



Upcoming Event >>>

Fri 1: Independent Activities in Activity Room

Sat 2: Independent Activities in Activity Room

Sun 3: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 4: 9:45 Visits /10:30 Rummy/ 1:30 Cookies & Milk Social

Tue 5: 10:45 Worship/ 1:30 Bingo/ 5:30 Music on the Patio

Wed 6: 10:30 Fun & Fitness/ 11:00 Trivia/ 1:00 Board Games

Thu 7: 9:30 Hair Salon/ 10:00 Manicures/1:30 Bingo/ 5:15 Puzzles

Fri 8: 9:45 Visits/ 10:30 Farkle/ 1:30 Movie & popcorn

Sat 9: Independent Activities in Activity Room

Sun 10: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 11: 9:45 Visits/10:30 Sand Art /1:30 Let's Bake

Tue 12: 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles

Wed 13: 10:30 Fun & Fitness/ 11:00 Word Game/ 1:30 Crafts

Thu 14: 10:00 Reminisce/ 1:30 Bingo/ 5:15 Puzzles

Fri 15: 9:45 Visits/ 10:30 Farkle/ 1:30 Campfire Songs w/Deb

Sat 16: Independent Activities in Activity Room

Sun 17: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 18: 9:45 Visits/ 10:30 Music w/Amy/ 1:30 Rummy

Tue 19: 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles

Wed 20: 10:30 Fun & Fitness/ 11:00 Hangman/ 1:30 Resident

Council

Thu 21: 9:30 Hair Salon/ 10:00 Manicures/ 1:30 Bingo/ 5:15 Puzzles

Fri 22: 9:45 Visits/ 10:30 Farkle/ 1:30 Karaoke & Pizza

Sat 23: Independent Activities in Activity Room

Sun 24: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 25: 9:45 Visits/ 10:30 Summer Lotto/ 1:30 Crafts

Tue 26: 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles

Wed 27: 10:30 Fun & Fitness/ 11:00 Name that Tune/ 1:00 Farkle

Thu 28: 9:45 Road Trip to Alaska/ 1:30 Bingo/ 5:15 Puzzles

Fri 1: Independent Activities in Activity Room

Sat 2: Independent Activities in Activity Room

Sun 3: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Daily Mail Pass and Visits at 9:30 AM

Hair Salon is Open every other Thursday 9:30 am - 12:00 pm

Schedule appointment and make payment to the Activity Department.

**** Activities are Subject to Change****

Newsletter

August is Summer Sun Safety Month

For senior citizens, summer sun safety is crucial due to increased sensitivity to sun exposure and heat. Key tips include avoiding peak sun hours (10 am to 4 pm), using broad-spectrum sunscreen with SPF 30 or higher, wearing protective clothing like lightweight, long-sleeved shirts and wide-brimmed hats, and staying hydrated by drinking plenty of water. Here are some tips:

- 1. Timing is Key:** Plan outdoor activities for early mornings or late afternoons when the sun's intensity is lower. If you must be outside during peak hours, seek shade from trees, umbrellas, or covered areas.
- 2. Sunscreen is Essential:** Apply broad-spectrum sunscreen with an SPF of 30 or higher to all exposed skin, including ears, neck, and the tops of feet. Reapply sunscreen every two hours, or more frequently if sweating or swimming.
- 3. Protective Clothing is Vital:** Wear lightweight, long-sleeved shirts and pants made of tightly woven fabric. Choose wide-brimmed hats to shade your face, neck, and ears. Sunglasses with UV protection are essential for eye protection.
- 4. Hydration is Crucial:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid sugary drinks, alcohol, and excessive caffeine, as they can lead to dehydration.
- 5. Be Mindful of Medications:** Some medications can increase sensitivity to the sun. Consult with a pharmacist or doctor about potential side effects.
- 6. Recognize Heat-Related Illnesses:** Be aware of the signs of heat exhaustion, such as headache, dizziness, confusion, nausea, or excessive sweating. If you experience any of these symptoms, seek shade, cool down, and drink fluids.
- 7. Check Your Skin Regularly:** Perform monthly skin self-exams to check for any changes in moles or new growths. Consult a doctor if you notice anything unusual.

Let's make the most of summer while protecting our skin and health.



Let's play! Word Scramble: Back to School

1. ARICH _____
2. AFLG _____
3. UTLOAALRCC _____
4. REKARM _____
5. ONOBOTEK _____
6. NCADRALE _____
7. SAERRE _____
8. PTLARES _____
9. KCAHL _____
10. SISSCSOR _____
11. CCPAKBKA _____
12. CLPNIE _____
13. KXEOTOTB _____
14. AEPRP _____



Employee Birthdays

Timothy H., Aug 01
Emily W., Aug 10
Nancy P., Aug 12
Taylor M., Aug 31



2025 Fun & National Holidays!

- ▶ Aug 1 Water Balloon Day
- ▶ Aug 1 International Beer Day
- ▶ Aug 2 Ice Cream Sandwich Day
- ▶ Aug 3 Sisters' Day
- ▶ Aug 3 Watermelon Day
- ▶ Aug 4 Chocolate Chip Cookie Day
- ▶ Aug 6 Root Beer Float Day
- ▶ Aug 7 Lighthouse Day
- ▶ Aug 8 Happiness Happens Day
- ▶ Aug 9 Book Lovers Day
- ▶ Aug 9 Bowling Day
- ▶ Aug 10 Lazy Day
- ▶ Aug 11 Son and Daughter Day
- ▶ Aug 12 Middle Child Day
- ▶ Aug 14 Creamsicle Day
- ▶ Aug 15 Relaxation Day
- ▶ Aug 15 Brat Day
- ▶ Aug 16 Tell a Joke Day
- ▶ Aug 17 Thrift Shop Day
- ▶ Aug 18 Mail Order Catalog Day
- ▶ Aug 19 World Photo Day
- ▶ Aug 20 Chocolate Pecan Pie Day
- ▶ Aug 21 Senior Citizen Day
- ▶ Aug 22 Be An Angel Day
- ▶ Aug 23 Ride Like the Wind Day
- ▶ Aug 24 Pluto Demoted Day
- ▶ Aug 25 Waffle Day
- ▶ Aug 26 Dog Appreciation Day
- ▶ Aug 28 Bow Tie Day
- ▶ Aug 29 College Colors Day
- ▶ Aug 29 Beach Day
- ▶ Aug 30 Frankenstein Day

Meet our Team >>>

Tell us about your Job.

I am the Human Resource Manager. I help with hiring new staff, payroll, scheduling, and any concerns with staff.

Tell us about your family.

I have three boys and a baby on the way.

What are your outside Interests?

I love crafting, outside time with family.

Something not everyone may know about you.

I am currently pursuing my Bachelor Degree in Business Administration with concentrations in Healthcare Administration and Human Resource Management.

Favorite Sports Team.

Packers and Brewers.

Kiara L.
HR



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



Also, August is...

Summer Sun Safety Month
Social Wellness Month