

SEPTEMBER 2025



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

Mon 1: Independent Activities in Activity Room

Tue 2: 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles

Wed 3: 10:30 UNO/ 1:30 Movie & Popcorn

Thu 4: 9:30 Hair Salon/ 1:30 Bingo/ 5:15 Puzzles

Fri 5: 9:45 Visits/ 10:30 Outdoor Visits/ 1:30 Farkle

Sat 6: Independent Activities in Activity Room

Sun 7: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 8: 9:45 Visits/10:30 Rummy /1:30 Pokeno

Tue 9: 10:45 Worship/ 1:30 Bingo/ 5:30 Puzzles

Wed 10: 10:30 Fun & Fitness/ 11:00 Trivia/ 1:30 Music w/Steve

Thu 11: 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 12: 9:45 Visits/ 10:30 Farkle/ 1:30 Milkshakes

Sat 13: Independent Activities in Activity Room

Sun 14: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 15: 9:45 Visits/ 10:30 Music w/Amy/ 1:30 Farkle

Tue 16: 10:45 Worship/ 1:30 Bingo/ 5:30 Puzzles

Wed 17: Independent Activities in Activity Room

Thu 18: Independent Activities in Activity Room

Fri 19: Independent Activities in Activity Room

Sat 20: Independent Activities in Activity Room

Sun 21: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 22: 9:45 Visits/ 10:30 Let's Bake-Banana Bread/ 1:30 Crafts

Tue 23: 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles

Wed 24: 10:30 Fun & Fitness/ 11:00 Hangman/ 1:30 Resident Council

Thu 25: 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 26: 9:45 Visits/ 10:30 Farkle/ 1:30 Pancake Social

Sat 27: Independent Activities in Activity Room

Sun 28: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

Mon 29: 9:45 Visits /10:30 Music w/Amy/ 1:30 Rummy

Tue 30: 10:45 Worship/ 1:30 Bingo/ 5:30 Puzzles

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

Fall Prevention Awareness Month

September is recognized as Fall Prevention Awareness Month. As we age, our risk of falling naturally increases. Physical changes, certain health conditions, and even some medications can affect balance and make falls more likely. In fact, falls are one of the leading causes of injury among older adults. The good news is that many falls can be prevented with a few simple strategies.

- 1. Partner with your doctor:** Talk to your health care provider about your fall risk. Bring a list of your medications—both prescription and over-the-counter—so they can check for side effects that may cause dizziness or drowsiness. Also, share details about any falls you've had in the past. Your provider may suggest exercises, therapy, or changes in medication to lower your risk.
- 2. Keep moving:** Regular activity helps maintain strength, balance, and flexibility. Gentle exercises such as walking, water aerobics, or tai chi are great options. If you're nervous about exercising, ask your provider or a physical therapist for a safe program designed for you.
- 3. Choose safe shoes:** Footwear makes a big difference. Avoid high heels, slippers, or slick-soled shoes. Instead, choose sturdy, well-fitting shoes with non-slip soles. Proper shoes not only help with balance but may also reduce joint pain.
- 4. Create a safe environment:** Look around your living space for hazards. Clear walkways of cords, clutter, or loose rugs. Install non-slip mats in the bathroom, repair loose floorboards, and keep everyday items within easy reach. These small changes can prevent big accidents.
- 5. Light the way:** Good lighting is key to safety. Use night lights in hallways, bathrooms, and bedrooms. Keep flashlights nearby in case of power outages. Always turn on lights before going up or down stairs.
- 6. Use assistive devices when needed:** Don't hesitate to use tools that make life safer—canes, walkers, grab bars in the bathroom, and handrails on both sides of stairways. An occupational therapist can also recommend other helpful devices for your specific needs.

By taking these steps, you can greatly reduce your risk of falling and stay independent longer. Fall prevention is not just about safety—it's about protecting your health and confidence every day.

Let's play! Word Scramble: Game Shows

1. TMNIUE OT WNI TI _____
2. ETH ALLW _____
3. CPREI SI TGIHR _____
4. NMOCMO DLOGNKWEE _____
5. RECAAMI YSSA _____
6. HET ETKWSAE LNIK _____
7. LAIYFM EFUD _____
8. ELHWE FO TNERFOU _____
9. UVVISRRO _____
10. OPARYJED _____
11. ADLE RO ON LADE _____
12. ETH INGTAD GEMA _____



Employee Birthdays

Kiana L., Sep 03

Pam D., Sep 17

Mary T., Sep 30



2025 Fun & National Holidays!

- ▶ Sep 1 Labor Day!
- ▶ Sep 1 Emma Nutt Day
- ▶ Sep 3 World Beard Day
- ▶ Sep 4 Eat an Extra Dessert Day
- ▶ Sep 5 Intl Day of Charity
- ▶ Sep 5 Cheese Pizza Day
- ▶ Sep 6 Fight Procrastination Day
- ▶ Sep 6 Read a Book Day
- ▶ Sep 7 Grandparents Day
- ▶ Sep 7 Salami Day
- ▶ Sep 8 Pardon Day
- ▶ Sep 9 Teddy Bear Day
- ▶ Sep 11 Patriot Day, 911 Remembrance
- ▶ Sep 12 Chocolate Milkshake Day
- ▶ Sep 13 Positive Thinking Day
- ▶ Sep 15 Make a Hat Day
- ▶ Sep 16 Collect Rocks Day
- ▶ Sep 16 Guacamole Day
- ▶ Sep 17 Intl Country Music Day
- ▶ Sep 18 Rice Krispie Treat Day
- ▶ Sep 19 Butterscotch Pudding Day
- ▶ Sep 19 Talk Like a Pirate Day
- ▶ Sep 20 National CleanUp Day
- ▶ Sep 22 State Capital Day
- ▶ Sep 22 Ice Cream Cone Day
- ▶ Sep 23 Checkers Day
- ▶ Sep 24 Punctuation Day
- ▶ Sep 25 Comic Book Day
- ▶ Sep 26 Pancake Day
- ▶ Sep 28 Good Neighbor Day
- ▶ Sep 29 Veterans of Foreign Wars Day
- ▶ Sep 30 Hot Mulled Cider Day

Meet our Team >>>

Hometown: De Pere, WI.

Tell us about your Job.

I am a Certified Nursing Assistant.

Tell us about your family.

We spend lots of time together, and we go on many vacations together.

What are your outside Interests?

I enjoy spending time with friends, walking my dogs, and napping.

Something not everyone may know about you.

I spend way too much money when I get bored.

Favorite sport team

Green Bay Packers!

Taylor R.
CNA



1840 Priddy St.

Bloomer, WI 54724

Contact us at **715-568-2503**

www.meadowbrookbloomer.com/



Also, September is...

Fall prevention awareness Month
National Assisted Living Week – Sep 7-13
Healthcare Environmental Services Week – Sep 14-30