



**Upcoming Event >>>**

- Sun 1:** 9:15 Church/ 2:30 Bucks Game / Self led activity
- Mon 2:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 3:** 10:00 High low cards/ 2:00 Karaoke w/Ryan/ 3:00 Social tm
- Wed 4:** 10:00 6-5-4/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church
- Thu 5:** 10:00 Exercises/2:00 Bingo/ 3:00 Social tm/3:15 Bible study
- Fri 6:** 10:00 Artful hour/ 2:00 Table Bowling/ 3:00 Social time/ 6:00 UNO
- Sat 7:** 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity/7:00 Bucks Game

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- Sun 8:** 9:15 Church/ Self led activity / 7:00 Bucks Game
- Mon 9:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 10:** 10:00 Wheel of Fortune / 2:00 Pokeno / 3:00 Social time
- Wed 11:** 10:00 Guess the Phrase/ 1:30 Games w/Linda/ 3:00 Social time/ 3:00 Church/Memorial Service
- Thu 12:** 10:00 Exercise/2:00 Bingo/3:00 Social tm/3:15 Bible Study
- Fri 13:** 10:00 Trivia/ 2:00 Dicoo/ 3:00 Social time/ 6:00 UNO
- Sat 14:** 10:00 Movie/ 2:00 Bucks&Games w/Peggy/Self led activity

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- Sun 15:** 9:15 Church/ 2:30 Busk Games/ 3:00 Gospel Singers/ Self led activity
- Mon 16:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 17:** 10:00 Bean Bags/ 1:30 Name that Tune/ 3:00 Social time
- Wed 18:** 10:00 Baking/ 1:30 Games w/Linds/ 2:30 Social time/ 3:00 Church
- Thu 19:** 9:00 Catholic Visit/ 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
- Fri 20:** 10:00 Artful Hr/ 2:00 Men's group/3:00 Social tm/6:00UNO
- Sat 21:** 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity

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- Sun 22:** 9:15 Church/ Self led Activity
- Mon 23:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 24:** 10:00 Manicures/ 1:30 Wally & Jerry Monthly Birthday Party/ 3:00 Social time
- Wed 25:** 10:00 Crafts/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church
- Thu 26:** 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
- Fri 27:** 10:00 Shuffleboard /2:00 Resident Council/3:00 Social tm/6:00 UNO
- Sat 28:** 10:00 Movie/ 2:00 Bucks&Games w/Peggy/ Self led activ

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- Sun 29:** 9:15 Church/ 1:30 Brewers Game/ 2:30 Bucks Game
- Mon 30:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 31:** 10:00 UNO/ 2:00 7's dice/ 3:00 Social time

# Newsletter

## Medication Safety For Seniors

Medication safety is especially important for older adults, who often take multiple prescriptions and face higher risks of drug interactions, side effects, and dosing errors. This article highlights how caregivers can reduce those risks by actively engaging with pharmacists—an often underused but highly valuable healthcare resource.

According to National Council on Patient Information and Education, adults age 65+ are significantly more vulnerable to medication-related complications. Experts from FamilyWize recommend asking pharmacists key questions whenever a new prescription is filled to ensure medications are used safely and effectively.

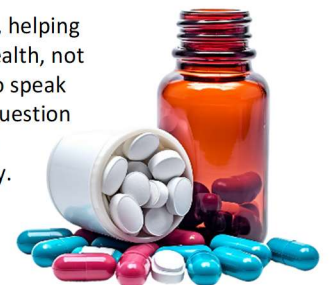
Key takeaways include:

- Confirm the medication name (brand and generic) and its purpose.
- Check for duplicate or unnecessary prescriptions, especially when multiple doctors are involved.
- Understand dosing instructions, timing, missed-dose guidance, and potential side effects.
- Ask about food, supplement, or activity restrictions and proper storage requirements.
- Clarify how long the medication should be taken and when it should be reviewed.

### 3 Tips for Organizing Medications at Home:

1. Keep an updated master list of all prescriptions and over-the-counter products.
2. Store medications safely and according to instructions, following guidance from the Centers for Disease Control and Prevention.
3. Use apps or tracking tools to prevent missed doses and refills.

This simple conversation is a powerful act of prevention, helping to ensure that every pill taken is a step toward better health, not a potential risk. So, keep this list handy, don't hesitate to speak up, and remember that there is no such thing as a silly question when it comes to safety. Your proactive approach is the key to managing medications with confidence and clarity.



Reference: <https://dailycaring.com/senior-medication-safety-9-important-questions-to-ask-the-pharmacist/>

**Snack and refreshments** are served M-F between 2:30-3:00 pm  
**Wednesday's beauty shop & Wal-Mart/Smoke shop pick up day.**  
 \*Puzzles, board games and activity sheets are always available for self-led activity. Free movie options are set up on the lounge tv.

\*\*\*Activities are subject to change\*\*\*

# Let's play! Word Scramble: Art & Crafts

1. STCLPUIGN \_\_\_\_\_
2. IGWEANV \_\_\_\_\_
3. ESCKIGTNH \_\_\_\_\_
4. NRGADWI \_\_\_\_\_
5. WLIGNSAGOBLSL \_\_\_\_\_
6. RACPS INOBKGO \_\_\_\_\_
7. IAOIGMR \_\_\_\_\_
8. TRTEOYP \_\_\_\_\_
9. OIDONGWWRKO \_\_\_\_\_
10. ERAMAMC \_\_\_\_\_
11. LPIYAHRGCLA \_\_\_\_\_
12. SEIWGN \_\_\_\_\_
13. TIIGPNNA \_\_\_\_\_
14. DOIYEREMRB \_\_\_\_\_
15. ERPAP ACFRT \_\_\_\_\_



## Employee Birthdays

- |                   |                      |
|-------------------|----------------------|
| David Z., Mar 01  | Bridgette V., Mar 28 |
| Eloge S., Mar 01  | John G., Mar 28      |
| Mariana W. Mar 02 | Erin L., Mar 30      |
| Lyric A., Mar 08  |                      |
| Amanda T., Mar 13 |                      |
| Sarah L., Mar 17  |                      |
| Dylan S., Mar 19  |                      |



## Meet our Team >>>

**Hometown:** Black River Falls, WI.

**Tell us about your family:**  
I have 2 sisters and 1 brother.

**What are your outside Interests?**  
I love spending time with my family and friends.

**What is the best part of your job?**  
The great relationships I have with all the residents and co-workers.

**Favorite vacation spots:**  
I have not traveled much, except to Minn. and Michigan. So, taking a vacation anywhere would be GREAT!

**Emely Z.**  
Resident Assistant



## Testimonial >>>



*"My stay has been quite pleasant. I believe I have improved and learned very much about how the body works, different exercises to do for certain joints - muscles and balance. The nurses, CNA's & activities staff are very helpful. Also, therapy and the kitchen workers, anyone who has helped me in any way, have been very helpful. I thank and love you all!!" - Lavern B. - Resident*

## 2026 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 3 Cold Cut Day
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 6 Dress in Blue Day
- ▶ Mar 7 Flapjack Day
- ▶ Mar 7 Cereal Day
- ▶ Mar 8 Daylight Saving Time
- ▶ Mar 9 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 11 Registered Dietitian Nutritionist Day
- ▶ Mar 12 Plant a Flower Day
- ▶ Mar 14 Pi Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St Patrick's Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Nurses Day
- ▶ Mar 19 Lets Laugh Day
- ▶ Mar 20 First Day of Spring
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Eat a 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 National Doctors' Day
- ▶ Mar 31 Bunsen Burner Day

## Also, March is...

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



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