



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Sat 1: Happy New Year! / 5:00 Rose Bowl Parade / Ohio vs Utah

Sun 2: Church Services Ch 65/ 7:20 Packers vs Vikings-NBC

Mon 3: 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Refreshments

Tue 4: 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Refreshments

Wed 5: 10:30 1-1 visits/ 2:00 Shuffleboard/ 3:00 Refreshments

Thu 6: Taking Down Christmas Deco/ 3:00 Refreshments

Fri 7: Taking Down Christmas Deco/ 3:00 Refreshments

Sat 8: Elvis Presley Day / 5:00 Lawrence Welk

Sun 9: Church Serv Ch. 65/ 12:00 Packers vs Lions - FOX

Mon 10: 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Refreshment

Tue 11: 10:30 1-1 visits/ 2:00 Yahtzee/ 3:00 Refreshment/ 4:30 Tic-tac-toe

Wed 12: 10:30 1-1 visits/ 2:00 Snowflakes/ 3:00 Refreshments

Thu 13: 10:30 1-1 visits/ 2:00 Ring Toss/ 3:00 Refreshment

Fri 14: 10:30 1-1 visits/ 2:00 Cover Up/ 3:00 Refreshment

Sat 15: Wild Card Game/ 5:00 Lawrence Welk

Sun 16: Church Serv Ch 65/ Wild Card Game

Mon 17: 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments

Tue 18: 10:30 1-1 visits/ 2:00 Snow Ball/ 3:00 Refreshment / **Natl Maintenance Day!**

Wed 19: 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Refreshments

Thu 20: 10:30 1-1 visits/ 2:00 Resident Council/ 3:00 Refreshments

Refreshments

Fri 21: 10:30 1-1 visits/ 2:00 Pokeno/ 3:00 Refreshment

Sat 22: Polka Dot Day / 5:00 Lawrence Welk

Jan 23 - Jan 2 Activity Professional Week

Sun 23: Church Services Ch. 65

Mon 24: 10:30 1-1 visits/ 2:00 Bingo/3:00 Refreshments

Tue 25: 10:30 1-1 visits/ 2:00 Jan B-day's/ 4:30 Shake 10

Wed 26: 10:30 1-1 visits/ 2:00 Bowling/ 3:00 Refreshments

Thu 27: 10:30 1-1 visits/ 2:00 Hagman/ 3:00 Refreshments

Fri 28: 10:30 1-1 visits/ 2:00 Noodle Ball/ 3:00 Refreshments.

Sat 29: Puzzle Day/ 5:00 Lawrence Welk

Sun 30: Church Services Ch 65

Mon 31: 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Refreshments

** Activity Calendar is subject to change**

Newsletter

Healthy New Year's Resolution for Seniors

Happy New Year! And there's no better time to start on your wellness goals. The American Geriatrics Society's Health in Aging Foundation recommends these healthy New Year's resolutions for older adults to help achieve their goal of becoming and staying healthy.

- 1. Eat Healthier:** In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta.
- 2. Be Active:** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis. In fact, many of these conditions get better with mild to moderate physical activity.
- 3. Visit your Healthcare provider:** As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit, you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations.
- 4. Kick your bad habits:** One of the most popular new year's resolutions for seniors involves quitting smoking and/or drinking. These habits have some serious health issues attached to them.
- 5. Prevent a Fall:** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.
- 6. Use your Brain:** The more you use your mind, the better it will work. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like, reading, writing, and trying a new hobby that can help you ward off a decline in mental health.
- 7. Get Enough Sleep:** It's important to get enough sleep to feel your best. Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.
- 8. Consider Dietary Supplements and/or a Multivitamin:** Consult your healthcare provider regarding any supplements or vitamins that you would benefit from.
- 9. Speak Up About Your Mental Health:** About 1 in 5 older adults suffer from depression or anxiety. Some signs of depression are ongoing feelings of sadness, fatigue, changes in appetite, or losing the desire to do things that you enjoy.

Wishing you a healthy and happy 2022!

123 Sudoku Puzzle Level Easy

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

Meet our Team >>>

Hometown: La Crosse, WI

How Long have you worked at Meadowbrook?

I started at Meadowbrook in November 2021, as I love helping people out, especially the residents!

Tell us about your family?

I have 5 children, with one on the way. My oldest 2 boys are in the Army National Guards, my daughter just turned 18, she will be joining the National Guard also. Cameron is 11 years old, and he Loves to Snowmobile with Dad and Tristan is 1 ½.

Outside Interests

I enjoy spending time with my Children, going snowmobiling, along with watching Action and Scary movies.

Lance Howe
Maintenance Supervisor



MEADOWBROOK

2022
Happy New Year



May the new year bless you
with Health, Wealth, and
Happiness

Employee Birthdays

Rhonda Hainz, Jan 01
Patsy Deno, Jan 14

Happy Birthday

The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

The Romans often made promises to Janus and exchanged good wishes

JANUARY CALENDAR

- January 1** is **New Year's Day**. Time to you write the new resolutions.
- January 5** brings **Twelfth Night**, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration.
- January 6** is **Epiphany**. According to the New Testament's Gospels, on this date the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus.
- January 17** is **Benjamin Franklin's birthday**. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture.
- January 17** is also **Martin Luther King Jr. Day** (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.!



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