



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Sat 1: Badgers vs Illinois

Sun 2: 3:25 Packers vs Patriots

Mon 3: 10:00 Morning Visits/ 2:00 Bingo/ Snack cart

Tue 4: 10:00 Fall Craft/ 2:00 Tunes & Tacos/ Taco Day!

Wed 5: 11:00 Stix Kix Music/2:00 Shuffle/Skittle/ Snack & Treat

Thu 6: 10:00 Morning Visits/ 2:00 Bingo

Fri 7: 11:00 Stix Kix Music/ 2:00 Movie w/Real Popcorn

Sat 8: Badgers @ Northwestern

Sun 9: 8:30 Packers vs NY Giants

Mon 10: 10:30 Decorate a Cake/ 2:00 Bingo/ Snack cart

Tue 11: 11:00 Queen & King Crowned/ 2:00 Live Polka Music by B&B Polka Band

Wed 12: 11:00 Stix Kix Music/1:30 Manicures/ 3:00 Pastor Marg/ Snack & Treats After

Thu 13: 10:00 Visits/ 2:00 Bingo/ Snacks After

Fri 14: 11:00 Stix Kix Music/ 2:00 Movie w/ Real Popcorn

Sat 15: Badgers @ Mich St.

Sun 16: Noon Packers vs Jets/ 3:00 Gospel Singers

Mon 17: 10:00 Morning Visits/ 2:00 Bingo

Tue 18: 11:00 LCR Dice/ 2:00 Colman's Hootin' Nanny Guitar Sing Along/ Birthday Snacks

Wed 19: 11:00 Stix Kix Music/ 2:00 Wheel of Fortune

Thu 20: 10:00 Morning Visits/ 1:00 Res. Council/ 2:00 Bingo

Fri 21: 11:00 Morning Visits/ 1:30 Live Music Wally & Friends!

Sat 22: Badger vs Purdue

Sun 23: Packers vs Washington

Mon 24: 10:00 Morning Visits/ 2:00 Bingo

Tue 25: 10:30 Mops Costume/Sing Along/2:00 Music & Munchies

Wed 26: Pumpkin Day of Fun!! 3:00 Pastor Shudy

Thu 27: 10:30 Morning Visits 2:00 Bingo/ Snacks After

Fri 28: 11:00 Stix Kix Music/ 2:00 Bowling & Snacks

Sat 29: Badgers Bye Week

Sun 30: 7:20 Packers vs Bills

Mon 31: TBA Bing Time/Trich or Treat TBA

Happy Halloween!

All activities are subject to change-sometimes for the better!
Evening events are Tuesdays and Thursdays beginning at 5:30. Tuesdays game board, cards or dice. Thursdays vintage television programs in dining room.

Newsletter

The Importance of Socializing for Seniors

Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically, and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense.

Older adults with a fulfilling social life tend to avoid many of the physical, cognitive, and emotional difficulties that seniors who are isolated encounter. There are a number of important ways that socialization can improve senior health:

- Reduced stress. Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.
- Longer lifespan. High levels of socialization in seniors help increase longevity.
- More fitness. Older adults with diverse social supports are more likely to exercise regularly, which leads to a host of physical, mental, and cognitive benefits.
- Reduced risk of depression. Consistent socialization reduces the likelihood that seniors will experience the depression caused by isolation and loneliness.
- Less anxiety. Similarly, senior socialization reduces levels of anxiety as well.
- Greater self-esteem. Socialization helps seniors maintain their self-esteem and sense of worth.

Just as importantly, socialization can provide a tremendous boost to a senior's cognitive health as well. Positive social interactions on a consistent basis help keep seniors stimulated, mentally sharp and intellectually engaged.

For many older adults, continued socialization doesn't happen on its own. Strategies, commitment and diligence are often required. Here are some Social Activities for Seniors:

- Exercise classes and walking groups
- Happy hours and group outings
- Regular phone calls and video conferences with friends and family
- Bingo
- Card games
- Billiards, darts and other parlor games



References: <https://www.actsretirement.org/latest-retirement-news/blog/2017/12/12/the-importance-of-socializing-for-seniors/>

123 Sudoku Puzzle Level Medium

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



Employee Birthdays

Michelle R., October 12 08

Brandy H., October 23

Jenna P., October 25



HaPpy BiRthDay OCTOBER Born

- Charming.** October borns are charismatic, and they possess the ability to win everyone's hearts with their charming attitude.
- They are Romantic.** They will go to the ends of the earth to prove their feelings and show how much it means to them. So, it's best not to play with their feelings because they are genuine.
- They are Emotionally Stable.** They do not go around showing their anger or worries to other people. They prefer to stay calm, do not argue and will try their best not to make a scene.
- They are Calm.** Connected to the previous point, this is another feature of October borns. It is hard to see them lose their temper.
- Optimistic.** They have a lot of enthusiasm for everything. When it comes to achieving their goals, even failure cannot stop them.
- They are Focus on the Goals.** When they think of doing something, they will keep going until they achieve their goals. And because of their positive attitude, they never give up.
- They are Solution Providers.** Although they mostly seem quiet, they have answers to everything. And if they say something, there is a huge chance that they're right.
- They tend to spend a lot of money.** They are very smart people, but when it comes to money, they can be a little careless.
- They are Warm-hearted.** They're kind, friendly, hospitable and caring people. They put others' needs first before meeting theirs and as we said before, they do not compromise on this.
- They are Careless.** They are the ones that prefer to live in the moment rather than stress over the future. Of course, they have plans and are ambitious, but they like to deal with situations as they come.

Meet our Team >>>

Hometown: Black River Falls, WI

Tell us about your job.

I have been working as a Resident Assistant in an Assisted Living Facility for 2 ½ months.

Tell us about your Family.

I live with my boyfriend and our 2-year-old son and another baby on the way in April.

What are your outside Interests?

Along with taking care of 5 dogs and taking my kiddo to fun places, which keep me very busy.

Something not everyone may know about you

I am currently in school part time for Veterinary Science.

Tiffany

Resident Assistant



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Contact us at 715-284-4396

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<https://www.dazzling.news/a3397/10-traits-october-borns-are-known-for-1>