



Upcoming Event >>>

- Sun 1:** 10:00 Televised worship Service
- Mon 2:** 9:30 Current Events/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie
- Tue 3:** 1:00 Current Events/2:00 Bingo/6:00 Wii bowling/ 7:00 Snack pass
- Wed 4:** 9:30 Curr Events/ 10:00 Staff Visits/ 1:30 Yahtzee/ 2:30 1:1's
- Thu 5:** 9:30 Curr Events/10:00 Resident Visits/1:30 Nail Care/ 2:30 Boggle
- Fri 6:** 9:30 Curr Events/10:00 Staff visits/ 1:30 Chair Aerobics/ 2:30 Residents Choice
- Sat 7:** Residents Choice

- Sun 8:** Televised worship Service
- Mon 9:** 9:30 Curr Events/10:00 Res Visits/1:30 Friendly folder/2:30 Movie
- Tue 10:** 1:00 Curr Events/2:00 Pokeno/ 6:00 Wii bowling/ 7:00 Snack pass
- Wed 11:** 9:30 Curr Events/ 10:00 Staff Visits/ 1:30 Yahtzee/ 2:30 1:1's
- Thu 12:** 9:30 Curr Events/10:00 Resident Visits/1:30 Nail Care/ 2:30 Boggle
- Fri 13:** 9:30 Curr Events/10:00 Staff visits/ 1:30 Chair Aerobics/ 2:30 Residents Choice
- Sat 14:** Residents Choice

- Sun 15:** Televised worship Service
- Mon 16:** 9:30 Curr Event/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie
- Tue 17:** 9:30 Curr Events/10:00 Resident Visits/1:30 Nail Care/ 2:30 Boggle
- Wed 18:** 9:30 Curr Events/ 10:00 Staff Visits/ 1:30 Yahtzee/ 2:30 1:1's
- Thu 19:** 9:30 Curr Event/10:00 Res Visit/1:30 Friendly folder/2:30 Exercises
- Fri 20:** 9:30 Curr Events/10:00 Staff visits/ 1:30 Chair Aerobics/ 2:30 Residents Choice
- Sat 21:** Residents Choice

- Sun 22:** Televised worship Service
- Mon 23:** 9:30 Curr Event/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie
- Tue 24:** 1:00 Current Events/2:00 Pokeno/ 6:00 Wii bowling/ 7:00 Snack
- Wed 25:** 9:30 Curr Events/ 10:00 Staff Visits/ 1:30 Yahtzee/ 2:30 1:1's
- Thu 26:** 9:30 Curr Events/10:00 Resident Visits/1:30 Nail Care/ 2:30 Boggle
- Fri 27:** 9:30 Curr Events/10:00 Staff visits/ 1:30 Chair Aerobics/ 2:30 Residents Choice
- Sat 28:** Residents Choice

- Sun 29:** Televised worship Service
- Mon 30:** 9:30 Curr Event/10:00 Res Visits/1:30 Friendly folders/ 2:30 Movie
- Tue 31:** 1:00 Current Events/2:00 Bingo/6:00 Wii bowling/ 7:00 Snack pass

Calendar is subject to change

Newsletter

CHAIR YOGA Improves Senior Health

The benefits of chair yoga are not only for the elderly, but also for those with limited mobility due to chronic pain, disability, or acute injuries. Wheelchair yoga and soft chair yoga are mind and body strengthening practices, with benefits backed by research.

For seniors prone to falling, a small study in 2012 found that chair yoga reduced the risk of falls and moderated the anxiety many seniors felt around falling. For older adults, falling is the leading cause of both fatal and non-fatal injury, with an estimated 50% of adults over 80 falling annually. This study, and a previous study in 2010, indicates that chair yoga for seniors can help reduce the risk (and fear) of falling.

Other researched-based benefits of chair yoga for seniors and those with limited mobility include:

- Decreased stress
- Relief from anxiety and PTSD
- Reduction of inflammation
- Slow the progression of heart disease

Whether you are a senior looking to maintain good physical condition, or someone who has limited mobility or pain, seated yoga poses are a good option for mind-body wellness and health.

Safety and comfort are the Priority

The number one is keeping senior safe and comfortable.

None of the movements should hurt.

Make sure senior move slowly and gently and pay attention to their body. It's better to do a little less rather than risk injury.



Senior should follow the instructor's movements only as far as is comfortable.

Even if they only do a fraction of the range of motion or have to skip some movements, they'll still benefit from the exercises.

Over time, their flexibility and strength will improve, and they'll be able to do more and more.

References: <https://paindoctor.com/chair-yoga-for-seniors/>
<https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>

August Word Search

H X C G C I D I V I T A M I N D I V W I C D P
 L O C V H A X L W J U S V T D E K A W S M L Z
 I Q B A N Y M A S M O R E S H E M I K U M I A
 N G S G W Y Q P M C H A I R Y O G A A N I D H
 O N U C Z Y J L I V W A I Z M M Q Z J N B F A
 I I M I I H M T M N E G W O L M I V B Y C L K
 T E M C Y N W A D V G W D T L R T D F Y T E S
 A B E E S O W M Q R I D V V A Y L W M A R X S
 C L R C P B H Y K M V S E S S A L G N U S I Z
 A L F R D E T A R D Y H Y A T S Q Z Q K J B S
 V E U E F V A E Q W W O F K O J I Q H P X I Z
 C W N A R T T L O Z D J B E R T H G I E G L R
 L H J M P I I I I Z H Z K M D F P X N D A I L
 R E C A N W J V S W W X C E S L Q Z J H V T S
 B D T W B K Y A E D E P Y D V R Y R X N J Y G
 R S M B F C Y F E U W P Z D D C D A Q X W Z W

CAMPING
 CHAIR YOGA
 FLEXIBILITY
 HEAT
 ICE CREAM

SMORES
 STAY HYDRATED
 SUMMER FUN
 SUNGLASSES
 SUNNY



VACATION
 VITAMIN D
 WELLBEING

Meet our Team >>>

Hometown: Phillips, WI

How Long have you worked at Meadowbrook?
 I have worked for 1 month.

Tell us about your family?

I have two older brothers and I am the only girl and the youngest. My parents have been married for over 23 years.

What is the best part of your job?

The best part of my job is interacting with the residents and being part of a great team.

What is something you would like to accomplish?

I am currently working on my business operations diploma.

What is your favorite Vacation Spot?

I love South Carolina and Montana!

Grace McCormick

Administrative Assistant



Employee Birthdays

- Jakob Zimmermann, August 3
- Melanie Espinoza, August 5
- Cindy Pichler, August 6
- Patricia Carlson, August 18
- Keira Vandenberg, August 21
- Grace McCormick, August 30



The Month of August

August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14).

AUGUST CALENDAR

August 11 marks the end of the **Dog Days of Summer**, which began on July 3.

August 19 brings **National Aviation Day**, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

August 19 also starts the Islamic New Year, or the **First of Muharram**, beginning at sundown. Traditionally, it begins at the first sighting of the lunar crescent after the new Moon.

August 26 is **Women's Equality Day**, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

August is also **National Dog Month** and celebrates our loveable canine pals smack in the middle of the dog days of summer. Dogs are the #1 most owned pets on the planet, and with good reason. Did you know that scientific studies prove our paw some companions make us happier, less stressed, and more optimistic? The list of benefits to spending time with a dog goes on and on.



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"You don't stop having fun when you get old... you get old when you stop having fun"