

Congratulations
to every member of the
Meadowbrook team for
a **QUALITY** 2021
Survey



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Sun 1: Church Services Ch 65 / 12:20 Brewers Vs Braves

Mon 2: 10:30 Coloring book day/ 2:00 Bingo / 3:00 Ice Cream sand

Tue 3: 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Refreshments/ 4:15 Balloon VB

Wed 4: 10:30 1-1 visits/ 2:00 Clown Day/ 3:00 Refreshments

Thu 5: 10:30 1-1 visits/ 2:00 Movers/3:00 Refreshments/ 4:15 Trivia

Fri 6: 10:30 1-1 visits/2:00 Outside walks / 3:00 Refreshments

Sat 7: 5:00 Lawrence Welk Ch. 12/ 6:15 Brewers Vs S.F.

Sun 8: Church Services Ch. 65/ 1:10 Brewers Vs S.F.

Mon 9: 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments

Tue 10: 10:30 1-1 visits/ 2:00 Movers/ 3:00 Refreshments/ 7:05 Crew vs Cubs

Wed 11: 10:30 1-1 visits/ 2:00 Outside walks/3:00 Refreshments

Thu 12: 10:30 1-1 visits 2:00 Movers/ 3:00 Refreshments/ 4:30 Shake 10

Fri 13: 10:30 1-1 visit/ 2:00 Shuffleboard/ 3:00 Refreshments

Sat 14: 5:00 Lawrence Welk Ch. 12/ 6:05 Crew vs Pirates/ 7:00 Packers vs Texans

Sun 15: Church Services Ch. 65/ 12:05 Brewers vs Pirates

Mon 16 10:30 1-1 visits/ 2:00 Elvis Celebration/ 3:00 Refreshments

Tue 17:10:30 1-1 visit/ 2:00 Manicures/ 3:00 Refreshments/ 6:05 Crew vs Pirates

Wed 18: 10:30 1-1 visits/2:00 Outside walks/ 3:00 Refreshments

Thu 19: 10:30 1-1 visits/ 2:00 Movers/ 3:00 Refreshments/ 6:45 Crew vs SLT

Fri 20: 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Lemonade Day

Sat 21: 3:05 Crew vs Wash/ 3:25 Pack vs Jets/ 5:00 Lawrence Welk

Sun 22: Morning Church Ch. 65/ 12:05 Brewers Vs Pirates

Mon 23: 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments

Tue 24: 10:30 1-1 visits/ 2:00 Movers/ 3:00 Refreshments/ 7:10 Crew vs Reds

Wed 25: 10:30 1-1 visits/ 2:00 Outside walks/ 3:00 Refreshments

Thu 26: 2:00 Resident Council/ 3:00 Refreshments/ 4:30 Hangman

Fri 27: 10:30 1-1 visit/ 2:00 Bowling/ 3:00 Refreshments

Sat 28: 12:00 Packers vs Bills/5:00 Lawrence Welk/6:10 Crew vs Minn

Sun 29: Church Services Ch 65 / 12:05 Brewers Vs Minn

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

Tue 31: 10:30 1-1visits/2:00 Bean Bag/ 3:00 Refreshments/4:30Cards

Newsletter

CHAIR YOGA Improves Senior Health

The benefits of chair yoga are not only for the elderly, but also for those with limited mobility due to chronic pain, disability, or acute injuries. Wheelchair yoga and soft chair yoga are mind and body strengthening practices, with benefits backed by research. For seniors prone to falling,

a small study in 2012 found that chair yoga reduced the risk of falls and moderated the anxiety many seniors felt around falling. For older adults, falling is the leading cause of both fatal and non-fatal injury, with an estimated 50% of adults over 80 falling annually. This study, and a previous study in 2010, indicates that chair yoga for seniors can help reduce the risk (and fear) of falling.

Other researched-based benefits of chair yoga for seniors and those with limited mobility include:

- Decreased stress
- Relief from anxiety and PTSD
- Reduction of inflammation
- Slow the progression of heart disease

Whether you are a senior looking to maintain good physical condition, or someone who has limited mobility or pain, seated yoga poses are a good option for mind-body wellness and health.

Safety and comfort are the Priority

The number one is keeping senior safe and comfortable.

None of the movements should hurt.

Make sure senior move slowly and gently and pay attention to their body. It's better to do a little less rather than risk injury.

Senior should follow the instructor's movements only as far as is comfortable.

Even if they only do a fraction of the range of motion or have to skip some movements, they'll still benefit from the exercises.

Over time, their flexibility and strength will improve, and they'll be able to do more and more.

References: <https://paindoctor.com/chair-yoga-for-seniors/>

<https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>



August Word Search



CAMPING
 CHAIR YOGA
 FLEXIBILITY
 HEAT
 ICE CREAM

SMORES
 STAY HYDRATED
 SUMMER FUN
 SUNGLASSES
 SUNNY



VACATION
 VITAMIN D
 WELLBEING

Meet our Team >>>

Hometown: Alma Center, WI.

How Long have you worked at Meadowbrook?

I started at Meadowbrook on December 1, 2019, and worked as a RA, on the Assisted Living Facility side, till recently I transferred to the Skilled Nursing Home Side.

Tell us about your family?

I'm living with my Grandparents. I have 2 brothers, 7 Sisters, 6 Nephews and 2 Nieces. I have been married to my husband (Tony) for six years

What is the best part of your job?

The Best part of my Job is spending time with the Residents.

What is something you would like to accomplish?

I would like to go on to School to pursue something in the Medical Field.

What is your favorite TV Show and Vacation Spot?

My favorite vacation spot is going to my house in Tennessee!

Katie Heck

Certified Nursing Assistant



Employee Birthdays

- Stephanie Cartwright, August 5
- Nicholas Gooden, August 11
- William Graf, August 17
- Samantha Gerdes, August 23
- Melissa Rauss, August 24



The Month of August

August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14).

AUGUST CALENDAR

August 11 marks the end of the **Dog Days of Summer**, which began on July 3.

August 19 brings **National Aviation Day**, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

August 19 also starts the Islamic New Year, or the **First of Muharram**, beginning at sundown. Traditionally, it begins at the first sighting of the lunar crescent after the new Moon.

August 26 is **Women's Equality Day**, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

August is also **National Dog Month** and celebrates our loveable canine pals smack in the middle of the dog days of summer. Dogs are the #1 most owned pets on the planet, and with good reason. Did you know that scientific studies prove our paw some companions make us happier, less stressed, and more optimistic? The list of benefits to spending time with a dog goes on and on.



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