feelings and emotions.
- 7. Rather do something productive.** July borns do not have time for small things like gossip and talking about nonsense. They consider it a waste of time.
- 8. Takes everything a little too seriously.** They take everything to heart and personally and gets hurt easily. Even if they know that it was all meant to be a playful banter.
- 9. Sharp memory.** They remember everything from dates, important events, and even memories. Like EVERYTHING!
- 10. Curious mind.** Which means they have a lot of questions. Tons of them. It's okay if they just keep it to themselves, but the moment they ask they never stop, and it can get annoying.

Meet our Team >>>

I'm originally from Tarpon Springs, FL but currently live in Neillsville, WI. I have a background in Applied Science.

I enjoy helping others and working in the medical field. I am newly married to my awesome husband, Dan. We have 4 children, 3 daughters and 1 son.

I really enjoy spending time outside with my family, planting flowers, and gardening. I am currently perfecting my aim at target practice!

My favorite place to visit is Florida to visit my family.

The best part about working at Meadowbrook is that I have the opportunity to enrich the lives of others and hopefully make their day a little brighter.

Audra Racicot Housekeeping Director



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<https://www.dazzling.news/a667/born-in-july-10-reasons-why-you-re-probably-the-best-of-the-year>