



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Mon 1: 10:30 1:1 Visits/2:00 Bingo/ Snacks to follow

Tue 2: 11:00 Stix Kix Music/2:00 Colman's tunes for Aug Bday!

Wed 3: 10:00 1:1 Visits/ 2:00 Wheel of Fortune/ 3:00 Church

Thu 4: 11:00 Stix Kix Music/2:00 Bingo/ Snacks to follow

Fri 5: 1:1 Visit/ Handmade Peach Ice Cream outside

Sat 6: 6:15 Brewers Game

Sun 7: 9:15 Pastor Jordan/ 1:10 Brewers Game

Mon 8: 10:30 Dice in Day Rm/2:00 Bingo/ Frozen Custard cart

Tue 9: 10:30 MOP's singers/2:00 Ryan's Karaoke/Sing Along Hr

Wed 10: 10:30 Stix Kix Music / 2:00 Bowling

Thu 11: 10:30 Jackson County Home Schoolers Sing/ 2:00 Bingo & Snacks

Fri 12: 10:30 Stix Kix Music/ Afternoon Outside Activity

Sat 13: 6:15 Brewers Game

Sun 14: 9:15 Pastor Jordan/ 1:15 Brewers Game

Mon 15: 10:00 1:1 Visits/ 2:00 Bingo/ Snacks to follow

Tue 16: 10:30 Stix Kix Music/ 2:00 First Time: Dan the One Man Band & Snacks

Wed 17: 10:30 Crazy Dice in Day Rm/1:30 Manicures & Coffee Social/ 3:00 Church

Thu 18: 10:30 Stix Kix Music/1:00 Resident Council/ 2:00 Bingo/Snack to follow

Fri 19: Afternoon Outside Activities

Sat 20: 1:20 Brewers Game

Sun 21: 9:15 Pastor Jordan/ 1:20 Brewers Game/ 3:00 Gospel Singers in Day Room

Mon 22: 10:00 1:1 Visits 2-2 Day/Two-Two Day/200 Bingo/Snack

Tue 23: 10:30 Stix Kix Music/ 2:00 Stained Glass Class & Craft

Wed 24: 10:00 1:1 Visits/ 2:00 Wheel of Fortune w/Waffle Cone

Thu 25: 10:30 Stix Kix Music/ 2:00 Bingo & Snack

Fri 26: 10:00 Cards & Coffee in Day Room/ Outside Activity

Sat 27: 6:10 Brewers Game

Sun 28: 9:15 Pastor Jordan/ 1:10 Brewers Game

Mon 29: 10:00 1:1 Visits/2:00 Bingo/ Snack of goodies

Tue 30: 10:30 StixKixMusic/2:00 Ryan's Karaoke/Sing Along Hr

Wed 31: 10:30 1:1 Visits TBA Lunch/ 2:00 Surprise Pick Up/ Game of choice/ 3:00 Church

**** Activity Calendar is subject to change****

****All outside activities will depend on the weather****

Newsletter

Seated tai chi for seniors improves health

Tai chi is a gentle exercise that improves balance and reduces fall risk. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly.

Seated tai chi is a great exercise option for frail seniors or those with limited mobility. It helps older adults get the health and wellness benefits of tai chi without the fall risk.

Here are some of the benefits of this ancient Chinese form of exercise:

- ▶ Relieves physical effects of stress
- ▶ Promotes deep breathing
- ▶ Reduces bone loss in menopausal women
- ▶ Improves lower body and leg strength
- ▶ Helps with arthritis pain
- ▶ Reduces blood pressure
- ▶ Requires mind and body integration through mental imagery
- ▶ Accumulates energy by releasing endorphins rather than depleting it
- ▶ Enhances mental capacity and concentration
- ▶ Improves balance and stability by strengthening ankles and knees
- ▶ Promotes faster recovery from strokes and heart attacks
- ▶ Improves conditions of Alzheimer's, Multiple Sclerosis and Parkinson's

Go slow and modify to avoid pain or injury

Staying safe while exercising is the number one priority.

When trying new exercises or movements, it's wise to go slow and not push to a point of discomfort.

Some people have arthritis, knee issues, or other physical conditions that limit their range of motion. Be flexible and feel free to modify the if necessary.

Over time, their body will get used to the movements and their abilities or flexibility will likely improve.



References:

<https://www.cdc.gov/disasters/extremeheat/warning.html>

123 Sudoku Puzzle Level Medium

1	5		2		9			4
	4				6			
				4			6	3
	7					8		6
6								5
2		8					1	
4	6			8				
			6				7	
8			5		1		4	9

Meet our Team >>>

Hometown: I grew up in a small town called Loyal WI. In 2007 I moved to Black River Falls

Tell us about your Job?

I started working at Meadowbrook-ALF in January 2022, as a Resident Assistant. I assist the residents with their daily tasks, like laundry, meals and passing medication.

The Best part of my job is being able to have a great time with the residents, they are like family to me, and I love them all.

What are your outside Interests?

Spending time with my husband, children and Grandchildren. I like to watch Hallmark and Lifetime movies.

Favorite sport team

the Green Bay Packers, you can always tell when they are playing because I will yell really loud!

I'm a very sweet girl and would do and help anyone in need. "I have a Heart of Gold" I'm so very blessed to be working with great co-workers and wonderful residents.

Bridgette VanVoorhees Resident Assistant



Employee Birthdays

William G., August 17

Tiffany D., August 20

Deb Conant, August 24

Missy R., August 24

Cayla J., August 28



HaPpy BiRthDay AUGUST Born

- 1. They need their space.** Since they are very private people, they prefer to have their "me-time."
- 2. Always Right.** They can't let you go off without having the last word, they are too stubborn for that.
- 3. They are Expressive.** Happiness, excitement, love, sadness, anger, disgust will be shown all over their face.
- 4. Great Writers.** They do have the tendency of channeling their thoughts and feelings in words. It is their favorite way to pass time as well.
- 5. They are Picky.** You might find them annoying or selfish, but they only get close to people who they think deserve to be their friends.
- 6. Money-smart.** They are very good with their finances, so you will never see them in debt. They will only buy something if they think they really need it.
- 7. Perfectionist.** People born in August have a little bit of an OCD trait in them. They want everything in its place, perfect and the way they want it.
- 8. They get Bored Easily.** Not everything interests them so you will have to find a very creative way to get them to listen to you.
- 9. They are Stubborn.** Being intuitive and good at reading people, August-borns are often stubborn. They think that their opinions matter the most, and surprisingly, they are right most of the times. They tend to protect their pride to stop people from seeing their sensitive side.
- 10. Easily Irritated.** They get annoyed at the smallest things and will not hesitate to show it.

<https://www.dazzling.news/a681/10-traits-august-borns-are-known-for>



1311 Tyler Street
Black River Falls, WI 54615
Contact us at **715-284-4396**
www.meadowbrookbrf.com

