



MEADOWBROOK
—BLACK RIVER FALLS—

Upcoming Event >>>

Sat 1: 2:00 Self Led Act/ 5:00 Lawrence/ 7:30 Bucks vs Mavericks

Sun 2: 9:15 Church/ Self led games/

Mon 3: 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time

Tue 4: 10:00 Bingocize/ 2:00 Cup pong/ 3:00 Social time/ 6:30 Bucks vs Hawks

Wed 5: 10:00 Manicures/1:30 Games w/Linda/ 3:00 Church

Thu 6: 10:00 Bingocize/ 2:00 Bingo/ 3:00 Social time

Fri 7: 10:00 Bean Bags/ 2:00 Dice/ 3:00 Social time

Sat 8: 2:00 Self Led Act/ 5:00 Lawrence W/ 7:00 Bucks vs Magic

Sun 9: 9:15 Church/ 1:00 Bucks vs Cavaliers

Mon 10: 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time

Tue 11: 10:00 Bingocize/ 2:30 Board games/ 3:00 Social time/ 6:30 Bucks vs Pacers

Wed 12: 10:00 Crafts/ 1:30 Game w/Linda/ 3:00 Church

Thu 13: 10:00 Bingocize/ 2:00 Bingo/ 3:00 Popcorn/ 6:30 Bucks vs Lakers

Fri 14: 10:00 Alphabet challenge/ 2:00 UNO/ 3:00 Social time

Sat 15: 2:00 Self Led Act./5:00 Lawrence W/ 7:00 Bucks vs Pacers

Sun 16: 9:15 Church/ 3:00 Gospel Singers/ 8:00 Bucks vs Thunder

Mon 17: 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time

Tue 18: 10:00 Bingocize/ 2:00 Music w/Colman/ Monthly Birthday Party/ 9:00 Bucks vs Warriors

Wed 19: 10:00 Baking/ 1:30 Games w/Linda/ 3:00 Church

Thu 20: 9:00 Catholic visit/ 10:00 Bingocize/ 2:00 Bingo/ 3:00 Social tm

Fri 21: 10:00 Guess that tune/ 2:00 Resd Council/ 3:00 Social time

Sat 22: 2:00 Self Led Act./ 5:00 Lawrence W/ 9:00 Bucks vs Kings

Sun 23: 9:15 Church/ Self led games

Mon 24: 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/ 9:00 Bucks vs Suns

Tue 25: 10:00 Bingocize/ 2:00 Wally & the guys/ 2:30 Social time

Wed 26: 10:00 Board games/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church

Thu 27: 10:00 Bingocize/ 2:00 Bingo/ 3:00 Social time

Fri 28: 10:00 Chili Cook off/ 2:00 Basketball/ 3:00 Social time

Sat 29: 2:00 Self Led Act/ 5:00 Lawrence Welk

Sun 30: 9:15 Church/ Self led games/

Mon 31: 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time

Snack and refreshments are served M-F between 2:30-3:00 pm Bible study - Thursday after Bingo!

Wednesdays are beauty shop day. See Lyndsey or Joyce to set up an appointment.

Evening Activities are self led resident choice. Movies, Wii, board games, activity sheets.

Activities are subject to change

Newsletter



March is here, and with it comes the celebration of National Nutrition Month. This observance is not just another event on the calendar, but a genuine reminder of the importance of maintaining a healthy and balanced diet for all seniors, including our cherished residents at Meadowbrook Care Center.

National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics, holds special significance for senior citizens. It serves as a gentle nudge to seniors to prioritize their nutrition and embrace a healthier lifestyle through sensible food choices and physical activity.

As we age, our bodies change, and our nutritional needs change with us. Proper nutrition is essential for seniors to maintain their health, energy, and well-being. National Nutrition Month is the ideal occasion to encourage seniors to make educated food choices.

Nutrition Tips for Healthy Aging

Protein Variety: For older adults it's crucial to include a variety of protein sources in your diets. These sources can include beans, nuts, poultry, fish, lean meats, and dairy products. Protein helps preserve muscle mass and strength, supports the immune system, and aids in wound healing.

Fiber-Rich Foods: Seniors are encouraged to adopt diets rich in fiber from sources like whole grains, fruits, and vegetables. Fiber promotes digestive health, preventing constipation and diverticulosis. It also helps weight management by helping you feel full and stabilizing blood sugar levels.

Meal Timing: Maintaining regular meal schedules is also very important for seniors. Aim for three balanced meals a day, with healthy snacks in between as needed. Consistent meal timing helps regulate blood sugar levels, maintains energy levels, and prevents dips that can lead to fatigue and mood swings.

National Nutrition Month is a time to reflect on the importance of a healthy diet, especially as we age. Whether you are residing in a skilled nursing facility or living independently, it's important to always have nourishing choices. Let's embrace this month as an opportunity to appreciate the significance of good nutrition and take steps toward a healthier and happier lifestyle through food.

Let's play! Word Scramble: Nutrition

1. SORELCIA _____
2. STFA _____
3. SUODIM _____
4. INMSREAL _____
5. PIRTENO _____
6. ACCLUIM _____
7. TFIRU _____
8. RNENSDGTEII _____
9. GNEIVSR _____
10. ELEARC _____
11. TNUTIRONI _____
12. NVTMSAII _____
13. AANTDRUTUES _____
14. REIFB _____
15. TAHHEYL _____



Employee Birthdays

Mandi T., Mar 13	Erin L., Mar 30
Sarah L., Mar 17	
Dylan S., Mar 19	
Renice S., Mar 27	
Bridgette V., Mar 28	



2025 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 1 Music Therapy Day
- ▶ Mar 2 Old Stuff Day
- ▶ Mar 3 I Want You to be Happy Day
- ▶ Mar 4 **Mardi Grass Fat Tuesday**
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 5 Ash Wednesday
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 7 Mant Worker Appreciation Day
- ▶ Mar 8 International Women's Day
- ▶ Mar 10 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 12 Plant A Flower Day
- ▶ Mar 12 **Registered Dietitian Nutritionist Day**
- ▶ Mar 13 Popcorn Lover's Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 **St. Patrick's Day**
- ▶ Mar 18 **Social Worker Day**
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Let's Laugh Day
- ▶ Mar 19 Certified Nurses Day
- ▶ Mar 20 World Storytelling Day
- ▶ Mar 20 Proposal Day
- ▶ Mar 21 World Poetry Day
- ▶ Mar 22 International Goof Off Day
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Waffle Day
- ▶ Mar 25 Tolkien Reading Day
- ▶ Mar 27 Spanish Paella Day
- ▶ Mar 28 Something on a Stick Day
- ▶ Mar 29 Smoke and Mirrors Day
- ▶ Mar 30 Take a Walk in the Park Day
- ▶ Mar 30 Doctor's Day

Meet our Team >>>

Hometown: Neillsville, WI.

Tell us about your job?

I am a CNA and will be here for 2 years in May.

Tell us about your family.

My Boyfriend and I have been together for 9 years, we have a 2.5-year-old son together. We also have a dog that is 10.

What are your outside Interests?

In the summertime I enjoy gardening, taking my son to the waterpark and going for walks in the evenings.

What is the best part of your job?

Seeing the residents happy and being able to be there for them whenever it may be.

What is your favorite vacation spot?

Florida. I love going down there to escape the cold weather.

What is one thing about you that would surprise people?

I know how to juggle.

Olivia F.
CNA



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Also, March is...

- National Nutrition Month
- National Social Work Month
- Women's History Month