



MEADOWBROOK  
—BLACK RIVER FALLS—

**Upcoming Event >>>**

**Thu 1:** 10:30 1-1 visits/ 2:00 Bunny Ring Toss/ 3:00 Snack/Beverage **April Fool's Day!**

**Fri 2:** **Good Friday**

**Sat 3:** 5:00 Lawrence Welk Ch 12/ 6:10 Brewers Vs Twins

**Sun 4:** Morning Church Ch 65/ 1:10 Brewers Vs Twins  
**Happy Eater!**

**Mon 5:** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage

**Tue 6:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Snack/Beverage

**Wed 7:** 10:30 1-1 visits/ 2:00 Tic tac toe/ 3:00 Snack/Beverage

**Thu 8:** 10:30 1-1 visits/ 2:00 Pokeno/ 3:00 Snack/ Beverage

**Fri 9:** 10:30 1-1 visits/2:00 Basketball/ 3:00 Snack/Beverage

**Sat 10:** 1:15 Brewers Vs Cardinals/ 5:00 Lawrence Welk

**Sun 11:** Morning Church Ch. 65/ 3:10 Brewers Vs Cardinals

**Mon 12:** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage

**Tue 13:** 10:30 1-1 visits/ 2:00 Checkers /3:00 Snack/Beverage

**Wed 14:** 10:30 1-1 visits/ 2:00 Shuffleboard/ 3:00 Snack/Beverage

**Thu 15:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Snack/ Beverage

**Fri 16:** 10:30 1-1 visits/2:00 Bowling/ 3:00 Snack/Beverage

**Sat 17:** 5:00 Lawrence Welk Ch. 12/ 6:10 Brewers Vs Pirates

**Sun 18:** Morning Church Ch. 65/ 3:10 Brewers Vs Pirates

**Mon 19:** 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage

**Tue 20:** 10:30 1-1 visits/ 2:00 Balloon Volleyball/ 3:00 Snack/Beverage

**Wed 21:** 10:30 1-1 visits/ 2:00 Shake 10/ 3:00 Snack/Beverage

**Thu 22:** 10:30 1-1 visits/ 2:00 Planting Flowers/ 3:00 Snack/ Beverage  
**Earth Day!**

**Fri 23:** 10:30 1-1 visits/ 2:00 Cover-up/ 3:00 Snack/Beverage

**Sat 24:** 1:20 Brewers Vs Cubs /5:00 Lawrence Welk Ch 12

**Sun 25:** Morning Church Ch. 65/ 1:20 Brewers Vs Cubs

**Mon 26:** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Snack/Beverage

**Tue 27:** 10:30 1-1 visits/2:00 Noodle ball/ 3:00 Snack/Beverage

**Wed 28:** 10:30 1-1 visits/2:00 Surprise activity/ 3:00 Snack/Beverage

**Thu 29:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Snack/Beverage

**Fri 30:** 10:30 1-1visits/ 2:00 Outside walks / 3:00 Snack/Beverage

- **Activity Calendar subject to changes**

# Newsletter

## Stress Reduction Tips for Seniors

April is Stress Awareness Month. Therefore, we should all understand more about stress and learn appropriate coping strategies for the physical and mental well-being of our aging loved ones.

We all need to face different kinds of mental stress in various stages of life. Chronic and excessive stress is harmful and can cause physical or mental problems, particularly challenging for seniors because our bodies become less resilient with age, so can stress. Our sources and forms of stress can be as different as each of us individually. But there are many sources of stress that are unique to old age. The most common are the loss of independence, figuring out finances, and health problems. The long-term effects of stress in old age can contribute to high blood pressure, heart disease, obesity and diabetes.

Here are some ideas to help older adults manages their stress:

**Socialization.** Friends and loved ones provide a shoulder to cry on during difficult times, and sometimes simply sharing your feelings with others helps ease some of the stress you're going through.

**Get some laughs.** One of the easiest ways to manage stress? Enjoy a belly laugh! A good sense of humor can go a long way in reducing your stress levels. As they say, laughter is the best medicine!

**Positive thinking,** such as appreciating one's achievements and strengths, can help to enhance self-confidence and to cope with stress.

There are also ways to ease stress from the inside out. Relaxation techniques can empower aging adults to live the life they want to live despite outside pressures and limitations. Encourage an older adult to give some of these different opportunities a try to discover what piques their interest and inspires stress relief, like Yoga, meditation, sunshine and nature, time outdoors con revitalize.

It's never too late to introduce these positive practices for your aging loved one—and, indeed, for yourself as a caregiver prone to stress and burnout. We may feel too stressed out to take action against the stress, but there is nothing more important for our health. And none of us has to approach it alone.



# April Word Search



APRILFOOLS  
ARBORDAY  
BASEBALL  
BIRDS  
BUNNIES  
CHOCOLATE

EARTHDAY  
EASTER  
ENVIRONMENT  
FLOWERS  
GOODFRIDAY  
NATURE

RECYCLE  
SHOWER  
SPRING



## Meet our Team >>>

I was born in Milwaukee and raised in Waukesha, WI. I went to Warburg College in Waverly IA. Where I obtained my BSW degree.

My first job out of school was as a Social Worker at Cedar Communities in West Bend, WI. I worked there three and half years. I then switched to SNF in Menomonee Falls, WI, where I worked for two years. My passion is working with the elderly. It's the only social work I am interested in doing. I have been a Social Worker for 18 years; 15 years in SNFs and 3 years in Hospice.

In my free time I enjoy reading, playing computer games and puzzle books. I have a 13-year-old cat named "Sadie". I also have two sisters; one lives in the area and one lives near Indianapolis. My parents live down in Hot Spring Village, Arkansas.

*Kristin Bogenberger*  
Social Worker



**RED  
NOSE  
DAY**

## Employee Birthdays

- Josette Gasch, April 02
- Kristin Bogenberger, April 09
- Robert Clark, April 16
- Jennifer Jelinek, April 20
- Ronda Dishaw, April 23
- Corleen Larson, April 24

**Happy  
Birthday!**

## The Month of April

The month of April gets its name from the Latin word *aperio*, meaning "to open" because plants really begin to grow now.

### APRIL CALENDAR

- **April 1** is All Fools' Day—otherwise known as "April Fools' Day."
- **April 2** is Good Friday. also known as Great Friday, Holy Friday, or Sorrowful Friday, is a major Christian observance that commemorates the crucifixion and death of Jesus Christ.
- **April 4** is Easter Sunday. (May 2 is Orthodox Easter)
- **April 12** marks the start of Ramadan (beginning at sundown).
- **April 22** is Earth Day. Earth Day reminds us to take care of our planet.
- **April 30** is National Arbor Day, much like Earth Day, is a holiday that celebrates nature.

### "Just for Fun" Days

- **Apr. 1:** Sweet Potato Day
- **Apr. 6:** International Pillow Fight Day
- **Apr. 7:** National No Housework Day
- **Apr. 17:** Blah, Blah, Blah Day
- **Apr. 21:** Go Fly a Kite Day
- **Apr. 26:** National Richter Scale Day
- **Apr. 27:** National Sense of Smell Day



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