

## Upcoming Event >>>

**Tue 1:** 10:30&3:30 Garden club/11:30 Board games/1&5:30 Inside/Outside 1:1

**Wed 2:** 10:30 Book Club/11&3:30 Reading & Reminiscing/ 1&5:30 Inside/Outside 1:1

**Thu 3:** 10:30&5:30 Inside/Outside 1:1/ 11:30 Manicures / 2:00 SNF Bingo/ 3:30 Morning Activity

**Fri 4:** 10:30 Coffee&Donuts/ 11:30&3 Inside/Outside 1:1/ 2:00 Hallway Bingo/ 5:30 Resident choice

**Sat 5:** 10&1 Inside/Outside 1:1/11 Card Games/1:30 Saturday Matinee

**Sun 6:** 10:00 Church Serv/11:00 Inside/Outside 1:1/1:00 Board games

**Mon 7:** 10:30 Card Games/ 11:30 Current event/ 1:00 Ice cream social/ 3:30 Resident choice/ 5:30 Inside/Outside 1:1

**Tue 8:** 10:30 Baking group/ 1:00 Tour of Italy/ 3:30 PM treat cart/ 5:30 Inside/Outside 1:1

**Wed 9:** 10:30&5:30 Inside/Outside 1:1/ 11:00 card games/1:00 Sunflowers coasters

**Thu 10:** 10:30&5:30 Inside/Outside 1:1/ 11:30 Manicures/ 2:00 SNF Bingo/ 3:30 Morning Activity

**Fri 11:** 10:30 Inside/Outside 1:1/ 11:30 Book club/ 2:00 Hallway Bingo/ 3:00 Knitting club/ 5:30 Resident choice

**Sat 12:** 10&1 Inside/Outside 1:1 /11:00 Card Games/1:30 Saturday Matinee

**Sun 13:** 10:00 Church Serv/ 11:00 Inside/Outside/1:00 Board games – **Happy Father's Day!**

**Mon 14:** 10:30 Card Games/ 11:30&5:30 Inside/Outside 1:1/1:00 Word search/ 3:30 Father's Day Pictures and Cards

**Tue 15:** 10:30 Board Games/ 11:30&5:30 Inside/Outside 1:1/ 1:00 Tea&Trivia/ 3:30 Resident choice

**Wed 16:** 10:30&3:30 card making/ 1:00 Mad libs/ 5:30 Inside/Outside 1:1

**Thu 17:** 10:30 **Thank You Nursing Assistant!**/11:30 Manicures/ 2:00 SNF Bingo/ 3:30 Morning Activity /5:30 Inside/Outside 1:1

**Fri 18:** 10:30 Inside/Outside 1:1/ 11:30 Dice games/ 2:00 Hallway Bingo/ 3:00 card games/ 5:30 Resident choice

**Sat 19:** 10&1 Inside/Outside 1:1 /11:00 Card Games/1:30 Saturday Matinee

**Sun 20:** 10:00 Church serv/11 Inside/Outside 1:1/ 1:00 Card games

**Mon 21:** 10:30 & 3:30 Card Games/11:30 Resident Council/ 1:00 First day of Summer crafts/ 5:30 Inside/Outside 1:1

**Tue 22:** 10:30 Baking group-Popsicles/ 11:30&5:30 Inside/Outside 1:1/ 3:30 Popsicles on the patio

**Wed 23:** 10:30 Men at work/ 11:00 card games/ 1:00 Afternoon movie & popcorn/5:30 Inside/Outside 1:1

**Thu 24:** 10:30&5:30 Inside/Outside 1:1/ 11:30 Manicures/ 2:00 SNF Bingo/ 3:30 Morning Activity

**Fri 25:** 10:30 Inside/Outside/ 11:30 Reading & Reminiscing/ 2:00 Hallway Bingo/ 5:30 Resident choice

**Sat 26:** 10&1 Inside/Outside 1:1 /11:00 Card Games/1:30 Saturday Matinee

**Sun 27:** 10:00 Church serv/11:00 Inside/Outside 1:1/ 1:00 Board games

**Mon 28 :** 10:30 Card Games/11:30 Word search/ 1:00 Tour of Wisconsin's Dairyland/ 3:30 Dairy day treats/ 5:30 Inside/Outside 1:1

**Tue 29:** 10:30 Baking group/ 11:30&5:30 Inside/Outside 1:1/ 1:00 Roaring 20's/ 3:30 PM treat cart

**Wed 30:** 10:30 Reminisce Around the table/ 1&5:30 Inside/Outside 1:1/ 3:30 Ice cream on the patio.

**Every day at 9:30 am - Exercises**

JUNE 2021



MEADOWBROOK

—BLOOMER—

# 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 >>>

I am from Columbus, WI, a small town 20 minutes from Madison. I have been living in Milwaukee since 2001.

I have a fur baby, Lola, a 3 year old Pitbull mix that I rescued from the Humane Society. She is a 70 pound lap dog and is the love of my life. We enjoy Starbucks trips together.

In my free time I enjoy shopping, golfing, cooking out for friends and family, decorating, and reading. Of course Lola is a part of most of my free time activities.

I have been with Synergy for 1 month. I am excited for my role with the centers and look forward to assisting and enhancing the teams. Residents are my passion, and it has been great seeing what the centers offer. I feel my background as a Social Worker and Executive Director at a memory care CBRF will bring insight and leadership to the center departments.

**Sara Gocker**  
Regional Director of  
Resident Life



## Employee Birthdays

- Breeanna Emery, June 03
- Amie Black, June 04
- Holli Freid, June 19
- Kristyn Geissler, June 24
- Amanda Bleskacek, 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.



1840 Priddy St.  
Bloomer, WI 54724  
Contact us at **715-568-2503**  
www.meadowbrookbloomer.com



*“Happy people plan actions, they don’t plan results.” – Denis Waitley*