



MEADOWBROOK
—BLACK RIVER FALLS—

Upcoming Event >>>

- Tue 1:** 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Snack/Beverage/4:30 Dice Game
- Wed 2:** 10:30 1-1 visits/ 2:00 Trivia/ 3:00 Snack/Beverage
- Thu 3:** 2:00 Manicures/ 3:00 Snack/Beverage/ 4:30 Hagman
- Fri 4:** 10:30 1-1 visits/2:00 Bag Toss/ 3:00 Donuts/Beverage/ 7:10 Brewers Vs Arizona
- Sat 5:** 3:10 Brewers Vs Arizona / 5:00 Lawrence Welk
- Sun 6:** Church Services Ch 65 / 1:10 Brewers Vs Arizona
- Mon 7:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Snack/Beverage
- Tue 8:** 2:00 Shuffleboard / 3:00 Snack/Beverage/ 6:10 Brewers-Reds
- Wed 9:** 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Snack/ Beverage
- Thu 10:** 2:00 Balloon Volley/3:00 Snack/Beverage/ 4:30 Cards
- Fri 11:** 10:30 1-1 visits/2:00 Cover Up/ 3:00 Snack/ Beverage
- Sat 12** 3:10 Brewers Vs Pirates / 5:00 Lawrence Welk Ch. 12
- Sun 13:** Church Services Ch. 65/ 1:10 Brewers Vs Pirates
- Mon 14:** 10:30 1-1 visits/ 2:00 Make American Flags/ 3:00 Red, White and Blue Cheesecake – **Flag Day!**
- Tue 15 :** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Snack/Beverage/7:10 Brewers vs Reds
- Wed 16:** 10:30 1-1 visits/ 2:00 Outside walks/3:00 Snack/Beverage
- Thu 17:** 2:00 Manicures/3:00 Cupcakes/ 4:30 Tricia
- Fri 18:** *Western Theme “Grill Daddy Day” Celebrate Father’s Day* BBQ Lunch/ 2:00 Ring Toss/2:30 Sarsaparilla Floats
- Sat 19:** 5:00 Lawrence Welk Ch 12 / 8:10 Brewers Vs Rockies – **Deliver Flowers to the Father’s!**
- Sun 20:** Morning Church Ch. 65/ 2:10 Brewers Vs Rockies – **Happy Father’s Day!**
- Mon 21** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Cheese Sausage&crackers
- Tue 22:**10:30 1-1 visit/2:00 Bowling/3:00 Snack/Beverage/ 6:00 Movie lobby/ **CNA week**
- Wed 23:** 10:30 1-1 visits/2:00 Outside walks/ 3:00 Ice cream sundaes/
- Thu 24:** 2:00 Dice games/ 3:00 Snack/Beverage/ 4:30 Pizza Supper
- Fri 25:** 10:30 1-1 visits/ 2:00 Pokeno/ 3:00 Snack/Beverage
- Sat 26:** 3:10 Brewers Vs Rockies /5:00 Lawrence Welk/ Ch 12
- Sun 27:** Morning Church Ch. 65/ 1:10 Brewers Vs Rockies
- Mon 28:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Snack/ Beverage
- Tue 29:** 10:30 1-1 visits/ 2:00 Fly Ball/ 3:00 Snack/Beverage
- Wed 30:** 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Snack/Beverage

National Nursing Assistants Week June 17-24th

Newsletter

Skincare Tips for Seniors

Our skin changes a lot as we age. Over time, it will grow thinner, which means that it is less able to protect and rejuvenate itself. Because of this, seniors should pay special attention to taking care of their skin during the summer. Here are some summer skin safety tips for seniors that can help them stay safe at all times.

Use sunscreen

The National Institute on Aging (NIA) suggests that seniors choose a “broad spectrum” SPF sunscreen. This will help prevent most UV rays from affecting the skin negatively.

Additionally, the NIA recommends scheduling any outings for your loved one before 10:00 a.m. or after 4:00 p.m. on summer days. These hours are considered to be prime burning time because the sun's UV rays are strongest in the middle of the day.

Find a shade

When you are outdoors, look for some shade instead of trying to sunbathe. If you know that you will be out in the sun, choose appropriate clothing to provide adequate sun protection. Hats with wide brims can protect the sensitive skin on your loved one's face and neck, and lightweight, long-sleeve shirts and long pants can protect other areas.

Check-in with your skin

Every month, seniors - or their loved one or a caregiver - should look over their skin for signs of skin cancer, paying close attention to birthmarks and moles. Checking in on the skin can also mean noting red, dry, or irritated patches, for which a physician may be able to suggest treatments. It's also important to check the skin on seniors' feet. As we grow older, the skin on our feet becomes susceptible to corns, calluses, warts, and fungal infections.

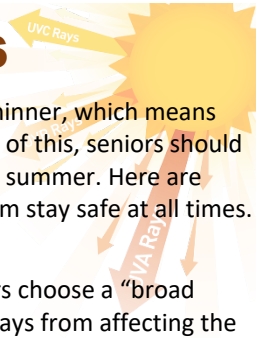
Hydrate

Drink enough water is one way to combat dry skin, it is also recommended that you consume a great deal of water during the hot months. Not only can this help to keep you from becoming dehydrated, but it can also help you to avoid heat-related skin issues.

Moisturize

After you arrive home with your loved ones, help them compensate for any sun damage by moisturizing dry, irritated skin well.

Taking care of yourself during the summer is an important part of any senior's life.



June Word Search



BEST DAD EVER
FATHERS DAY
FIFTY STARS
FLAG DAY
HUGS

JUNETEENTH
LONGEST DAY
PATRIOTISM
SOLSTICE
STRAWBERRY MOOM

SUMMER
SUNSHINE



Meet our Team >>>

Hi I'm Ryan Potscelli, I'm from Fifield, WI.

I have worked at Meadowbrook for about 5 months as afternoon Dietary Cook.

I have three Fur baby dogs -Audison, Cleo and Miley.

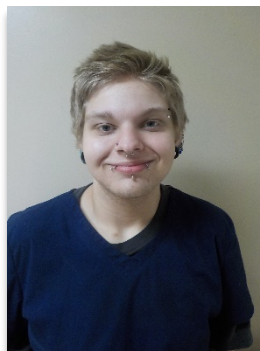
The best part of my day is seeing the smiles on all the residents faces and knowing that I get to make their day just a little better.

I like, where I am at, being a Cook at Meadowbrook. Eventually I would like to get a car and become a professional Drag Queen, those are a couple things I'd like to do someday.

My favorite movie is always going to be Freddy vs. Jason.

Ryan Potscelli

Dietary Cook



National Nursing Assistants

Dedicated to Make a Difference

Peggy Zinn, Kay Zinn, Claudene Christenson, Brittney Barth, Kathy Hosler, Danielle Amundson, Janie Hanson, Julie Johnson, Paige Winterton, Shawnsheila Linberg, Katie Pierce, Kelly Potter, Tiffany Riemer, Tena Quackenbush



Employee Birthdays

- Tabitha Tsoodle, June 12
- Julie Johnson, June 22
- Theresa Hawley, June 22
- Tracy Coates, June 25
- Margaret Peters-Zinn, June 29



The Month of June

June was most likely named for the Roman goddess Juno, patroness of marriage and the well-being of women. Another interpretation says that the name came from the Latin *juvenis*, "young people," who were celebrated at this time.

JUNE CALENDAR

- **June 5** is **World Environment Day**—a day meant to raise environmental awareness across the globe.
- **June 14** is Flag Day (U.S.). Be sure to raise the flag.
- **June 19** is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating slaves in the state, which had thus far been beyond control of the Union Army.
- **June 20** is Father's Day.
- **June 20** is also the summer solstice, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.
- **June 24** brings **Midsummer Day**, traditionally the midpoint of the growing season, halfway between planting and harvesting.
- **June** is also National Dairy Month.



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

