



MEADOWBROOK
—BLACK RIVER FALLS—

Upcoming Event >>>

Sat 1: 5:00 Lawrence Welk Ch 12/ 6:10 Brewers Vs Dodgers

Sun 2: Morning Church Ch 65/ 1:10 Brewers Vs Dodgers

Mon 3: 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage

Tue 4: 10:30 1-1 visits/ 2:00 Crafts/ 3:00 Snack/Beverage

Wed 5: 10:30 1-1 visits/ 2:00 Basketball/ 3:00 Snack/Beverage –

Thu 6: 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Snack/ Beverage

Fri 7: 10:30 1-1 visits/2:00 Manicures/ 3:00 Snack/Beverage

Sat 8: 5:00 Lawrence Welk/ 5:10 Brewers Vs Marlins -

Delivery Mother's Day Flowers

Sun 9: 1:10 Brewers Vs Marlins – **Happy Mother's Day!**

Mon 10: Hat Day -10:30 1-1 visits/ 1:30 Hat Show Pictures/ 2:00 Special Refreshments

Tue 11: Red/White/Blue - 10:30 1-1 visits/ 2:00 Stack Red Cups/ 3:00 Special Refreshments

Wed 12: Crazy Hair Day - 10:30 1-1 visits/ 2:00 Crazy Bingo/ 3:00 Root Beer Floats – **Happy Nurses Day**

Thu 13: 10:30 1-1 visits/ 2:00 Ping Pong Bucket/ 3: Special Refreshments

Fri 14: Sport Day - 10:30 1-1 visits/2:00 Ring Toss/ 3:00 Special Refreshments

Sat 15: 5:00 Lawrence Welk Ch. 12/ 6:10 Brewers Vs Braves

Sun 16: Morning Church Ch. 65/ 1:10 Brewers Vs Braves

Mon 17: 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage

Tue 18 : 10:30 1-1 visits/ 2:00 Pokeno/ 3:00 Snack/Beverage

Wed 19: 10:30 1-1 visits/ 2:00 Shake 10/ 3:00 Snack/Beverage

Thu 20: 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Snack/ Beverage

Fri 21: 10:30 1-1 visits/ 2:00 Outside walks / 3:00 Snack/Beverage

Sat 22: 3:10 Brewers Vs Braves /5:00 Lawrence Welk Ch 12

Sun 23: Morning Church Ch. 65/ 2:10 Brewers Vs National's

Mon 24 10:30 1-1 visits/ 2:00 Fly-ball/ 3:00 Snack/Beverage

Tue 25: 10:30 1-1 visits/2:00 Bingo/ 3:00 Snack/Beverage

Wed 26: 10:30 1-1 visits/2:00 Bowling/ 3:00 Snack/Beverage

Thu 27: 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Snack/Beverage

Fri 28: 10:30 1-1 visits/ 2:00 Cover-up/ 3:00 Snack/Beverage

Sat 29: 5:00 Lawrence Welk/ 6:15 Brewers Vs National's

Sun 30: Morning Church Ch. 65/ 2:05 Brewers Vs National's

Mon 31: 1:10 Brewers Vs Tigers - **Memorial Day!**

Newsletter

To improve your health, practice gratitude

Ever wish there were a magic pill you could take to boost your energy levels, improve your mood, help you sleep better, increase your kindness and even help you make more money? Unfortunately, no such pill exists, but there is a way you can reap these benefits — without a visit to the doctor's office.

The secret? A daily gratitude practice. Indeed, counting your blessings each day has been shown to significantly increase your happiness — and your physical health. In addition to helping you get more sleep, practicing gratitude can boost your immunity and decrease your risk of disease.

Here are a few tips to help you get started:

- **Keep a gratitude journal.** Write in a gratitude journal every day. Jot down quick notes. They can be as simple as something funny one of your children did or a kind gesture from a stranger at the grocery store. Any positive thoughts or actions count, no matter how small.
- **Use gratitude cues.** Any new habit needs reminders, and cues are a great way to stay on course. Keep photos visible of things or people that make you happy. Post positive notes or inspirational quotes on the fridge or by your computer to reinforce feelings of gratitude.
- **Make a gratitude jar.** Keep an empty jar, scratch paper and a pen in an accessible place at home. Ask family members to write on a piece of paper one thing that they're grateful for every day and drop it in the jar. During dinner or leisure time, take a few of the notes out of the jar and enjoy reading one another's thoughts.

The goal is to move your mind from thinking about gratitude occasionally to making it second nature. Eventually, you'll lower your gratitude threshold so that you're grateful for little things — and you'll learn how to sprinkle a little gratitude throughout your day.

grateful
THANKFUL
blessed

Adapted from "The Mayo Clinic Handbook for Happiness," by Amit Sood, M.D.

May Word Search



BIG THANKS TO OUR AMAZING NURSING STAFF

DANIELLE, ANNALISSA, DONIKKA, TANYA,
TERRY, TRACY, BILL, MELISSA, NANCY,
THERESA, CORLEEN, KELLY, KATHLEEN

Y D I B C M N M E M O R I A L D A Y X W K Q T
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AMERICA
APPRECIATION
CELEBRATE
CINCO DE MAYO
COMMEMORATION

FALLEN
FLOWERS
HONOR
LOVING
MAY DAY

MEMORIAL DAY
MOTHERS DAY
RAISE FLAG
WARM



Employee Birthdays

- Janie Hanson, May 2
- Marion Zinn, May 5
- Marissa Wagner, May 22
- Joseph Hawkins-Luken, May 23
- Lilian Hanson, May 23



The Month of May

“May” is likely named for the Roman goddess Maia, who oversaw the growth of plants. Alternatively, the name might have come from the Latin *maiores*, “elders,” who were celebrated now.

MAY CALENDAR

- **May 1** is May Day. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region.
- **May 1** is Lei Day in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.
- **May 5** is Cinco de Mayo (“The Fifth of May”). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.
- **May 9** is Mother’s Day—don’t forget! Do you have something planned to show appreciation for your mother?
- **May 16** is Armed Forces Day, which honors those who serve in all branches of the United States military.
- **May 22** is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819)
- **May 31** is Memorial Day—a poignant reminder of the tenacity of life. It’s tradition to raise the flag on this day.

Meet our Team >>>

I Live about 20 miles north of Black River Falls, I am married with 4 sons, 2 dogs and 1 cat.

I am a late bloomer to the Nursing World but have been in the Health Care since 2005. I recently obtained my Master’s Degree in Management.

I have been working at Meadowbrook BRF since January 25, 2021, as MDS Coordinator and Infection Control Nurse. Best part of my job is the Family atmosphere with my co-workers and residents, in a smaller facility you wear many Hats and the I love the variety.

My goal is to one day have an actual vacation after all the schooling!

Corleen Larson
MDS Coordinator



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