



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

Fri 1: 10:30 Coffee/11:00 Card Games/2:00 Creative Ice Cream Day!

Sat 2: 11:00 Card games/ 2:00 In Room Visits

Sun 3: 10:00 Televised Church Service

Mon 4: Happy 4th of July/2:00 Red, White, Blue treat/ Top Gun movie

Tue 5: 10:45 Church/ 2:00 Bingo/ 3:00 Snacks/ 5:30 Boggle

Wed 6: 10:00 Toss & Talk/ 11:00 Adult Coloring/2:00 Balloon Volleyball/6:00 Sandlot movie

Thu 7: 10:00 Manicures/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Snacks

Fri 8: 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Happy Hour/Snack

Sat 9: 11:00 Card games/ 2:00 In Room Visits w/ sugar cookies

Sun 10: 10:00 Televised Church Service

Mon 11: 10:00 Stretching/11:00 Coffee Clutch/2:00 Outdoor painting/ 3:00 Puzzle, Adult coloring

Tue 12: 10:45 Church/ 2:00 Bingo/ 3:00 Snacks/ 5:30 Word Searches

Wed 13: Natl French Fries/ 2:00 fries for all/ 4:00 Outdoor time

Thu 14: 10:00 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Snacks/ 6:00 Movie

Fri 15: 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Natl Gummy work day-dirty cake

Sat 16: 11:00 Card games/ 2:00 In Room Visits

Sun 17: 10:00 Televised Church Service

Mon 18: 10:00 Bags Game-outdoor/11:00 Hydration/Snack/2:00 Card games/ 3:00 craft

Tue 19: 10:45 Church/ 2:00 Bingo/ 3:00 Snacks/ 5:30 Word Searches

Wed 20: Natl Fortune Cookie Day/ Hot Dog Day! Lunch for staff

Thu 21: 10:30 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Snacks

Fri 22: 10:30 Coffee Cart/11:00 Card Games/ 2:00 Happy Hr/Snack

Sat 23: 11:00 Card games/ 2:00 In Room Visits

Sun 24: 10:00 Televised Church Service

Mon 25: Natl Wine & Cheese Day-charcuterie boards&sparkling wine

Tue 26: 10:45 Church/ 11:00 Bagel Fest/2:00 Bingo/ 3:00 Snacks/ 5:30 Word Searches

Wed 27: 10:00 Exercises/ 11:00 Coffee/ 2:00 Word searched/ 3:00 Movie w/Popcorn/ 6:00 Magazines Books

Thu 28: 10:00 Manicures/11:00 Card Games/ 2:00 Bingo/ 3:00 Snacks

Fri 29: 10:30 Coffee cart/11:00 Card Games/2:00 Happy Hr/Snacks

Sat 30: 11:00 Card games/ 2:00 In Room Visits

Sun 31: 10:00 Televised Church Service

Activities offered Daily: 1:1 Visits/ Sensory Programs/ Music &

Memory iPod/ Newspaper Pass Out

**** Calendars are subject to change****

Newsletter

Heat Stroke in Seniors

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature:

- the body's temperature rises rapidly,
- the sweating mechanism fails, and
- the body is unable to cool down.

Warning! Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Seek medical attention immediately.

Symptoms:

- An extremely high body temperature (104°F or higher)
- Red, hot, and dry or moist skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



Treatment: Have someone call for immediate medical assistance while you begin cooling the athlete. Response time will be critical.

- Remove restrictive clothing, equipment, and helmet.
- Cool the person rapidly:
 - immerse him or her in a tub of cool water or ice water;
 - place the person in a cool shower;
 - spray the person with cool water from a water hose;
 - sponge the person with cool water;
 - use icebags at neck, armpit, and groin area; or
 - if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until body temperature drops to 101 - 102°F (should then be removed from water to prevent overcooling).
- If the person is alert, give him or her sips of cool water.
- Do not give the person alcohol to drink.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.

References:

<https://www.cdc.gov/disasters/extremeheat/warning.html>

123 Sudoku Puzzle Level Medium

2						6	9	
	5				3			
1	7				9	4		5
		3		2	5		1	8
				4				
7	2		3	8		5		
5		2	6				4	1
			5				7	
	6	7						3



Employee Birthdays

Kristina T., July 02
Constance L., July 16



HaPpy BiRthDay JULY Born

- 1. They are organized.** People born in July are extremely hardworking in whatever task they do.
- 2. Prone to mood swings.** They are closed off and don't open up that easily. Sometimes even the people close to them have a hard time understanding why they act they do.
- 3. Perfectionists.** Their organization skills make them perfectionists, which can sometimes be annoying. If nothing goes their way, they lose it!
- 4. Concerned about the future.** People born in July care about the security of their life and their families. So, they will go every step of the way to ensure that they are financially stable.
- 5. Family oriented.** Since they are overprotective, it is sometimes a good trait that shows that they care about the safety of their close ones. Which can also be a commendable trait among family and relatives. And kids love them!
- 6. Empathetic.** They are extremely empathetic which makes them care about other feelings and emotions.
- 7. Rather do something productive.** July borns do not have time for small things like gossip and talking about nonsense. They consider it a waste of time.
- 8. Takes everything a little too seriously.** They take everything to heart and personally and gets hurt easily. Even if they know that it was all meant to be a playful banter.
- 9. Sharp memory.** They remember everything from dates, important events, and even memories. Like EVERYTHING!
- 10. Curious mind.** Which means they have a lot of questions. Tons of them. It's okay if they just keep it to themselves, but the moment they ask they never stop, and it can get annoying.

Meet our Team >>>

Hometown: Rhinelander, WI.

Job Overview

As the administrator I love getting to know people and growing my network and relationships. It is an incredibly rewarding job and I am so thankful to be surrounded by such a great team of staff and family of residents. Bloomer definitely has a large piece of my heart!

Tell us about your family?

I'm currently engaged, and the wedding is planned for August of 2023! I have a younger sister who is also interesting in the medical field and hopes to become a Registered Nurse. My mom owns Jelinek Well Drilling in Rhinelander, and my dad currently lives in Michigan!

Outside Interest?

I LOVE everything outdoors. From hunting, fishing, and camping, anything to be outside is where you will find me in my free time.

Something not everyone may know about you:

I competitively snowboarded all through high school. I was conference champ and was a state competitor all four years!

What is your favorite Sport Team?

Green Bay Packers.... obviously!



Kaiya Shrader Administrator



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Contact us at **715-568-2503**

www.meadowbrookbloomer.com/



<https://www.dazzling.news/a667/born-in-july-10-reasons-why-you-re-probably-the-best-of-the-year>