



Upcoming Event >>>

- Tue 1:** 11:00 Worship/ 1:30 Bingo/ 5:15 Color Me Calm
- Wed 2:** 10:30 Fun & Fitness/ 11:00 Hangman / 1:00 Farkle
- Thu 3:** 9:30 Hair Salon/ 10:00 Manicures/ 1:30 Bingo/ 5:15 Puzzles
- Fri 4:** 10:30 Board Games/ 1:30 Music w/Roger M. & RB Floats
- Sat 5:** Independent Activities in Activity Room

- Sun 6:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
- Mon 7:** 10:30 Fun & Fitness/11:00 Finish the Phrase/1:30 Karaoke
- Tue 8:** 11:00 Worship/ 1:30 Bingo/ 5:15 Color Me Calm
- Wed 9:** 10:30 Fun & Fitness/ 11:00 Trivia/ 1:30 Pokeno
- Thu 10:** 10:00 Coffee Clutch & Reminiscence/ 1:30 Bingo/ 5:30 Puzzle
- Fri 11:** 10:00 Crafts/ 1:00 Card Games
- Sat 12:** Independent Activities in Activity Room

- Sun 13:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
- Mon 14:** 10:30 Fun & Fitness/ 11:00 Word Games/ 1:30 Garden
- Tue 15:** 11:00 Worship/ 1:30 Bingo/ 5:15 Color Me Calm
- Wed 16:** 10:30 Fun & Fitness/ 11:00 Name 5/ 1:30 Color Easter Eggs
- Thu 17:** 9:30 Hair Salon/ 10:30 Manicures/1:30 Bingo/5:15 Puzzles
- Fri 18:** 10:30 Farkle/ 1:30 Hymn Sing
- Sat 19:** Independent Activities in Activity Room

- Sun 20:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
- Mon 21:** 10:30 Fun & Fitness/ 11:00 Crossword/ 1:30 Music w/ Larry Radle
- Tue 22:** 11:00 Worship/ 1:30 Bingo/ 5:15 Color Calm Me
- Wed 23:** 10:30 Fun & Fitness/ 11:00 Word Game/ 1:00 Resident Council
- Thu 24:** 1:30 Bingo/ 5:15 Puzzles
- Fri 25:** 10:00 Crafts/ 1:30 Movie & Popcorn
- Sat 26:** Independent Activities in Activity Room

- Sun 27:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
- Mon 28:** 10:30 Fun & Fitness/ 11:00 Name that Tune/ 1:30 Music w/Amy
- Tue 29:** 11:00 Worship/ 1:30 Bingo/ 5:15 Color Me Calm
- Wed 30:** 10:30 Fun & Fitness/ 11:00 Word Games/ 1:30 Lets Bake

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.

**** Activities are Subject to Change****

Newsletter

Caregiver Anxiety: How to Overcome Anxiety, Stress & Worry

April is Stress Awareness Month. Here are five techniques for recognizing triggers, reducing stress, and overcoming caregiving anxiety.

COPING WITH CAREGIVER STRESS

Recognize the Physical Response to Stress: The first step is to identify when you're becoming anxious. Listen to your body and recognize physical changes in your body: butterflies in the stomach, feeling as if your heart is beating out of your chest, shortness of breath. Don't let your body's symptoms scare you, let them talk to you.

Pause to Practice Relaxation: Relaxation techniques, such as deep breathing, can instantly lower the physical symptoms and mental worry associated with anxiety. Place one hand on your stomach above the navel, and the other hand on your chest. Breathe in slowly until the stomach rises and hold your breath for three to five seconds. Then, exhale slowly.

Accept that Caregiving Brings Uncertainty: Fear of the unknown plays a huge role in anxiety. Chronic worriers can't stand doubt or unpredictability. They need to know with 100 percent certainty what's going to happen. The problem is, no one can predict the future or control of the outcome of every situation. Thinking about all the things that could go wrong doesn't make life any more predictable and it won't keep bad things from happening.

Schedule Worry-Time: If you find yourself constantly fretting about things, set aside a 30-minute period each day where you do nothing but worry. During your worry period, you're allowed to worry about whatever's on your mind. The rest of the day, however, is a worry-free zone. After worry time has expired, vow not to think about your problem again until your anxiety time the following day. When you find yourself worrying, jot down what you are worrying about and resolve to think it through later.

Avoid Triggers that Cause Stress: Avoid things that can aggravate the symptoms of anxiety disorders, such as poor diet, caffeine, sugar, smoking, over-the-counter cold medications and alcohol. Research has shown that the top three dietary causes of increased anxiety are caffeine, sugar, and alcohol.

Reference: <https://www.agingcare.com/articles/caregiver-anxiety-stress-worry-146701.htm>



Let's play!

Word Scramble: Ways to Relieve Stress

1. ERDA A OKBO _____
2. OG ORF A AWLK _____
3. ALYP A GMEA _____
4. LOOCIGRN _____
5. OD A OTSPR _____
6. TNEUAR _____
7. HSBOEIB _____
8. XERAL _____
9. ISENTL OT CMSUI _____
10. TAKL OT EEMONOS _____
11. OG OUDTISE _____
12. EOCP _____
13. DPEE RTEAGBIHN _____
14. PTANI _____
15. NJLROAU _____



Employee Birthdays

Natalie T. April 01
 Mya S., April 06
 Lee H., April 07
 Mozelle W., April 19
 Alex K., April 20



2025 Fun & National Holidays!

- ▶ Apr 1 April Fool's Day
- ▶ Apr 1 Fun at Work Day
- ▶ Apr 3 World Party Day
- ▶ Apr 4 Tell a Lie Day
- ▶ Apr 7 World Health Day
- ▶ Apr 7 Beer Day
- ▶ Apr 7 Coffee Cake Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 14 Intl Moment of Laughter Day
- ▶ Apr 14 Look up the Sky Day
- ▶ Apr 16 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Columnist Day
- ▶ Apr 20 Easter
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Volunteer Recognition Day
- ▶ Apr 23 Administrative Professional Day
- ▶ Apr 23 World Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 26 Richter Scale Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day
- ▶ Apr 30 Oatmeal Cokkie Day

Meet our Team >>>

Tell us about your Job.

Doing what I love best—working with the elderly.

Tell us about your family.

My husband of 44 years passed away 3 years ago. We have 2 sons and 8 grandchildren.

What are your outside Interests?

Taking care of my 4 Teddybear dogs, gardening, and canning!

Something not everyone may know about you.

I enjoy spending time with family, but I enjoy my alone time when not working.

Favorite sport team.

Packers!

Robin H.
RN



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Also, April is...

Stress Awareness Month
 Occupational Therapy Month
 National Volunteer Week, Apr 20-26, 2025