



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Tue 1: 10:00 7's dice/ 2:00 Karaoke w/Ryan/ 3:00 Social time
Wed 2: 10:00 Bean Bags/ 1:30 Games w/Linda/ 2:30 Social tm/3:00 Church
Thu 3: 10:00 Exercise/ 2:00 Bingo/3:00 Social tm/ 3:15 Bible study
Fri 4: 10:00 Outdoor time/ 2:00 Guess the Phrase/ 3:00 Social time/ 5:10 Brewers
Sat 5: 10:00 Movie/ 2:00 Games/ Self led activities/ 5:40 Brewers
Sun 6: 9:15 Church/ Self led activities/ 11:10 Brewers
Mon 7: 10:00 Sip & Chat/ 2:00 Dice/ 3:00 Social time/ 6:00 Dice
Tue 8: 10:00 Manicures/ 2:00 Bingo/ 3:00 Social time
Wed 9: 10:15 Balloon Volley/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church
Thu 10: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/ 3:15 Bible stdy
Fri 11: 10:00 Memorial Service/ 2:00 Name that Tune/ 3:00 Social time/ 6:45 Brewers
Sat 12: 10:00 Movie/ 2:00 Games/ Self led activities/ 6:10 Brewers
Sun 13: 9:15 Church/ 1:10 Brewers/ 3:25 Packers vs Broncos
Mon 14: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
Tue 15: 10:00 Family Feud/ 2:00 Music w/Colman/3:00 Social time
Wed 16: 10:00 Crafts/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church
Thu 17: 9:00 Catholic visits/ 10:00 Exercise/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
Fri 18: 10:00 Trivia/ 2:00 6-5-4/ 3:00 Social time/n 6:05 Brewers
Sat 19: 10:00 Movie/ 2:00 Games/ Self led activities/ 3:05 Brewers
Sun 20: 9:15 Church/ Self led activity/ 12:00 Packers vs Jets/ 3:00 Gospel Singers/ 6:20 Brewers
Mon 21: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
Tue 22: 10:00 Bracelet making/ 1:30 Monthly Birthday-Wally & Jerry/ 3:00 Social time
Wed 23: 10:15 Baking/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church/ 6:30 Family Bingo Night
Thu 24: 10:00 Exercise/2:00 Bingo/ 3:00 Social tm/ 3:15 Bible stdy/ 7:15 Packers vs Falcons
Fri 25: 10:15 Outdoor time/ 2:00 Resident Council/ 3:00 Social time/ 6:40 Brewers
Sat 26: 10:00 Movie/ 2:00 Games/ Self led activities/ 6:10 Brewers
Sun 27: 9:15 Church/ Self led activities/ 2:10 Brewers
Mon 28: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
Tue 29: 10:00 Coffee cart/ 2:00 Wheel of Fortune/ 3:00 Social time
Wed 30: 10:00 Bowling/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church

Snack and refreshments are served M-F between 2:30-3:00 pm
Wednesdays are beauty shop & Walmart/smoke shop pick up day.

See Lyndsey to set up an appointment at the beauty shop. Please have your shopping lists ready by Tuesday.
 *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 ***

Newsletter

Caring for Vision and Hearing as We Age



Our vision and hearing play an important role in helping us stay safe, independent, and connected with the world around us. As we age, it is common to experience changes in eyesight and hearing that can sometimes make everyday activities more challenging.

Changes may happen gradually, making them easy to overlook. Difficulty reading

small print, seeing clearly in low light, following conversations, or understanding speech in noisy environments may be signs that it is time for an eye or hearing check.

Why It Matters

Good vision and hearing help older adults stay engaged in daily activities, communicate with others, and maintain their independence. When vision or hearing changes go unnoticed, they may lead to frustration, misunderstandings, social isolation, or an increased risk of falls.

Residents and families should notify a healthcare provider about changes such as blurred or double vision, difficulty recognizing faces, frequent headaches, sudden hearing changes, ringing in the ears, or increasing difficulty following conversations.

Tips for Healthy Vision

- Schedule regular eye exams and report any sudden changes in vision.
- Keep eyeglasses clean and make sure prescriptions are up to date.
- Use good lighting when reading, walking, or participating in activities.
- Keep walkways clear of clutter to help prevent trips and falls.
- Wear sunglasses outdoors to help protect your eyes.

Tips for Healthy Hearing

- Have your hearing checked regularly.
- Keep hearing aids clean, charged, and in good working condition.
- Reduce background noise when having conversations.
- Face the person you are speaking with and speak clearly.
- Let a healthcare provider know about sudden hearing changes, ringing in the ears, or difficulty understanding conversations.

Small steps can make a big difference. By caring for our vision and hearing, we can stay safer, communicate more easily, and remain connected to the people and activities we enjoy.

Let's play! Word Scramble: Cookout



1. LAOHCRCRA _____
2. BQB IGLRL _____
3. CNPCII _____
4. HKOMCMSA _____
5. KECA _____
6. LEOTRWEMNA _____
7. EBAKD BASNE _____
8. ETA _____
9. PATOOT ALSDA _____
10. MRNCOAAI SAALD _____
11. THO GDSO _____
12. MUHEAGRBR _____
13. IPOLSH GASSSAUE _____
14. SOMERS _____
15. LUPCAENTOA _____

Meet our Team >>>

Hometown: Spencer, WI.

Employment background:

I have been in caregiving since I was 17 years old.

Tell us about your family:

I have 2 dogs: a German Shepard and a Siberian Husky.

I have 2 sisters and 1 brother.

What are your outside Interests?

I love hiking & swimming with my dogs. going ATVing, and I love painting.

What is the best part of your job?

Hearing residents' stories about their lives and getting to know them.

What is one thing that would surprise people about you?

I spent most of 2025 traveling the U.S. I've been to 47 of the 50 states.

Josie T.
Resident Assistant



Testimonial >>>



"I would recommend Meadowbrook Black River Falls to friends and family. From the moment I came here, everyone has been so friendly and helpful. The staff goes above and beyond for you. You become close to everyone, like family. I will miss everyone." - Scott R. - Resident



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



Employee Birthdays

Tonya J., Sep 04

Catherine R., Sep 05

Alexis L., Sep 06

Sheila D., Sep 08

Ceara P., Sep 09

Viola F., Sep 10

Mia B. Sep 18

Chelsea H., Sep 25



2026 Fun & National Holidays!

- ▶ Sep 3 World Beard Day
- ▶ Sep 3 Skyscraper Day
- ▶ Sep 4 Eat an Extra Dessert Day
- ▶ Sep 4 College Color Day
- ▶ Sep 5 Be Late for Something Day
- ▶ Sep 5 Cheese Pizza Day
- ▶ Sep 5 Intl. Day of Charity
- ▶ Sep 6 Fight Procrastination Day
- ▶ Sep 6 Read a Book Day
- ▶ Sep 7 **Labor Day**
- ▶ Sep 7 Salami Day
- ▶ Sep 8 Pardon Day
- ▶ Sep 9 Teddy Bear Day
- ▶ Sep 10 Swap Ideas Day
- ▶ Sep 11 Patriot Day
- ▶ Sep 12 Chocolate Milkshake Day
- ▶ Sep 13 **Grandparents Day**
- ▶ Sep 13 Positive Thinking Day
- ▶ Sep 13 Boss Day
- ▶ Sep 16 Cinnamon Brad Day
- ▶ Sep 16 World Guacamole Day
- ▶ Sep 17 Intl. Country Music Day
- ▶ Sep 18 Rice Krispie Treat Day
- ▶ Sep 19 National CleanUp Day
- ▶ Sep 19 Intl. Talk Like a Pirate Day
- ▶ Sep 20 Punch Day
- ▶ Sep 21 Pecan Cookie Day
- ▶ Sep 22 Hobbit Day
- ▶ Sep 23 Checkers Day
- ▶ Sep 23 Native American Day
- ▶ Sep 25 Comic Book Day
- ▶ Sep 27 Crush a Can Day
- ▶ Sep 28 Good Neighbor Day
- ▶ Sep 29 Coffee Day
- ▶ Sep 30 Health & wellness Day

Also, September is...

Hispanic Heritage Month
National Assisted Living Week, Sep 13-19
Healthcare Environmental Services &
Housekeeping Week Sep 13-19