



**Upcoming Event >>>**

**Thu 1:** Morning Visits/ 2:00 Garden Club/ 6:00 Thursday Night at Movies-Family room

**Fri 2:** Room visits/ Fun Cart / 2:00 Bingo

**Sat 3:** Games, conversations and Fun carts

**Sun 4:** 12:00 4<sup>th</sup> of July parade – **Happy Independence Day!**

**Mon 5:** Fun cart, Weekly BOGGLE passed/ Fresh Fruit Day

**Tue 6:** Fun Cart / 2:00 Bingo

**Wed 7:** Room visits, Fun Cart/ 1:00 Movie/ 6:10 Brewers Vs New York Yanks

**Thu 8:** Fun Cart/ 2:00 Catapulting Frogs/ National Freezer Pop Day

**Fri 9:** Room Visit, Fun cart / 2:00 Bingo

**Sat 10:** Games, conversations and Fun carts

**Sun 11:** Activity Staff Holds/ Church Services

**Mon 12:** Fun cart, Weekly BOGGLE passed

**Tue 13:** Fun cart, celebrate strawberry/ 2:00 Bingo

**Wed 14:** Room visits, Fun cart / 1:00 Movie

**Thu 15:** Morning visit / 2:00 Garden club/ 6:00 Thursday Night at the Movie-Family Room

**Fri 16:** 10:00 Monthly Communion Service / 2:00 Bingo

**Sat 17:** Games, conversations and Fun carts

**Sun 18:** The Refuge Pastor Jeff Martin

**Mon 19:** Fun cart, Weekly BOGGLE passed/ Write Your Own Fortune Cookie-Managers will judge

**Tue 20:** National Fortune Cookie Day/ 2:00 Bingo/ 7:10 Brewers Vs Kansas City.

**Wed 21:** Staff Inservice in Activity Room/ 1:00 Wednesday at the Movie – Family Room

**Thu 22:** Fun Cart / 2:00 Pizza Party/ 6:00 Movie in Family Room

**Fri 23:** Room Visit, Fun Cart / 2:00 Bingo

**Sat 24:** Games, conversations and Fun carts

**Sun 25:** Faith Baptist Church – Pastor Paul Poppe

**Mon 26:** Fun cart, Weekly BOGGLE passed / 2:00 Resident Council

**Tue 27:** Morning Room Visit / 2:00 Bingo

**Wed 28:** Fun cart/ 1:00 Movie/ 7:10 Brewers Vs Chicago White Sox

**Thu 29:** Fun Cart/2:00 BrownBag Auction/6:00 Movie-Family Room

**Fri 30:** Room Visit, Fun cart/ 2:00 Bingo

**Sat 31:** Games, conversations and Fun carts

# 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



AMERICA  
DECLARATION  
EQUALITY  
FIREWORKS  
HOLIDAY

INDEPENDENCE  
JULYFOURTH  
LIBERTYBELL  
PARADE  
PATRIOTISM

REVOLUTION  
UNITED STATES  
VICTORY



## Employee Birthdays

- Kim Wojciechowski, July 3
- Samantha Jaeger, July 8
- Renee Waterhouse, July 12
- Amber Morgan, July 22



## 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.

## Meet our Team >>>

**Hometown:** Well, I guess that would be Cameron, WI. I've lived there for the last 10 years. Before that I lived in Texas. Otherwise as a kid my father was in the military, so we moved wherever we were stationed. My favorite place that I lived as a Child was in Frankfort Germany.

**How Long have you worked at Chetek?**

I started on June 3rd.

**Tell us about your family?**

I've been married for 12 years now. My husband is a CNC machinist and welder. Before that he was in the military. He served in both the Navy working on the flight deck and the Army national guard as a UH-60 mechanic. I have a 12-year-old daughter named Klarice and a 11-year-old son named Logan. They are both in Middle school. Both active in Band and sports. They are both busy at with camp over the summer months. We have 2 cats and 2 dogs. Our home is never quite to say the least.

**What is the best part of your job?**

Spending time with the resident's and getting to know them. I love to hear their stories.

**What is something you would like to accomplish?**

Oh, the list goes on really. Finish remodeling my house, go on vacation to Ireland would be my top two.

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

I like a lot of older movies; Silence of the Lambs is one of my favorites that is where my daughter got her name. Otherwise, mystery/ suspense movies. As for Tv shows my husband and I lately are stuck on Marvel and DC shows and movies. Vacation spot: Texas. We try and go and visit at least every other year if not once a year to go and see family and of course the Beach.

**Sarah Noggler**  
Dietary Manager



### 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:** Cousin Day
- **July 26:** Uncle and Aunt Day
- **July 27:** Take Your pants for a Walk Day



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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"*