



**Upcoming Event >>>**

- Fri 1:** 10:00 Bingo/ 1:30 Jeopardy/ 3:00 Adult Coloring w/snacks
- Sat 2:** Self-directed Activities in Activities Room
- Sun 3:** Self-directed Activities in Activities Room
- Mon 4:** Self-directed Activities in Activities Room
- Tue 5:** 10:30 Exercise/ 1:30 Resident Council/ 3:00 Nail Care/ 7:00 Brewers Game
- Wed 6:** 10:00 1:1 Bingo/ 1:30 Movie & Popcorn/ 3:00 Adult Coloring
- Thu 7:** 10:30 Craft/1:30 Balloon Swat/3:00 Wii Bowling/ 6:00 Painting
- Fri 8:** 10:00 Bingo/ 1:30 Jeopardy/ 3:00 Current Event w/snacks
- Sat 9:** Self-directed Activities in Activities Room
- Sun 10:** Self-directed Activities in Activities Room
- Mon 11:** 10:30 AM Yoga/ 1:30 Cooking Class/ Natl Blueberry Muffin Day!
- Tue 12:** 10:30 Outside games/1:30 Wii Games/ 3:00 Snack social/ 6:30 Brewers Game
- Wed 13:** 10:00 Bingo/1:30 Movie & Popcorn/ 3:00 Cooking class
- Thu 14:** Self-directed Activities in Activities Room
- Fri 15:** 10:00 1:1 Gummy Worm Day Bingo/1:30 Outside games
- Sat 16:** 10:30 Outside Bird Watching/ 1:00 Puzzles
- Sun 17:** 10:30 Trivia/ 3:00 Brewers Game
- Mon 18:** 10:30 1:1 Craft/ 1:30 Price is Right
- Tue 19:** 10:30 Exercises/ 2:00 Bowling/ 6:00 Painting
- Wed 20:** 10:00 Bingo/ 1:30 Movie & Popcorn/ 3:00 Nail Care
- Thu 21:** 10:30 Craft/ 1:30 Interactive Games/ 3:00 Wii Bowling/ 6:00 Puzzles
- Fri 22:** 10:00 Bingo/ 1:30 Jeopardy/ 3:30 Current event w/snacks/ 7:00 Brewers Game
- Sat 23:** Self-directed Activities in Activities Room
- Sun 24:** Self-directed Activities in Activities Room
- Mon 25:** 1:30 1:1 Wine & Cheese Party! 7:00 Brewers Game
- Tue 26:** 10:30 Exercises/ 1:30 Resident BD Party/ 3:00 Bowling
- Wed 27:** 10:00 Bingo/ 1:30 Movie & Popcorn
- Thu 28:** 10:30 Craft/ 1:30 Balloon Swat/ 3:00 Wii Bowling/6:00 Painting
- Fri 29:** 10:00 Bingo/ 1:30 Jeopardy/ 3:30 Current Event w/snacks
- Sat 30:** 10:30 Crafts/ 1:00 Puzzles
- Sun 31:** 10:30 Watermelon Day outside snack/ 1:00 Words in Words

**Hydration Station at 3:30 (Monday – Friday)**  
**Exercises Daily M,T,TH at 10 AM and W,F at 3PM**  
**\*\*Calendar is subject to change\*\***

# 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

Misty D., July 02  
 Tabitha G., July 07  
 Terra S., July 15  
 Linda G., July 20



## 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: Freedom, WI

Tell us about your Job?

I am a CNA, assisting residents and nurses with all I can.

Tell us about your family?

Mom, Dad, one brother, 2 dogs, and 1 cat.

What are your outside Interests?

I like volleyball.

Something not everyone may know about you

I go to Canada every other year.

Favorite sport team

Green Bay Packers.

## Brenna Baumgartner CNA



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