



Senior Prom



APRIL 2021



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Thu 1: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Table Game

Fri 2: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Drumercise/ 3:00 Arts & Crafts

Sat 3: 9:30 Current events/ 10:00 Movie

Sun 4: 10:00 Adult Coloring – **Happy Easter!**

Mon 5: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Movie Monday

Tue 6: 1:00 Current events/ 1:30 Friendly folders/ 3:00 Staff visits/ 6:00 Bingo/ 7:00 Snack Pass

Wed 7: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Music favorites/ 3:00 Pokeno

Thu 8: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Get Physical

Fri 9: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Drumercise/ 3:00 Food Committee

Mon 12: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Movie Monday

Tue 13: 1:00 Current events/ 1:30 Friendly folders/ 3:00 Staff visits/ 6:00 Bingo/ 7:00 Snack Pass

Wed 14: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Music favorites/ 3:00 Tabletop Volleyball

Thu 15: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Adult Coloring

Fri 16: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Drumercise/ 3:00 Arts & Crafts

Sat 17: 9:30 Current events/ 10:00 Movie

Sun 18: 9:30 Current events/ 10:00 Adult Coloring

Mon 19: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Movie Monday

Tue 20: 1:00 Current events/ 1:30 Friendly folders/ 3:00 Staff visits/ 6:00 Bingo/ 7:00 Snack Pass

Wed 21: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Music favorites/ 3:00 Get Physical

Thu 22: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Pokeno

Fri 23: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Drumercise/ 3:00 Resident Council

Mon 26: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Movie Monday

Tue 27: 1:00 Current events/ 1:30 Friendly folders/ 3:00 Staff visits/ 6:00 Bingo/ 7:00 Snack Pass

Wed 28: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Music favorites/ 3:00 Manicures

Thu 30: 9:30 Current events/ 10:00 Staff Visits/ 1:30 Friendly folders/ 3:00 Table Game

*Activity subject to change

Newsletter

Stress Reduction Tips for Seniors

April is Stress Awareness Month. Therefore, we should all understand more about stress and learn appropriate coping strategies for the physical and mental well-being of our aging loved ones.

We all need to face different kinds of mental stress in various stages of life. Chronic and excessive stress is harmful and can cause physical or mental problems, particularly challenging for seniors because our bodies become less resilient with age, so can stress. Our sources and forms of stress can be as different as each of us individually. But there are many sources of stress that are unique to old age. The most common are the loss of independence, figuring out finances, and health problems. The long-term effects of stress in old age can contribute to high blood pressure, heart disease, obesity and diabetes.

Here are some ideas to help older adults manage their stress:

Socialization. Friends and loved ones provide a shoulder to cry on during difficult times, and sometimes simply sharing your feelings with others helps ease some of the stress you're going through.

Get some laughs. One of the easiest ways to manage stress? Enjoy a belly laugh! A good sense of humor can go a long way in reducing your stress levels. As they say, laughter is the best medicine!

Positive thinking, such as appreciating one's achievements and strengths, can help to enhance self-confidence and to cope with stress.

There are also ways to ease stress from the inside out. Relaxation techniques can empower aging adults to live the life they want to live despite outside pressures and limitations. Encourage an older adult to give some of these different opportunities a try to discover what piques their interest and inspires stress relief, like Yoga, meditation, sunshine and nature, time outdoors can revitalize.

It's never too late to introduce these positive practices for your aging loved one—and, indeed, for yourself as a caregiver prone to stress and burnout. We may feel too stressed out to take action against the stress, but there is nothing more important for our health. And none of us has to approach it alone.



April Word Search



APRILFOOLS
 ARBORDAY
 BASEBALL
 BIRDS
 BUNNIES
 CHOCOLATE

EARTHDAY
 EASTER
 ENVIRONMENT
 FLOWERS
 GOODFRIDAY
 NATURE

RECYCLE
 SHOWER
 SPRING



Meet our Team >>>

Hometown: Beloit, WI

How long have you worked at Appleton?

For 1 ½ years.

Tell us about your family?

I have a husband and two dogs, Raji & Drives.

What is the best part of your job?

Feeling like I made a difference in someone's life.

What is something you would like to accomplish?

I would like to travel to all 7 continents.

What is your favorite TV show, movie, and Vacation spot?

My favorite TV show is Hometown on HGTV, my favorite movies are the Harry Potter Series. I don't have a favorite vacation spot, but my favorite vacation type is road tripping around the U.S.

Dan-a Kohn
 Administrator



Employee Birthdays

- Alexa Jesse, April 11
- Ethan Thao, April 23



The Month of April

The month of April gets its name from the Latin word *aperio*, meaning "to open" because plants really begin to grow now.

APRIL CALENDAR

- **April 1** is All Fools' Day—otherwise known as "April Fools' Day."
- **April 2** is Good Friday. also known as Great Friday, Holy Friday, or Sorrowful Friday, is a major Christian observance that commemorates the crucifixion and death of Jesus Christ.
- **April 4** is Easter Sunday. (May 2 is Orthodox Easter)
- **April 12** marks the start of Ramadan (beginning at sundown).
- **April 22** is Earth Day. Earth Day reminds us to take care of our planet.
- **April 30** is National Arbor Day, much like Earth Day, is a holiday that celebrates nature.

"Just for Fun" Days

- **Apr. 1:** Sweet Potato Day
- **Apr. 6:** International Pillow Fight Day
- **Apr. 7:** National No Housework Day
- **Apr. 17:** Blah, Blah, Blah Day
- **Apr. 21:** Go Fly a Kite Day
- **Apr. 26:** National Richter Scale Day
- **Apr. 27:** National Sense of Smell Day



1335 S Oneida St
 Appleton, WI 54915
 Contact us at **920-843-9646**



*Finally My Winter Fat is gone.
 Now I have Spring Rolls.*