



Upcoming Event >>>

Tue 1: Morning Room / Visits/Fun Cart / 2:00 Bingo

Wed 2: Pick up BOGGLE / 1:00 Wednesday at the Movie

Thu 3: Fun Cart / 2:00 Garden Club

Fri 4: National Donut Day/ Dairy Trivia Puzzle / 2:00 Bingo

Sat 5: Staff Visits

Sun 6: Freedom Community Church / 2: D-Day

Mon 7: Weekly BOGGLE / Cheese and Cracker day

Tue 8: Morning Room Visit / 2:00 Bingo

Wed 9: Pick up BOGGLE / 1:00 Wednesday at the Movie

Thu 10: Fun Cart / 2:00 Root Beer Float

Fri 11: Room Visit and Games / 2:00 Bingo

Sat 12: Staff Visit

Sun 13: Chetek/ Dovre/ 2:00 Lutheran Church

Mon 14: Weekly BOGGLE/Chocolate milk & cookies—**Flag Day!**

Tue 15: Morning Room Visit / 2:00 Bingo - PICNIC

Wed 16: Pick up BOGGLE / 1:00 Wednesday at the Movie –

Family Room

Thu 17: Fun Cart / 2:00 Garden club/ Ice cream - Sandwich day

Fri 18: 10:00 Communion / Activity room / 2:00 Bingo

Sat 19: Staff Visits

Sun 20: 2:00 Chetek United Methodist church

Happy Father's Day!

Mon 21: Weekly BOGGLE / 2:00 Resident Council meeting /

First day of Summer / National "Selfie" Day

Tue 22: Morning Room Visit / 2:00 Bingo

Wed 23: Pick up BOGGLE / 1:00 Wednesday at the Movie –

Family Room

Thu 24: Fun Cart / 2:00 Brown bag auction / Activity Room

Fri 25: Room Visit and Games / 2:00 Bingo

Sat 26: Staff Visits

Sun 27: 2:00 St Boniface Catholic church

Mon 28: Weekly BOGGLE / Pizza Party

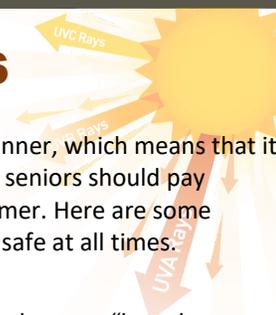
Tue 29: Morning Room Visit / 2:00 Bingo

Wed 30: Pick up BOGGLE / 1:00 Wednesday at the Movie

BEAUTY SHOP: is open every Wednesday at 9am. Contact Dorothy in Activities to make your appointment.

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 >>>

Hometown: Superior, WI

How Long have you worked at Chetek?

I have worked for 1 year.

Tell us about your family?

My mom and dad both live in Superior, and I have 2 sisters and 2 beautiful nieces. My fiancé and I have 2 pit bulls and a kitten.

What is the best part of your job?

The best part of my job is seeing the residents happy. We also have a great team that I'm so thankful for!.

What is something you would like to accomplish?

I'd like to get a full 8 hours of sleep.

What is your favorite Vacation Spot?

My favorite place to vacation is...anywhere! I love traveling.

Shana Soul Human Resource



Employee Birthdays

- Daniel PFankuch, June 07
- Jessica Morrison, June 10
- Dawn Marie Wood, June 14
- Mary Ann Channing, June 20
- Emilie Angus, June 21



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.



725 Knapp St
 Chetek, WI 54728
 Contact us at **715-924-4891**
www.meadowbrookchetek.com



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"Happy people plan actions, they don't plan results." – Denis Waitley