



Upcoming Event >>>

- Fri 1:** Room Visits / 2:00 VFW Aux Bingo
- Sat 2:** Room Visits/ Morning on SCU/ 2:00 Bingo
- Sun 3:** 2:00 Activity Staff
- Mon 4:** Weekly BOGGLE/ 12:00 Noon Parade
- Tue 5:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 6:** 1:15 Movie & Popcorn
- Thu 7:** 2:00 Outdoor Group/ Natl Strawberry Sundae!
- Fri 8:** Room Visits / 2:00 Bingo
- Sat 9:** Room Visits/ Morning on SCU / 2:00 Bingo
- Sun 10:** 2:00 St Boniface Catholic Church
- Mon 11:** Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise Group/ 6:00 Assort. Games in Family Room
- Tue 12:** Pastor Letter-Treat/ 2:00 Bingo/ Eat Your Jell-O Day!
- Wed 13:** PANDA/ 1:15 Movie & Popcorn
- Thu 14:** Morning Room visits & Menu/ 2:00 Craft Group
- Fri 15:** 10:00 Communion / 2:00 Bingo
- Sat 16:** Room Visits/ Morning on SCU / 2:00 Bingo
- Sun 17:** 2:00 The Refuge
- Mon 18:** Weekly BOGGLE/ 2:00 Balloon/Noodle- Exercise Group/ 6:00 Assort. Games in Family Room
- Tue 19:** Pastor Letter-Treat/ 1:00 Resident Council/ 2:00 Bingo
- Wed 20:** Inservice/ 1:15 Movie & Popcorn in Family Room
- Thu 21:** Morning Room Visits/ 2:00 Outdoor Trivia Group
- Fri 22:** 10:00 Catholic Mass/ 2:00 Bingo
- Sat 23:** Room Visits/ Morning on SCU / 2:00 Bingo
- Sun 24:** 2:00 Faith Baptist Church
- Mon 25:** Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise Group/ 6:00 Assort. Games in Family Room
- Tue 26:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 27:** PANDA/ 1:15 Movie & Popcorn
- Thu 28:** 2:00 Brown Bag Auction/ Milk Chocolate Day!
- Fri 29:** Room Visits / 2:00 Bingo
- Sat 30:** Room Visits/ Morning on SCU/ 2:00 Bingo
- Sun 31:** 2:00 Crist Lutheran

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.

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

Kim W., July 03
 Aurora F., July 09
 Mercedes S., July 14
 Amber M., July 22
 Jamie S., July 27



HaPpy BiRthDay JULY Born

- They are organized.** People born in July are extremely hardworking in whatever task they do.
- 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.
- Perfectionists.** Their organization skills make them perfectionists, which can sometimes be annoying. If nothing goes their way, they lose it!
- 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.
- 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!
- Empathetic.** They are extremely empathetic which makes them care about other feelings and emotions.
- 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.
- 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.
- Sharp memory.** They remember everything from dates, important events, and even memories. Like EVERYTHING!
- 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: Weyerhaeuser, MI

Tell us about your Job?

I am the transport driver for residents to go to appointments. One of my favorite activities here at Meadowbrook is playing Santa and making the residents faces light up with huge smiles. Helping people with whatever they needs brings me great Joy!

Tell us about your family?

My wife's name is Jean and we have a dog named Ozzie.

What are your outside Interests?

Fishing and hunting are my favorite pastimes.

Something not everyone may know about you

Most people don't know I enjoy traveling on the holidays with Jean and always smiling. (True) 😊

Favorite sport team

The Packers and the Brewers, of course are my favorite sports teams!

Bill Ludwikowski Driver



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



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