



MEADOWBROOK
—BLACK RIVER FALLS—

Upcoming Event >>>

- Thu 1:** 10:30 1-1 visits/2:00 Tell Jokes Day/ 3:00 Snack/Beverage/
6:05 Brewers Vs Pirates
- Fri 2:** 10:30 1-1 visits/2:00 Basketball/ 3:00 Snack /Beverage
- Sat 3:** 3:05 Brewers Vs Pirates Ch 31 / 5:00 Lawrence Welk Ch 12
- Sun 4:** Church Services Ch 65 / 12:05 Brewers Vs Pirates
- Happy 4th of July**
- Mon 5:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Snack/Beverage
- Tue 6:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Snack/Beverage/ 6:40
Brewers Vs Mets
- Wed 7:** 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Strawberry Sundaes
- Thu 8:** 10:30 1-1 visits/ 2:00 Shuffleboard/3:00 Snack/ 4:30 Hangman
- Fri 9:** 10:30 1-1 visits/2:00 Cover Up/ 3:00 Snack/ Beverage
- Sat 10:** 5:00 Lawrence Welk Ch. 12/ 6:15 Brewers Vs Reds
- Sun 11:** Church Services Ch. 65/ 1:10 Brewers Vs Reds
- Mon 12:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Snack/Beverage
- Tue 13:** 10:30 1-1 visits/ 2:00 Trivia/ 3:00 Snack/Beverage/4:15
Making French Fries
- Wed 14:** 10:30 1-1 visits/ 2:00 Outside walks/3:00 Snack/Beverage
- Thu 15:** 10:30 1-1 visits 2:00 Pokeno/3:00 Snack/ 4:30 Shake 10
- Fri 16:** 10:30 1-1 visit/ 2:00 Balloon Volleyball/3:00 Snack/Beverage
- Sat 17:** 5:00 Lawrence Welk Ch. 12/ 6:10 Brewers Vs Reds
- Sun 18:** Church Services Ch. 65/ 12:10 Brewers Vs Reds
- Mon 19** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage
- Tue 20:**10:30 1-1 visit/ 2:00 Manicures/ 3:00 Snack/Beverage/ 7:10
Brewers Vs KC
- Wed 21:** 10:30 1-1 visits/2:00 Outside walks/ 3:00 Snack/Beverage
- Thu 22:** 10:30 1-1 visits/ 2:00 Bowling/ 3:00 Snack/Beverage/ 4:30
TicTacToe
- Fri 23:** 10:30 1-1 visits/ 2:00 Bean Bag Toss/ 3:00 Snack/Beverage/
FULL MOON
- Sat 24:** 5:00 Lawrence Welk Ch 12/ 6:10 Brewers Vs White Sox
- Sun 25:** Morning Church Ch. 65/ 12:05 Brewers Vs White Sox
- Mon 26:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Snack/ Beverage
- Tue 27:** 10:30 1-1 visits/ 2:00 Ring Toss/ 3:00 Snack/Beverage/ 4:30
Cards
- Wed 28:** 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Snack/Beverage
- Thu 29:** 6:05 Brewers Vs Pirates
- Fri 30:** 6:20 Brewers Vs Braves
- Sat 31:** 5:00 Lawrence Welk/ 6:20 Brewers Vs Braces Ch 31

Newsletter

BENEFITS OF PET THERAPY FOR SENIORS

Anyone who has spent time with a loving dog or heard the rumble of a cat's purr knows that animals have a powerful effect on people. The benefits of pet therapy are many and can brighten anyone's day. For seniors especially, such animals can provide a moment of joyful connection.



For these reasons, more and more often animals are being utilized for therapeutic purposes at senior facilities. Visitation Therapy is the most common type of pet therapy who live in a nursing home or in some form of assisted care, which promote health and healing for seniors of any age range or health condition. Research has shown pets provide one of the few interventions capable of permanently lifting the atmosphere of nursing homes. Also, studies show that just fifteen minutes spent bonding with an animal promotes hormonal changes within the brain.

The Benefits of Pet Therapy for Seniors

Pets provide unconditional love that helps to combat loneliness and reduce feelings of hopelessness.

They can help seniors be more focused on what's currently happening instead of what went and could go wrong.

The ability to have something to pet or touch can result in lower blood pressure, normal heart rate, and reduced stress.

Pets provide emotional stability during stressful situations, helping to reduce anxiety and depression.

For dementia patients, animals can be soothing to those who have difficulty using language.

Animals can help improve socialization- they listen without judgment and give unbiased affection, especially when a senior may desire to share the thoughts, they may not be comfortable telling family or friends.

Positive interactions with pets translate into positive human interactions.

In conclusion, being around animals makes people feel better, healthier, and happier.

July Word Search

P J O E C N E D N E P E D N I Z W R W P J J S
 A M U N I T E D S T A T E S K E P N M X X G Y
 Z O G Y T I L A U Q E I Z Y J Q B G I T B D S
 M W T O G H A K S T G L A B L N J K P X M E I
 Z K M S I T O I R T A P E B I T W A S U O C E
 O N F L K M V X N U J D H Q J K B J S O J L V
 N A K V N K O F C Q Q M Q S T A C E J I P A Z
 Z C X E C C Q Q G P R A H P R J D O O R T R X
 Y I Q N Y R O T C I V K N O M D R A G Q I A X
 A R C G J B J B W B L L E B Y T R E B I L T I
 D E A B Q J Q Z R Z S S K R O W E R I F X I U
 I M U U H P M N E Z W Z Q Z V Z W Y W D M O D
 L A M D U T R V W B F N O O B O U H N Q M N Z
 O V N C N O I T U L O V E R E D A R A P X T W
 H K J U L Y F O U R T H I O K H J I J Y L T F
 G D Z R H X G Z O R I P I W X E R Z E J V B V

AMERICA
 DECLARATION
 EQUALITY
 FIREWORKS
 HOLIDAY

INDEPENDENCE
 JULYFOURTH
 LIBERTYBELL
 PARADE
 PATRIOTISM

REVOLUTION
 UNITED STATES
 VICTORY



Meet our Team >>>

Hello everyone, I'm Gail Jacobson, administrator at Meadowbrook. I'm a mother, grandmother, great-grandmother and 1 of 5 daughters. All roles I love. Most of you know me since I've been the administrator for over 3 years. I came to Meadowbrook in May of 2018 to 'bridge a gap' between administrators. It was about 100 miles from my home, but I thought 'OK it's only for 3 months'. That was 3 years ago. What happened? I discovered a staff that treated residents like friends or family members. I found staff that had cared for residents for 30+ years. I heard staff laughing with residents and helping each other. I found a community within the Black River Falls community, and I wanted to be part of it.

I have enjoyed (almost) every hour I've been at Meadowbrook. I have met great residents and family members and worked with terrific staff. I have decided it's time for me to retire. I've been here 3 years and 165,000 miles. It has allowed me to be part of a team that really are 'caregivers', not people who work at a care center. I don't have a date for retirement. Synergy will make sure they have a good match for the center and I'm happy to stay until that happens. Thanks to all the friends I have made here, I'll miss everyone, but I know I leave you in good hands.

Gail Jacobson
 Administrator



Employee Birthdays

- Kathleen Ludwiczak, July 7
- Rebecca Reichert, July 14
- Donikka Riley, July 22



The Month of July

July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.

JULY CALENDAR

- **July 1** is Canada Day, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.
- **July 4** is Independence Day (U.S.). On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. Don't forget to raise the flag!
- **July 14** is Bastille Day, which commemorates the storming of the Bastille and the start of the French Revolution.

Fun Days

July is National Watermelon Month—yum!

- **July 1:** International Joke Day
- **July 6:** World Kissing Day
- **July 17:** World Emoji Day
- **July 25:** National Day of the Cowboy
- **July 24:** National Drive Thru Day
- **July 26:** Uncle and Aunt Day
- **July 27:** Take Your pants for a Walk Day

"They say we learn from our mistakes... That's why I'm making as many as possible. I'll soon be a genius"



1311 Tyler Street
 Black River Falls, WI 54615
 Contact us at **715-284-4396**
www.meadowbrookbrf.com

