



MEADOWBROOK  
— APPLETON —

## Upcoming Event >>>

**Thu 1:** Fair Day! Snow cones, Cotton Candy, and Fair Games

**Fri 2:** 10:00 College Bingo/ College Day! Wear your college color

**Sat 3:** Self Directed Activity in Activity Room

**Mon 5:** **Happy Labor Day!**

**Tue 6:** 10:30 Coloring Hour 1:1/ 1:00 Bingo

**Wed 7:** 10:30 Trivia 1:1/ 1:00 Get to know sheets

**Thu 8:** 10:30 Guess what's in the box/ 1:00 Musical Exercise/6:00 Puzzles

**Fri 9:** Self Directed Activity in Activity Room

**Sat 10:** Self Directed Activity in Activity Room

**Sun 11:** 10:00 Coffee, Donuts & Grandparents Activity/ 3:25 Packers Game/Wear Packer Color/ **Happy Grandparent's Day!**

**Mon 12:** 10:30 What's missing/ 1:30 Show & Tell/ Natl Assisted Living Week

**Tue 13:** 10:00 Current Events 1:1/ 1:00 Exercises

**Wed 14:** 10:30 Starting with the letter/ 1:30 Bingo

**Thu 15:** 10:30 Assisted Living Week Craft/ 1:00 Movie & Popcorn

**Fri 16:** Self Directed Activity in Activity Room

**Sat 17:** Natl Clean Up Day!

**Sun 18:** 10:30 Live Stream Church/ 7:25 Packers Game

**Mon 19:** 10:30 Riddles 1:1/ 1:30 Musical Exercises

**Tue 20:** 10:30 Quiz sheets/ 1:30 Cheese & wine Story Time/ Natl String Cheese Day!

**Wed 21:** 10:30 Coloring/ 1:00 Bingo

**Thu 22:** 10:30 Craft/ 1:00 Crossword Sheets/ 6:00 Adult Coloring/ Resident Shopping

**Fri 23:** Self Directed Activity in Activity Room

**Sat 24:** Self Directed Activity in Activity Room

**Sun 25:** 10:30 Live Stream Church/ 3:25 Packers Game

**Mon 26:** 10:30 Exercises/ 1:30 Resident Council

**Tue 27:** 10:30 Crossword/ 1:00 Resident Birthday Party/ 6:00 Puzzles

**Wed 28:** 10:30 Neighbor Scavenger Hunt/ 1:00 Bingo/Natl Neighbor Day!

**Thu 29:** 10:00 Social Hour with Coffee Drinks/ 1:30 Nerf Gun/ Natl Coffee Day!

**Fri 30:** Self Directed Activity in Activity Room

**For Self-Directed Activities- In Activity Room there will be a container with the activity supplies.**

**Hydration Station 3:30 Daily M-F Some Activities may change, keep an eye on Calendar in the Hallway for any changes made**

# Newsletter

## Tips to protect Seniors from being Scammed

Each year, millions of seniors fall victim to some type of financial fraud or confidence scheme. The FBI estimates that seniors lose more than \$3 billion each year to fraudsters.

Being familiar with common types of scams and recognizing warning signs can help prevent you from becoming the victim of a scam. Above all else, listen to your gut. If something feels off about a stranger's request, it's okay to be skeptical and investigate further before taking action.

Here are some tips:

**Don't act quickly:** Scams are based on fear and urgency. Always take a little extra time to think it through and evaluate the legitimacy of what you are being asked to do.

**Avoid odd payment types:** Scammers will often ask you to send them money with a wire transfer, money order, cryptocurrency, payment app, or gift card. Legitimate businesses will accept credit cards. Be suspicious of excuses for alternative forms of payment.

**Notice threatening behavior:** Often scams are presented as urgent situations requiring immediate action. If you receive threats or hostility for asking questions that's a sign, they are a scammer.

**Be suspicious of fake caller IDs:** Using computer software, scammers can make phone calls and emails that look like they're coming from legitimate companies, government organizations, or your local area code. Often it is best to ignore people that contact you uninitiated. At the very least avoid sharing private information. Looking up the organization's contact information and contacting them yourself is a safer option.

**Be cautious of impersonation:** Con artists can sometimes pretend to be the government. Before making investments or online payments, be sure that you have confirmed that the organization is a legitimate business by asking for information about the company and checking that they are registered with the Better Business Bureau.

**Do not reveal personal information:** Con artists can try to get you to provide them with personal information like your Social Security number, account numbers, passwords, credit cards, or other identifying information which can be sold to fraudsters.

**Avoid suspicious links:** Don't click on links in unsolicited emails, texts, or social media messages.

**Ask a friend or family member:** Before giving out your credit card number or money, ask a friend or family member if the request or situation seems suspicious—particularly if you've been told by someone you don't know that the person needs help.

**Add extra security to your accounts:** Many online accounts let you turn on multifactor authentication. You may then need to enter a code that's sent to your phone or email, or that you generate with an app, before accessing your account. Enabling this extra security measure can keep scammers out of your accounts even if they get hold of your username and password.

References: <https://www.hebrewseniorlife.org/blog/10-tips-to-protect-seniors-from-being-scammed>

# 123 Sudoku Puzzle Level Medium

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

## Meet our Team >>>

Hometown: Appleton, WI

How long have you been working at Meadowbrook?

I have been working here for 3 months.

Tell us about your family?

I live at home with my parents.

What is the best part of your job?

Interacting with the residents.

What is something you would like to achieve?

I'd like to enroll in nursing school.

What is your favorite vacation spot?

Spain because of the culture.

**Rachel Navarro**  
Dietary Aide



"Thank you for your goodness, kindness and help during rehab stay. You are wonderful people, professionals and human beings."



Family of Milan

## Employee Birthdays

Tiffany A., Sep 03

Alexandria B., Sep 06

Cailah R., Sep 10

Angela S., Sep 28



## HaPpy BiRthDay SEPTEMBER Born

- 1. Charming.** They are very good with their words. They are convincing and straightforward.
- 2. Open-minded.** They are known for their cool and chill attitude. They are also some of the least judgmental people and respect your views and beliefs.
- 3. Loves Everything.** They will be very thankful for everything and truly grateful.
- 4. Overthinkers.** A million possibilities and 'what ifs' will go through their heads. So, they rarely get into trouble, because their careful decisions always lead to the right ones.
- 5. Perfectionists.** They will try and try till they get their desired result. Which is not a bad thing because it only shows how dedicated they are to any work they're doing.
- 6. Affectionate.** People born in September are caring, kind and loving. That is the reason why everyone loves being around them and wants to be their friend.
- 7. Get Bored Easily.** They always find new ways to keep themselves dying from boredom.
- 8. Eats Everything.** They just LOVE food more than anything! So, they get easily adapted to any place they go to, as long as there is food, they are happy.
- 9. Happiest when in a relationship.** They prefer to share their moments and experiences with someone beside them, be it a relationship of love or friendship.
- 10. Loves Traveling.** They love everything that gives them a rush and takes them into a world of imagination. And there is no better way to do that than by reading or traveling.



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<https://www.dazzling.news/a680/10-reasons-why-september-borns-are-such-a-great-people>