



MEADOWBROOK

— BLOOMER —

Upcoming Event >>>

- Sat 1: 1:00 Bingo / Independent Activities in Activity Room
- Sun 2: 1:00 Movie&Popcorn/Independent Activity in Activity Rm
- Mon 3: 10:30 Fun & Fitness/11:00 Crosswords/ 1:30 Card Game
- Tue 4: 11:00 Worship/ 1:30 Bingo/ 5:15 Color Me Calm
- Wed 5: 10:30 Fun & Fitness/ 11:00 Name 5/ 1:30 Steal My Beads
- Thu 6: 9:30 Hair Salon/ 10:00 Manicures/ 1:30 Bingo/ 5:15 Puzzles
- Fri 7: 10:30 Farkle/ 1:30 Music w/Amy
- Sat 8: Independent Activities in Activity Room
- Sun 9: Independent Activities in Activity Room
- Mon 10: 10:30 Fun & Fitness/11:00 Finish the Phrase/1:30 Yahtzee
- Tue 11: 11:00 Worship/ 1:30 Bingo/ 5: Board Games
- Wed 12: 10:30 Fun & Fitness/ 11:00 Flower Toss/ 1:30 Garden Club
- Thu 13: 10:00 Coffee Clutch & Reminisce/ 1:30 Bingo/ 5:30 Puzzle
- Fri 14: 10:30 Family Feud/ 1:30 Classic Country Music w/ Jack/ 2:00 Chips & Soda
- Sat 15: 1:00 Bingo / Independent Activities in Activity Room
- Sun 16: 1:00 crafts/ Independent Activities in Activity Room
- Mon 17: 10:30 Fun & Fitness/ 11:00 Hangman/ 1:30 Independent Activities
- Tue 18: 11:00 Worship/ 1:30 Bingo/ 5:15 Color Me Calm
- Wed 19: 10:30 Fun & Fitness/ 11:00 Jokes/ 1:30 Music w/John Lynch
- Thu 20: 9:30 Hair Salon/ 10:30 Manicures/ 11:00 Bake Sale/ 1:30 Bingo/ 5:15 Puzzles
- Fri 21: 10:00 Let's Bake/ 1:30 Movie & Snacks
- Sat 22: 1:00 Bingo / Independent Activities in Activity Room
- Sun 23: Independent Activities in Activity Room
- Mon 24: 10:30 Fun & Fitness/ Word & Clues/ 1:30 Pokeno
- Tue 25: 11:00 Worship/ 1:30 Bingo/ 5:15 Board Games
- Wed 26: 10:30 Fun & Fitness/ 11:00 Bocce Ball/ 1:00 Resident Council/ 2:00 UNO Card game
- Thu 27: 10:00 Color Me Calm/ 1:30 Bingo/ 5:15 Puzzles
- Fri 28: 10:30 Crafts/ 1:30 Music w/Amy/ 2:00 Something on a Stick
- Sat 29: Independent Activities in Activity Room
- Sun 30: 1:00 trivia / Independent Activity in Activity Room
- Mon 31: 10:30 Fun & Fitness/ Word Games/ 1:30 Farkle

Daily Mail Pass at 9:30 AM

Hair Salon is Open every other Thursday 9:30 am - 12:00 pm
Schedule appointment and make payment to the Activity Department.

Newsletter



March is here, and with it comes the celebration of National Nutrition Month. This observance is not just another event on the calendar, but a genuine reminder of the importance of maintaining a healthy and balanced diet for all seniors, including our cherished residents at Meadowbrook Care Center.

National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics, holds special significance for senior citizens. It serves as a gentle nudge to seniors to prioritize their nutrition and embrace a healthier lifestyle through sensible food choices and physical activity.

As we age, our bodies change, and our nutritional needs change with us. Proper nutrition is essential for seniors to maintain their health, energy, and well-being. National Nutrition Month is the ideal occasion to encourage seniors to make educated food choices.

Nutrition Tips for Healthy Aging

Protein Variety: For older adults it's crucial to include a variety of protein sources in your diets. These sources can include beans, nuts, poultry, fish, lean meats, and dairy products. Protein helps preserve muscle mass and strength, supports the immune system, and aids in wound healing.

Fiber-Rich Foods: Seniors are encouraged to adopt diets rich in fiber from sources like whole grains, fruits, and vegetables. Fiber promotes digestive health, preventing constipation and diverticulosis. It also helps weight management by helping you feel full and stabilizing blood sugar levels.

Meal Timing: Maintaining regular meal schedules is also very important for seniors. Aim for three balanced meals a day, with healthy snacks in between as needed. Consistent meal timing helps regulate blood sugar levels, maintains energy levels, and prevents dips that can lead to fatigue and mood swings.

National Nutrition Month is a time to reflect on the importance of a healthy diet, especially as we age. Whether you are residing in a skilled nursing facility or living independently, it's important to always have nourishing choices. Let's embrace this month as an opportunity to appreciate the significance of good nutrition and take steps toward a healthier and happier lifestyle through food.

Let's play! Word Scramble: Nutrition



1. SORELCIA _____
2. STFA _____
3. SUODIM _____
4. INMSREAL _____
5. PIRTENO _____
6. ACCLUIM _____
7. TFIRU _____
8. RNENSDGTEII _____
9. GNEIVSR _____
10. ELEARC _____
11. TNUTIRONI _____
12. NVTMSAII _____
13. AANTDRUTUES _____
14. REIFB _____
15. TAHHEYL _____

Meet our Team >>>

Tell us about your Job.

I am an Activities Assistant. I help plan and assist residents with fun activities!

Tell us about your family.

I grew up on a farm in New Auburn, WI. My parents taught me to be a hard worker. I learned how to raise animals. I also have one brother.

What are your outside Interests?

I enjoy hiking in National Parks and traveling. I also like to horse back ride, kayak, and camp! I love to knit and crochet!

Something not everyone may know about you.

I am adopted from Paraguay. Someday I hope to travel there to find my biological parents.

Favorite sport team.

Milwaukee Brewers and Bucks!

Alex S.
Activity Assistant



Employee Birthdays

- Kristin L., Mar 01
- Terri R., Mar 06
- Aida C., Mar 08
- Jessica V., Mar 09
- Kim T., Mar 19



2025 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 1 Music Therapy Day
- ▶ Mar 2 Old Stuff Day
- ▶ Mar 3 I Want You to be Happy Day
- ▶ Mar 4 **Mardi Grass Fat Tuesday**
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 5 Ash Wednesday
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 7 Mant Worker Appreciation Day
- ▶ Mar 8 International Women's Day
- ▶ Mar 10 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 12 Plant A Flower Day
- ▶ Mar 12 **Registered Dietitian Nutritionist Day**
- ▶ Mar 13 Popcorn Lover's Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 **St. Patrick's Day**
- ▶ Mar 18 **Social Worker Day**
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Let's Laugh Day
- ▶ Mar 19 Certified Nurses Day
- ▶ Mar 20 World Storytelling Day
- ▶ Mar 20 Proposal Day
- ▶ Mar 21 World Poetry Day
- ▶ Mar 22 International Goof Off Day
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Waffle Day
- ▶ Mar 25 Tolkien Reading Day
- ▶ Mar 27 Spanish Paella Day
- ▶ Mar 28 Something on a Stick Day
- ▶ Mar 29 Smoke and Mirrors Day
- ▶ Mar 30 Take a Walk in the Park Day
- ▶ Mar 30 Doctor's Day

Also, March is...

- National Nutrition Month
- National Social Work Month
- Women's History Month



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