



MEADOWBROOK
— APPLETON —

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. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to “Dairy Month.”

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 MOON

SUMMER
SUNSHINE



Employee Birthdays

- Angela Wendt, June 24
- Crystal Cole, June 24
- Taisha Malueg, June 24
- Brenda Farsee, June 28
- Brandon McCarthy, June 30



Qualities of June Born People That Make Them Special

They really are entirely different from the rest of the crowd. They see everything in such a different light than other people. They are very emotional and caring people. Their sense of judgment is what differentiates them from the rest of the crowd. Get to know some of the most amazing facts about people born in June

- They pull people towards them with their magnetic personality
- Visionary – Having lots of ideas 😊
- They are brand lovers
- They know how to make friends with enemies
- Choosy and Moody! 😬
- They love the cold
- They don't put their emotions on display
- They have a different approach to humor
- They are appreciative of kindness as a quality 😊
- If there is a debate going on, they will find it 😬

Meet our Team >>>

Hometown: Lake Geneva, WI

How Long have you worked at Appleton?

I have worked for 3 weeks.

Tell us about your family?

I have a husband Henry, a 5 year old daughter Willow, two dogs Snickers and Ranger, two cats Cupcake and Stormy, and a lizard Charlie.

What is the best part of your job?

Feeling like I made a difference in someone's life and was able to listen when they needed someone to listen.

What is something you would like to accomplish?

I would like to travel outside of Wisconsin. Expanding my cooking skills (I enjoy trying and cooking new things).

What is your favorite TV Show? Movie? Vacation Spot?

I do not watch much television enjoy true crime shows. I do not know if I have a favorite movie, I enjoy documentaries and Thrillers. Currently my favorite vacation spot is my seasonal camp site in Hancock WI. We spend every weekend there in the summer.

Christina Novosad
Director of Social Service



1335 S Oneida St
Appleton, WI 54915
Contact us at **920-731-6646**



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