



- Thu 1:** 10:00 Exercise/11:00 Manicures/2:00 Bingo/3:00 Refreshments/5:30 Inside/Outside
- Fri 2:** 10:00 Current events/ 11:00 Card games/ 2:00 Inside/Outside/ 3:00 Happy Hour
- Sat 3:** 10:00 Inside/Outside / 1:30 Movie Matinee
- Sun 4:** 10:00 Televised Church Serv – **Happy 4th of July**
- Mon 5:** 10:00 Inside/Outside/ 11:00 Baking group/ 2:00 Card games/ 3:00 Refreshments
- Tue 6:** 10:00 Exercise/ 11&5:30 Inside/Outside/ 2:00 Knitting Group/ 3:00 Refreshments
- Wed 7:** 9:00-12:00 Salon/ 11:00 Inside/Outside/ 2:00 card games/ 3:00 Refreshments
- Thu 8:** 10:00 Seated Yoga/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refreshments/ 5:30 Inside/Outside – National Freezer Pop Day!
- Fri 9:** 10:00 Current events/ 11:00 Card games/ 2:00 Decorate cookies/ 3:00 Happy Hour – National Sugar Cookie Day!
- Sat 10:** 10:00 Inside/Outside/ 11:00 Card Games/ 1:30 Movie Matinee
- Sun 11:** 10:00 Televised Church Serv
- Mon 12:** 10:00 Inside/Outside/ 11:00 Word Searches/ 2:00 Gardening/ 3:00 Refreshments
- Tue 13:** 10:00 Seated Yoga/ 11:00 Inside/Outside/ 2:00 Reading & Reminiscing/ 3:00 Refreshments
- Wed 14:** 10:00 Inside/Outside/ 11:30 Cook-out
- Thu 15:** 10:00 Noodle Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refreshments/ 5:30 Inside/Outside
- Fri 16:** 10:00 Current events/ 11:00 Card games/ 2:00 Music in the Dining Room/ 3:00 Happy Hour
- Sat 17:** 10:00 Inside/Outside / 1:30 Movie Matinee
- Sun 18:** 10:00 Televised Church Serv
- Mon 19:** 10:00 Inside/Outside/ 11:00 Card Games/ 2:00 Talk & Toss/ 3:00 Refreshments
- Tue 20:** 10:00 Exercise/ 11:00 Inside/Outside/ 2:00 Resident BD Party & Refreshments/ 5:30 Inside/Outside
- Wed 21:** 10:00 Inside/Outside/ 11:00 Resident Council/ 2:00 Card games/ 3:00 Refreshments
- Thu 22:** 10:00 Exercise/11:00 Manicures/2:00 Bingo/3:00 Refreshments/5:30 Inside/Outside
- Fri 23:** 10:00 Current events/ 11:00 Card games/ 2:00 Aromatherapy/ 3:00 Happy Hour
- Sat 24:** 10:00 Inside/Outside/ 11:00 Gardening/ 1:30 Movie Matinee
- Sun 25:** 10:00 Televised Church Serv
- Mon 26:** 10:00 Bagels & Coffee/11:00 Inside/Outside/ 2:00 Talk & Toss/ 3:00 Refreshments
- Tue 27:** 10:00 Seated Yoga/ 11:00 Cater in McDonalds's for National Drive Thru Day/ 2&5 Inside/Outside/ 3:00 Refreshments
- Wed 28:** 10:00 Inside/Outside/ 11:00 Card games/ 2:00 Word Searches/ 3:00 Refreshments
- Thu 29:** 10:00 Noodle Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refreshments/ 5:30 Inside/Outside
- Fri 30:** 10:00 Exercise/ 11&5:30 Inside/Outside/ 2:00 Knitting Group/ 3:00 Happy Hour
- Sat 31:** 10:00 Inside/Outside / 1:30 Movie Matinee



MEADOWBROOK

—BLOOMER—

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



Employee Birthdays

- Kristi Thompson, July 12



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

Meet our Team >>>

Hometown: Thorp, WI.

How Long have you worked at Bloomer?
 I started in June 2021.

Tell us about your family?

I have a husband named Brandon, a one-year-old son named Graham, a cockapoo named Harper, and a brand new labradoodle puppy named Arlo.

What is the best part of your job?

Getting to know the staff and the residents.

What is something you would like to accomplish?

To find a good balance in life between work, family, and friends.

What is your favorite TV Show, Movie and Vacation Spot?

The Handmaid's Tale and Grey's Anatomy are my favorite TV shows. I like watching Disney movies with my son, Graham! And my vacation spot is anywhere warm!

Eden Lewan
 Administrator



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