



Upcoming Event >>>

- Tue 1:** 10:30 Exercises/ Mardi Gras Party/ 2:00 Steal my Beads!
- Wed 2:** 10:30 Bingo/1:30 Movie w/Popcorn/ 6:00 Craft
- Thu 3:** 10:30 Exercise/ 2:00 Jeopardy! 2:00 Adult Coloring
- Fri 4:** 10:30 Bingo/ 1:1 Visits/ 2:00 Painting!
- Sat 5:** 10:30 Finish the Lyrics/ 1:00 Fill out March Madness Backed
- Sun 6:** Natl Oreo Cookie Day! 10:30 Bingo/ 1:00 Baking
- Mon 7:** 1:1 Visit/ 10:30 Bird Feeder Craft/ 2:00 Interactive Games
- Tue 8:** 10:30 AM Exercises/ 1:00 Resident Council/ 6:00 Game Night
- Wed 9:** 10:30 Bingo/ 1:30 Movie w/Popcorn
- Thu 10:** 10:30 AM Exercises/ 2:00 Price is Right/ 6:00 Trivia
- Fri 11:** 10:30 Bingo/ 2:00 Gardening Activity/ 1:1 Visits
- Sat 12:** Self-directed Activities in Activities Room!
- Sun 13:** Self-directed Activities in Activities Room!
- Mon 14:** 10:30 Learn About Butterflies Day craft/ 1:30 Pie Social
- Tue 15:** 10:30 Exercises/ 1:30 Craft/ 6:00 Travel Night/ **Social Worker Day!**
- Wed 16:** 10:30 Bingo/ 2:00 Movie w/Popcorn
- Thu 17:** 10:30 Exercise/2:00 **St Pats Day Party**/6:00 Puzzles w/Tea
- Fri 18:** 10:30 Bingo/ 1:1 Visits/ 2:00 Bowling
- Sat 19:** 10:30 Yoga Class/ 1:00 Game of choice
- Sun 20:** 10:30 Spring Activity/ 1:00 Word Puzzles/ **Spring Begins**
- Mon 21:** 10:30 What in the Bag/ 1:1 Visits/ 2:00 Painting
- Tue 22:** 10:30 Exercises/ 2:00 Price is Right/ 6:00 Balloon Swat
- Wed 23:** 10:30 Bingo/ 2:00 Movie w/Popcorn
- Thu 24:** 10:30 Exercises/ 2:00 Jeopardy! 6:00 What that Smell?
- Fri 25:** 10:30 Bingo/ 1:1 Visits/ 1:30 Bird Feeder Craft
- Sat 26:** Self-directed Activities in Activities Room!
- Sun 27:** Self-directed Activities in Activities Room!
- Mon 28:** 1:1 Visits/ 10:30 Starting with the letter... activity/ 2:00 Baking
- Tue 29:** 10:30 Exercises/ 2:00 Center Piece craft/ 3:30 Words in Words Game
- Wed 30:** 10:30 Bingo/ 2:00 Resident BD Party
- Thu 31:** 10:30 Exercises/ 2:00 Price is Right/ 6:00 Trivia

****Calendar is subject to change****

Newsletter

Take the Right Steps to Prevent Falls

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls and broken bones:

- **Stay physically active.** Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible.
- **Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. If you have a hearing aid, be sure it fits well and wear it.
- **Find out about the side effects of any medicine you take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- **Get enough sleep.** If you are sleepy, you are more likely to fall.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- **Use an assistive device if you need help feeling steady when you walk.** Appropriate use of canes and walkers can prevent falls.
- **Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.** Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- **Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall.** A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

What to Do If You Fall

- If you do fall, stay as calm as possible.
- Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

For more info: <https://www.nia.nih.gov/health/prevent-falls-and-fractures>

123 Sudoku Puzzle Level Easy

8		6		1				
		3		6	4		9	
9						8	1	6
	8		3	9	6			
7		2		4		3		9
			5	7	2		8	
5	2	1						4
	3		7	5		2		
				2		1		5



Employee Birthdays

Shane Miller, March 05
Rekha Singh, March 06



HaPpy BiRthDay MARCH Born

It is very popular to believe that the month of birth can determine the characteristics of an individual and their behavior. In today's article, we will show you what distinguishes people born in MARCH from others:

1. **They are Intuitive**, that allows them to sense even the slightest of scams. Impossible to fool or cheat them.
2. **They Think a Lot**, they need to overthink everything since they tend to look for the answers to many questions about the world.
3. **They are Kind**, they are extremely generous and sympathetic.
4. **They are Faithful**, people born in March are the most loving partners and they would never cheat on their partners.
5. **They Love Nature**, people born in this month know that wandering in the wood or having a pet makes a life healthier and happier.
6. **They are Talented**, they are great in everything they do since they always put 100% of themselves in everything they engage to. They never give up!
7. **They Adapt**, this is probably one of the strongest traits of March borns. No matter the situation, they feel comfortable and well
8. **They are Positive**, everybody around them can feel their positive vibes and it is almost impossible to not smile being with them.
9. **They Take Their Time**, as we mentioned before they are thinkers and their logical thinking could take a while what just a little bit leads to procrastination.
10. **They are Great Friends**; they always have a lot of people around them because they are great friends.

Meet our Team >>>

Hometown: Waukesha, WI

Tell us about your Job?

I am the dietary manager! I make the menus, order the food, and help in the kitchen.

Tell us about your family?

I have a fiancé named Zach and a yellow lab Drake.

What are your outside Interests?

I love to mountain bike, hike, cook, and fish.

Something not everyone may know about you

I graduated with a Bachelors degree in 3.5 years.

Favorite sport team

Brewers!

Lindsay Longmeyer
Dietary Manager



1335 S Oneida St
Appleton, WI 54915
Contact us at 920-731-6646
www.meadowbrookappleton.com/



<https://www.dazzling.news/a2927/10-traits-march-borns-are-known-for>