



Upcoming Event >>>

Thu 1: 9:30 Curr Event/10:00 Resident Visits/1:30 Bingo/ 2:30 Refreshment

Fri 2: 9:30 Current Events/10:00 4th of July craft/1:30 Nail care/ 2:30 Chair Aerobics

Sat 3: 9:30 Current Events/10:00 Wii bowling/11:00 Courtyard coffee/ 7:30 BUCK Game

Sun 4: Televised worship / Fireworks on TV - **Happy 4th of July**

Mon 5: 9:30 Curr Events/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie

Tue 6: 1:00 Current Events/2:00 Bingo/3:30 Courtyard snack/ 6:00 Brewers Game/ 7:00 Snack pass

Wed 7: 9:30 Curr Events/10:00 Staff Visit/1:30 Board game/ 2:30 Music

Thu 8: 9:30 Current Events/10:00 Resident Visits/1:30 Freezer POP's/ 2:30 Wii bowling

Fri 9: 9:30 Curr Events/10:00 Staff visit/1:30 Nailcare/ 2:30 Chair Aerobics

Sat 10: 6:15 Brewer game

Sun 11: Televised worship / 1:10 Brewer game

Mon 12: 9:30 Curr Events/10:00 Res Visits/1:30 Friendly folder/2:30 Movie

Tue 13: 1:00 Current Events/2:00 Strawberry Sundaes/ 6:00 TV Tuesday/ 7:00 Snack pass

Wed 14: 9:30 Curr Events/10:00 Staff Visit/1:30 Board game/2:30 Music

Thu 15: 9:30 Curr Event/10:00 Res Visit/1:30 Friendly folder/2:30 Exercises

Fri 16: 9:30 Current Events/10:00 Staff visits/1:30 Nail care/ 2:30 Yahtzee

Sat 17: 9:30 Current Events/10:00 Wii bowling/11:00 Courtyard coffee/ 7:30 BUCK Game

Sun 18: Televised worship / 12:10 Brewer game

Mon 19: 9:30 Curr Event/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie

Tue 20: 1:00 Current Events/2:00 Pokeno/ 6:00 Wii bowling/ 7:00 Snack

Wed 21: 9:30 Curr Events/10:00 Staff Visit/1:30 Up 4Grabs/ 2:30 Gardening

Thu 22: 9:30 Curr Event/10:00 Res Visit/1:30 Friendly folder/2:30 Exercises

Fri 23: 9:30 Current Events/10:00 Staff Visits/1:30 Nailcare/ 2:30 Courtyard time/ 3:00 Drive Thru Day

Sat 24: 6:10 Brewers game

Sun 25: Televised worship / 1:10 Brewer game

Mon 26: 9:30 Curr Event/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie

Tue 27: 1:00 Current Events/2:00 Pokeno/ 6:00 Wii bowling/ 7:00 Snack

Wed 28: 9:30 Current Events/10:00 Staff visits/1:30 Nail care/ 2:30 Yahtzee

Thu 29: 9:30 Current Events/10:00 Res Visit/1:30 Res Choice/2:30 Exercises

Fri 30: 9:30 Curr Events/10:00 Staff Visit/1:30 Nailcare/2:30 Courtyard time

Sat 31: 9:30 Current Events/10:00 Wii bowling/11:00 Courtyard coffee/ 7:30 BUCK Game

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



Meet our Team >>>

Hometown: Forestville, WI

How Long have you worked at Appleton?

I have worked for 20 years.

Tell us about your family?

I have a wife, two teenage boys, a French Bulldog (Sophie), and a Springer Spaniel (Oliver)

What is the best part of your job?

Interaction with the residents.

What is something you would like to accomplish?

My dream is to own my own restaurant.

What is your favorite TV Show and Vacation Spot?

My favorite movie is The Shining. My favorite vacation spot is anywhere I have never been before!

What is your favorite Sport Team?

Football - Cincinnati Bengals!

Matt Brans

Dietary Manager



Employee Birthdays

- Ashley Van Patter, July 4
- Natasha Fuller, July 11
- Christina Novosad, July 13
- Tamara Heifort, July 18
- Linda Gosz, July 20
- Kalan Bahr, July 27
- Destini Rawls-Keyes, July 27
- Matthew Brans, July 29



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.

Fun Days

July is National Watermelon Month—yum! Have fun with these fun celebrations:

- **July 1:** International Joke Day
- **July 6:** World Kissing Day
- **July 17:** World Emoji Day
- **July 25:** National Day of the Cowboy
- **July 24:** National Drive Thru Day
- **July 26:** Uncle and Aunt Day
- **July 27:** Take Your pants for a Walk Day



1335 S Oneida St
Appleton, WI 54915
Contact us at **920-731-6646**
www.meadowbrookappleton.com/



"They say we learn from our mistakes... That's why I'm making as many as possible. I'll soon be a genius"