



MEADOWBROOK

—BLACK RIVER FALLS—

**Upcoming Event >>>**

**Mon 1:** 10:00 Family Feud/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

**Tue 2:** 10:00 7'dice/ 2:00 Popcorn cart/ 3:00 Social time

**Wed 3:** 10:00 Baking/ 1:30 Games w/Linda/ 3:00 Social time/ 3:00 Church

**Thu 4:** 10:00 Cheese Tasting/2:00 Bingo/ 3:00 Social tm/ 3:15 Bible Study

**Fri 5:** 10:00 Outdoor time/2:00 Pokeno/ 3:00 Social time/ 6:00 UNO/ 7:40 Brewer game

**Sat 6:** 10:00 Movie/ 2:00 Games w/Peggy/ 8:10 Brewers Game

**Sun 7:** 9:15 Church/ 2:10 Brewers Game/ Self led activities

**Mon 8:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 UNO

**Tue 9:** 10:00 Cup Pong/ 2:00 Pictionary/ 3:00 Social time/

**Wed 10:** 10:00 Boys & Girls Club/ 1:30 Games w/Linds/ 3:00 Social time/ 3:00 Church

**Thu 11:** 10:00 Exercise/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study

**Fri 12:** 10:00 Outdoor time/ 2:00 Dice games/ 3:00 Social time/6:40 Brewer game

**Sat 13:** 10:00 Movie/ 2:00 Games w/Peggy/ 6:15 Brewers Game

**Sun 14:** 9:15 Church/ 1:10 Brewers Game/ Self led activities

**Mon 15:** 10:00 UNO/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

**Tue 16:** 10:00 Bracelet making/ 2:00 Meadowbrook Idol / 3:00 Social time

**Wed 17:** 10:00 Table Air Hockey/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Memorial Service

**Thu 18:** 9:00 Catholic visits/ 10:00 Manicures/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study

**Fri 19:** 10:00 Outdoor time /2:00 6-5-4/3:00 Social tm/6:15 Brewers

**Sat 20:** 10:00 Movie/ 2:00 Games w/Peggy/ 3:10 Brewers Game

**Sun 21:** 9:15 Church/ 1:10 Brewers Game/ 3:00 Gospel Singers

**Mon 22:** 10:00 Sip & Chat/ 2:00 Bingo/3:00 Social time/ 6:00 UNO

**Tue 23:** 10:00 Giant Connect 4/ 1:30 Wally & Jerry, Monthly Birthday Party/ 2:30 Social/Snacks

**Wed 24:** 10:00 Boys & Girls Club/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church

**Thu 25:** 10:00 Resident Council/ 2:00 Bingo/ 3:00 Social tm/3:15 Bible study

**Fri 26:** 10:00 Outdoor tm/2:00 Guess the phrase/ 3:00 Social time/ 6:45 Brewer game

**Sat 27:** 10:00 Movie/ 2:00 Games w/Peggy/ 6:10 Brewer Game

**Sun 28:** 9:15 Church/ Self led activity/ 1:10 Brewers Game

**Mon 29:** 10:00 Table Bowling/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

**Tue 30:** 10:00 Name that Tune/ 2:00 Ice cream / 3:00 Social time

**Snack and refreshments** are served M-F between 2:30-3:00 pm

**Wednesdays are beauty shop & Wal-Mart/smoke shop pick up day.**

See Lyndsey to set up an appointment at the beauty shop. Please have your shopping lists ready by Tuesday.

\*Puzzles, board games and activity sheets are always available for self-led activity. Free movie options are set up on the lounge tv.

# 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

Brittney O., Jun 01  
 Tabitha T., Jun 12  
 Georgia S., Jun 14  
 Leanna F., Jun 22  
 Theresa H., Jun 22  
 Alexa R., Jun 23



## 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

## Meet our Team >>>

Hometown: La Crosse, WI.

Tell us about your family:

I am married to my husband, Levi. Together we have four dogs — Deebo, Cutie, Muha, and Za — along with our two cats, Hazel and Smokey.

What are your outside Interests?

I enjoy spending time with my dogs, friends, and family, as well as baking.

What is the best part of your job?

The best part of my job is connecting with residents.

What is your favorite vacation spot?

Pacifica, California.

**Madison**  
Resident Assistant



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