



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

- Mon 1:** 10:00 Joy Visits/ 11:00 Exercise/ 1:30 Rummy/ 6:00 Word Search
- Tue 2:** 10:15 Hymn Sing/10:45 Church/1:30 Bingo/6:00 Game Show TV
- Wed 3:** 10:30 Fitness Fun/ 11:00 Hangman/ 1:30 Movie & popcorn/ 6:00 Puzzles
- Thu 4:** 10:00 Manicures/1:30 Bingo/ 3:45 Joy Visits/ 6:00 Old Time TV
- Fri 5:** 10:00 Donuts & Coffee/ 11:00 Exercise/ 1:30 Farkle/ 6:00 Crossword
- Sat 6:** 10:00 Puzzles/ 1:30 Adult Coloring

- Sun 7:** 9:30 Church Ch. 9/ 1:30 Movie Time
- Mon 8:** 11:00 Exercise/ 1:30 Card Game/ 6:00 Word Puzzle
- Tue 9:** 10:45 Church/ 1:30 Bingo/ 6:00 Game Show TV
- Wed 10:** 11:00 Exercise/ 1:30 Movie Time/ 6:00 Puzzles
- Thu 11:** 11:00 Puzzles/ 1:30 Bingo/ 6:00 Old Time TV
- Fri 12:** 11:00 Exercise/ 1:30 Farkle/ 6:00 Funny Videos
- Sat 13:** 10:00 Puzzles/ 1:30 Adult Coloring

- Sun 14:** 9:30 Church Ch. 9/ 1:30 Movie Time
- Mon 15:** 10:00 Joy Visits/ 11:00 Exercise/ 1:30 Let's Bake/ 2:00 Milk & Cookie Social/ 6:00 Word Search
- Tue 16:** 10:15 Devotions/ 10:45 Church/ 1:30 Bingo/ 6:00 Game Show TV
- Wed 17:** 10:45 Fitness Fun/ 11:15 Name 5/ 1:30 Sing-along & RB Floats/ 6:00 Puzzles
- Thu 18:** 10:00 Manicures/ 1:30 Bingo/ 3:45 Joy Visits/ 6:00 Old Time TV
- Fri 19:** 10:45 Exercises/ 11:15 Crossword/ 1:30 Father's Day Celebration "Pizza Party" / 6:00 YouTube Music
- Sat 20:** 10:00 Puzzles/ 1:30 Adult Coloring

- Sun 21:** 9:30 Church Ch. 9/ 1:30 Movie Time
- Mon 22:** 10:00 Joy Visits/ 11:00 Exercise/ 11:30 Reminiscence/ 1:30 Dairy Day Fun/ 6:00 Boggle
- Tue 23:** 10:00 Hymn Sing/ 10:45 Church/ 1:30 Bingo/ 6:00 Game Show TV
- Wed 24:** 10:30 Music w/Rich/ 1:00 Resident Council RCAC/ 2:00 Resident Council SNF/ 6:00 Puzzles
- Thu 25:** 11:00 Road Trip/ 1:30 Bingo & Bomb Pops/ 3:45 Joy Visits/ 6:00 Memorial Service
- Fri 26:** 10:45 Exercise/ 11:15 Name that Tune/ 1:30 Farkle/ 6:00 Cute Animals Videos
- Sat 27:** 10:00 Puzzles/ 1:30 Adult Coloring

- Sun 28:** 9:30 Church Ch. 9/ 1:30 Movie Time
- Mon 29:** 10:00 Joy Visits/ 11:00 Exercise/ 1:30 Crafts/ 6:00 Word Search
- Tue 30:** 10:15 Devotions/ 10:45 Church/ 1:30 Bingo/ 6:00 Game Show TV

*Activities are subject to change. *Mail Pass is done daily.

Newsletter

5 Ways to Help Seniors Thrive in a Nursing Home

Helping a senior thrive in a nursing home involves creating a comforting environment, staying connected, and encouraging physical and mental engagement. With the right support, every day can feel meaningful — and your presence makes all the difference.

Here are some tips to help your loved one.

1. **Visit Regularly and Stay Connected.** Frequent visits from family and friends combat loneliness and remind residents they are loved. Even short, consistent visits or video calls when in-person isn't possible can dramatically improve mood and mental health. Consider establishing a routine schedule so your loved one has something to look forward to.
2. **Personalize Their Living Space.** Familiar photos, favorite blankets, and cherished mementos make a room feel like home. Personal touches help reduce anxiety and give seniors a sense of identity and comfort in their new environment. Hang artwork they love, bring a familiar lamp or throw pillow, and ask staff to respect those items as part of the resident's care.
3. **Encourage Participation in Activities.** Most nursing homes offer group programs such as art classes, music sessions, and gentle exercise. Staying active and socially engaged supports cognitive health and gives residents something to look forward to each day. Review the activity calendar together during visits and gently encourage trying something new; even a short bingo game can spark new friendships.
4. **Advocate for Their Care Needs.** Attend care-plan meetings, ask questions, and speak up if something doesn't seem right. Being an engaged advocate ensures your loved one's medical, emotional, and dietary needs are consistently met. Build a relationship with the nursing staff and social worker; knowing your loved one personally motivates the whole team to go the extra mile.
5. **Support Their Sense of Purpose.** Encourage hobbies, light volunteering within the facility, or mentoring younger staff. Feeling useful and valued gives seniors a reason to engage with each new day and contributes to overall well-being. Ask them to teach you a skill, share a family recipe, or help organize a community bulletin board; small acts of contribution go a long way.



Let's play! Word Scramble: Friendship

1. EREPCTS _____
2. FNOEIDC _____
3. LPAY _____
4. SPLHE _____
5. KNNISSDE _____
6. ARICGN _____
7. SBTE IDESFNR _____
8. OEARTEOPC _____
9. ESIEMMOR _____
10. TARLUGHE _____
11. EONSEUGR _____
12. ESHRA _____
13. ECISALP _____
14. URTST _____
15. LTNSIE _____



Employee Birthdays

- Layla G., Jun 08
- Jenna S., Jun 11
- Madi M. Jun 14
- Tanya K., Jun 16
- Robin H., Jun 22
- Cali F., Jun 30



2026 Fun & National Holidays!

- ▶ Jun 1 Nail Polish Day
- ▶ Jun 1 Dare Day
- ▶ Jun 3 Egg Day
- ▶ Jun 3 World Bicycle Day
- ▶ Jun 4 Cheese Day
- ▶ Jun 5 Donut Day
- ▶ Jun 5 World Environment Day
- ▶ Jun 5 Hot Air Balloon Day
- ▶ Jun 6 Yo-Yo Day
- ▶ Jun 7 Chocolate Ice Cream Day
- ▶ Jun 8 World Oceans Day
- ▶ Jun 9 Donald Duck Day
- ▶ Jun 9 Strawberry Rhubarb Pie Day
- ▶ Jun 9 Iced Tea Day
- ▶ Jun 11 Nursing Assistant Day
- ▶ Jun 12 Movie Night Day
- ▶ Jun 13 Wrist Watch Day
- ▶ Jun 14 **Flag Day**
- ▶ Jun 15 Father's Day
- ▶ Jun 15 Smile Power Day
- ▶ Jun 17 Root Beer Day
- ▶ Jun 18 International Picnic Day
- ▶ Jun 18 Go Fishing Day
- ▶ Jun 19 Juneteenth
- ▶ Jun 20 First Day of Summer
- ▶ Jun 21 **Father's Day**
- ▶ Jun 21 Selfie Day
- ▶ Jun 21 World Music Day
- ▶ Jun 24 Pralines Day
- ▶ Jun 25 Bomb Pop Day
- ▶ Jun 26 Bingo Day
- ▶ Jun 26 Beautician Day
- ▶ Jun 27 Sunglasses Day
- ▶ Jun 30 Ice Cream Soda Day

Also, June is...

- Alzheimer's & Brain Awareness Month
- National Safety Month
- Dairy Month
- National Nursing Assistants' Week, June 11-18

Meet our Team >>>

Hometown: Redwing, Minnesota

Tell us about your family.

I have one sibling, Miki. I have two cats, Dr. Watson Bojangles and Atlas. I also have a bearded dragon named Draco.

What are your outside Interests?

I like Hiking, Painting, Reading, Animal and Plant care.

Something not everyone may know about you.

I used to be a swimming instructor and lifeguard.

Favorite sport team

The Packers!!!

Jenna S.
CNA



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

