




MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Thu 1: 10:00 Bingocize/ 2:00 Bingo/ 2:45 Social time/ 3:00 Bible St

Fri 2: 10:00 Derby Hats/ 1:30 Aptiv Visit-Games/ 3:00 Social time

Sat 3: 2:00 Self Led Act/ 5:00 Lawrence Welk/ 6:10 Brewers game

Sun 4: 9:15 Church/ 1:10 Brewers Game/ Self Led Act

Mon 5: 10:00 Outdoor time/ 2:00 Bingo/ 3:00 Social time

Tue 6: 10:00 Bingocize/ 2:00 Manicures/ 3:00 Social time

Wed 7: 10:00 Ring Toss/ 1:30 Game w/Linda/ 3:00 Church

Thu 8: 10:00 Bingocize/ 2:00 Bingo/ 2:45 Social time/ 3:00 Bible St

Fri 9: 10:00 Pokeno/ 2:00 6-5-4 / 3:00 Social time

Sat 10: 2:00 Self Led Act./ 3:10 Brewers Game/ 5:00 Lawrence W.

Sun 11: 9:15 Church/ 12:40 Brewers Game/ **1:00 Muffins & Mom-Osa's**

Mon 12: 10:00 Bean Bag Toss/ 2:00 Bingo/ 3:00 Social time/

Midwest Monday

Tue 13: 10:00 Table Bowling/ 2:00 Baking/ **Visit the "Big Apple"**

Wed 14: 10:00 Trivia/ 1:30 Games w/Linda/ 3:00 Church/ **A Night in New Orleans**

Thu 15: 10:00 Colman/ 2:00 Bingo/ 3:00 Bingo Study/ **Texas Hoedown**

Fri 16: 10:00 Guess the phrase/ 2:00 Tie Dye/ 3:00 Social time/ **Chillin' in Cali**

Sat 17: 2:00 Self Led Act./ 5:00 Lawrence W./ 6:15 Brewers Game

Sun 18: 9:15 Church/ 1:10 Brewers Game/ 3:00 Gospel Singers

Mon 19: 10:00 Outdoor time/ 2:00 Bingo/ 3:00 Social time

Tue 20: 10:00 Conversation Catch/ 2:00 Cup Pong/ 3:00 Social tm

Wed 21: 10:00 Table Air Hockey/ 1:30 Games w/Linda/ 3:00 Church

Thu 22: 9:00 Catholic Visit/ 10:00 Mystery Movie/ 2:00 Bingo/ 2:45 Social time/ 3:00 Bible Study

Fri 23: 10:00 Board games/ 2:00 Resident Council/ 3:00 Social time

Sat 24: 2:00 Self Led Act/ 3:05 Brewers game/ 5:00 Lawrence W.

Sun 25: 9:15 Church/ 12:35 Brewers game/ 2:00 Self Led Activity

Mon 26: 10:00 Coloring/ 2:00 Bingo/ 3:00 Social time

Tue 27: 10:00 6-5-4/ 2:00 Wally & the Guys/ 2:30 Birthday Party

Wed 28: 10:00 Wheel of Fortune/1:30 Games w/Linda/ 3:00 Church

Thu 29: 10:00 Men's group/ 2:00 Bingo/ 3:00 Bible Study

Fri 30: 10:00 Exercises/ 2:00 7's Dice/ 3:00 Social time

Sat 31: 2:00 Self Led Act/ 3:05 Brewers Game

**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

Depression and Older Adults

In May we celebrate Mental Health Awareness Month. Let's talk about the depression in older adults. This can be hard to recognize. For some, sadness is not their main symptom. They could instead be feeling emotional numbness or a lack of interest in activities, or they may not be as open to talking about their feelings as younger adults.

The following are common symptoms of depression in older adults. Because individuals can experience depression differently, there may be other symptoms not listed below.



- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, or making decisions
- Ignoring important roles in life, such as responsibilities with work or family
- Difficulty sleeping, waking up too early in the morning, or oversleeping
- Eating more or less than usual, usually accompanied by unintended weight gain or loss
- Increased use of alcohol or drugs, or engagement in high-risk activities
- Thoughts of death or suicide, or suicide attempts

If you have several of these signs and symptoms and they last for more than two weeks, talk with your doctor. These could be signs of depression or another health condition. Don't ignore the warning signs.

Can depression be prevented?

Most cases of depression cannot be prevented, healthy lifestyle changes can have long-term benefits for your mental health.

- Be physically active and eat a healthy, balanced diet. These lifestyle choices may help reduce the risk of illnesses that can bring on depression.
- Get seven-nine hours of sleep each night.
- Stay in touch with friends and family.
- Participate in activities you enjoy.
- Let friends, family, and your health care provider know when you're experiencing symptoms of depression.

Reference: <https://www.nia.nih.gov/health/mental-and-emotional-health/depression-and-older-adults>

Let's play! Word Scramble: Mother's Day



1. FSEOLRW _____
2. EECPA _____
3. RASEFTKAB _____
4. CAGRIN _____
5. SUGH _____
6. NSUDAY _____
7. HTILG _____
8. SMOWDI _____
9. KSESSI _____
10. MOHE _____
11. BTUAYE _____
12. TRLEAGUH _____
13. WLEKDGOEN _____
14. OILNGV _____
15. FCRSIAIEC _____



Employee Birthdays

- | | |
|----------------------|-------------------|
| Rhonda B., May 02 | Morgan S., May 21 |
| Delhia R., May 02 | Brana D., May 28 |
| Anastasia K., May 08 | Lilly J., May 31 |
| John S. May 09 | |
| Lyndsey S., May 11 | |
| Sandra H., May 17 | |
| Kerry J., May 20 | |



2025 Fun & National Holidays!

- ▶ May 1 World Laughter Day
- ▶ May 1 May Day
- ▶ May 2 Space Day
- ▶ May 3 Teacher Day
- ▶ May 3 Kentucky Derby Day
- ▶ May 4 Star Wars Day
- ▶ May 5 Cinco de Mayo
- ▶ May 6 Beverage Day
- ▶ May 7 National School Nurse Day
- ▶ May 9 Europe Day
- ▶ May 9 Lost Sock Memorial Day
- ▶ May 10 Clean Up Your Room Day
- ▶ May 11 **Mother's Day**
- ▶ May 11 Eat What You Want Day
- ▶ May 12 Limerick Day
- ▶ May 13 Frog Jumping Day
- ▶ May 14 Dance Like a Chicken Day
- ▶ May 15 Chocolate Chip Day
- ▶ May 16 Pizza Party Day
- ▶ May 17 World Baking Day
- ▶ May 18 No Dirty Dishes Day
- ▶ May 19 Devil's Food Cake Day
- ▶ May 20 Bike to Work Day
- ▶ May 21 Talk Like Yoda Day
- ▶ May 22 Buy a Musical Instrument Day
- ▶ May 24 Scavenger Hunt Day
- ▶ May 25 Sing Out Day
- ▶ May 25 Towel Day
- ▶ May 26 **Memorial Day**
- ▶ May 27 Sunscreen Day
- ▶ May 28 Hamburger Day
- ▶ May 28 Senior Fitness Day
- ▶ May 31 Smile Day

Meet our Team >>>

Hometown: Augusta, WI

Employment Background?

- Oakwood Health Services -Rehab Hall
- Trempealeau County Health Care Center
- The Classic in Altoona.

Tell us about your family.

My Mother-in-law and Grandma were residents here (Sandy & Betty) I have an older and younger brother who both are IT Techs. My parents were Farmers and live by Hixton. I have four boys; all are hardworking and smart. My husband works for "Alcivia" working on propane tanks.

What are your outside Interests?

I like going to car shows, antique stores, I spend a lot of time helping my parents and Grandparent when I can. I like to go sight-seeing.

What is the best part of your job?

Our Residents, I like making them laugh and smile. They make my job so much fun.

Ashley J.
Dietary Aide / CNA



Testimonial >>>



"My stay was very good. All the workers are great and go out of their way to help. I would recommend Meadowbrook at Black River Falls because of the help. Staff were welcoming. I liked the different residents and their stories." - **Doris B. – Resident**



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Also, May is...

- Mental Health Awareness Month
- National Nurses Week, May 6-12
- National Nursing Homes, May 11-17