




MEADOWBROOK

— APPLETON —

Upcoming Event >>>

- Sun 1:** Self-directed Activities in Activities Room
- Mon 2:** Self-directed Activities in Activities Room
- Tue 3:** 1:1 Visits/ 10:30 Craft/ 1:30 Jeopardy/ 6:00 Swat Balloon
- Wed 4:** 10:00 Bingo/ 1:30 Movie/ 6:00 Coloring
- Thu 5:** 10:30 Exercises/ 1:30 5 de Mayo Party/ 3:30 Current events
- Fri 6: Nurses Day!** 10:00 Derby Hat making/ 1:30 Horse races/ 3:30 Snack/Hydration
- Sat 7:** 10:30 Price is Right/ 1:00 Puzzles
- Sun 8: Mother's Day! Nursing Home Week!** 10:30 Craft/1:00 Trivia
- Mon 9:** 10:00 Animal Bingo/ 1:30 Smores/ 4:00 Nature Show
- Tue 10:** Connecting with Culture/ 1:30 Resident Council
- Wed 11:** 10:00 Opening Ceremony/ 1:30 Olympic games/ 6:00 Words in Words
- Thu 12:** Connecting with others
- Fri 13:** Connecting with Caribbean/ 10:00 Surfing/2:00 Pina Colada
- Sat 14:** Self-directed Activities in Activities Room
- Sun 15:** Self-directed Activities in Activities Room
- Mon 16:** 1:1 Visits/ 10:30 Craft/ 1:30 Price is Right/3:30 Snack
- Tue 17:** 10:30 Exercises/2:00 Bowling/ 6:00 Painting
- Wed 18:** 10:00 Bingo/ 1:30 Movie/3:30 Coloring/ 6:00 Brewers game
- Thu 19:** Self-directed Activities in Activities Room
- Fri 20:** 10:00 Bingo/ 1:30 Jeopardy/ 3:30 Curr event/Pizza Party
- Sat 21:** Self-directed Activities in Activities Room
- Sun 22:** Self-directed Activities in Activities Room
- Mon 23:** 1:1 Visits/ 10:00 Craft/ 1:30 Jeopardy/3:30 Snack/Hydration
- Tue 24:** 10:30 Exercises/ 1:30 Game of choice/ 6:00 Words in Words
- Wed 25:** 10:00 Bingo/ 1:30 Movie w/Popcorn/ Fitness Day!
- Thu 26:** 10:30 Exercises/ 1:30 Cooking Class/ 6:00 June Center piece
- Fri 27:** 10:00 Bingo/ 1:30 Price is Right/ 3:30 Curr event w/snack/1:1
- Sat 28:** 10:30 Trivia / 1:00 Puzzles
- Sun 29:** 10:00 Memorial Tour/ 1:00 Flag Activity
- Mon 30: Memorial Day!** 10:00 Craft/ 2:00 What is in the Bag/ 3:30 Snack/Hydration
- Tue 31:** 10:30 Exercises/ 1:30 Resident Birthday Party/ 6:00 Coloring

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

Newsletter

The Benefits of Music Therapy for Seniors

Music has the power to uplift our spirits, whether we are going through good times or bad times. Regardless of our age, music can stimulate strong feelings and emotions. It should be no surprise then that music therapy has the power to help improve the lives of people in a variety of ways. Several studies conducted worldwide have shown the benefits of music therapy for seniors in particular.

Music therapy activities for seniors have been shown to improve their emotional, physical and cognitive well-being. Music therapy programs help residents deal with common issues, such as stress, depression and memory impairment. Some of the many benefits of music therapy include:

Speech skills: Music therapy can help seniors make clearer decisions and speak more accurately. Music therapy slows the deterioration of language and speech skills within those who have dementia.

Memory enhancement: Music therapy can sharpen a senior's memory – it can help to process memories and keep memories active.

Physical skills: Music, especially fun and upbeat songs, promotes dancing. Following a song's rhythm and beat improves one's coordination and improves overall endurance. Even simple movements such as clapping promote that little bit of exercise and blood flow.

Stress reduction: Music has the power to alleviate stress. A study conducted by a team at McGill University showed how listening to music can lower stress and anxiety levels and improve immune system function.

Playing music has proven to invoke relaxation and uplift moods.

Enjoy the powerful benefits of music: Music therapy for seniors is beneficial in many ways as it helps keep their minds and bodies active. We know that music boosts people's spirits, but it has also been proven to improve people's overall physical, mental, and emotional well-being.



References:

<https://healthyaging.net/healthy-lifestyle/benefits-music-therapy-seniors/>

123 Sudoku Puzzle Level Easy

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

Meet our Team >>>

Hometown: Fond Du Lac, WI

Tell us about your Job?

I am Nurse Assistant. I solely live to make a difference in people's lives.

Tell us about your family?

I have 3 kids, ages 17,13 and 10.

Happily divorced.

I have sisters.

What are your outside Interests?

I like hiking, volleyball, outdoor sports, and bonfires.

Something not everyone may know about you

I absolutely hate water!!

Favorite sport team

Green Bay Packers & Milwaukee Brewers.

Theresa Sammer
Nurse Assistant



Employee Birthdays

Marquise W., May 15

Amber B., May 17

Jeronima H., May 23

Amber F., May 24



HaPpy BiRthDay MAY Born

1. **They are Hard-working**, they are ambitious and very devoted to what they believe in. They work very hard to achieve their goals and dreams.
2. **They are Emotional**, People born in this month have very strong feelings and can even relate to what others are going through.
3. **They are Restless**, not in a bad way. They are very active and are full of energy and you would never see they tired or exhausted.
4. **The Love to Travel**, they have a strong passion towards seeing the world, knowing other cultures, meeting different kinds of people and most of all, making memories that last a lifetime.
5. **They are Stubborn**, they can debate with you for hours to come to prove their point and that they are right.
6. **They are Money Spenders**; they are known for their extravagant behavior. But they are not stingy.
7. **They are Reasonable**, people born in May know exactly what their strength is and what they are capable of.
8. **They are Self-motivated**, maybe this is because of their stubbornness or maybe their hard-working attitude, but people born in May have the great willpower and the ability to motivate themselves to do anything they put their mind to.
9. **They like to be Spotlight**; they love to be the center of attention more than anything in this world.
10. **They Love Art**, they are very sensitive to what is artistic and beautiful. This is just one of the many things they are passionate about.



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<https://www.dazzling.news/a3046/10-traits-may-borns-are-known-for?page=6>