




MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Sun 1: May Day!

Mon 2: 10:00 1:1 Visits/ 2:00 Bingo/ Social Hour to Follow

Tue 3: 10:30 Stix Kix Music/ 2:00 Crazy Fun Dice Game/ 5:30 Movie - Day Rm

Wed 4: 10:00 Shake Dice/ 2:00 Bowling!

Thu 5: 10:30 1:1 Visits/ 2:00 Cinco de Mayo Bingo/ 5:00 Movie

Fri 6: 10:30 Stix Kix Music/ 2:00 Kentucky Derby Pre Party!
Games and Snacks

Sat 7: 5:57 Kentucky Derby Race/ 6:20 Brewers vs Atlanta

Sun 8: 12:35 Brewers vs Atlanta

Mon 9: *National Nursing Home Week – See Daily Events*

Tue 10: *National Nursing Home Week – See Daily Events*

Wed 11: *National Nursing Home Week – See Daily Events*

Thu 12: *National Nursing Home Week – See Daily Events*

Fri 13: *National Nursing Home Week – See Daily Events*

Sat 14: 5:10 Brewers vs Miami

Sun 15: 12:40 Brewers vs Miami

Mon 16: 10:00 1:1 visits/ 2:00 Bingo-Social Hour to follow/ 5:00 Movie in Day Room

Tue 17: 10:00 Lefse demo for Syttende Mai/2:00 Music w/ Coleman, Snacks after

Wed 18: 10:00 1:1 Visits/2:00 Shuffleboard/3:00 Pastor Shudy/ 5:30 Movie

Thu 19: 10:30 Stix Kix Music/1:00 Res Council/2:00 Bingo/Snack

Fri 20: 10:30 Dice Games/ 2:00 Pizza Served w/Dice Game

Sat 21: 6:10 Brewers play WSH

Sun 22: 1:10 Brewers play WSH

Mon 23: 10:00 1:1 visits/ 2:00 Bingo-Social Hour to follow & choice of Movie

Tue 24: 10:30 Stix Kix Music/ 2:00 Crazy Dice/ 5:00 Movie

Wed 25: 10:30 1:1 visits/2:00 Snacks/cards/ 3:00 Pastor Jenny

Thu 26: 10:30 Stix Kix Music/ 2:00 Bingo/Snack / 5:00 Movie

Fri 27: 10:30 Card Game/ 11:30 Old Fashion Picnic weather permitting (or D.R)

Sat 28: 1:15 Brewers play in St Louis.

Sun 29: 1:15 Brewers play in St Louis.

Mon 30: Happy Memorial Day!

Tue 31: 11:00 Stix Kix Music/ 2:00 Surprise Games/Snack after

Newsletter

The Benefits of Music Therapy for Seniors

Music has the power to uplift our spirits, whether we are going through good times or bad times. Regardless of our age, music can stimulate strong feelings and emotions. It should be no surprise then that music therapy has the power to help improve the lives of people in a variety of ways. Several studies conducted worldwide have shown the benefits of music therapy for seniors in particular.

Music therapy activities for seniors have been shown to improve their emotional, physical and cognitive well-being. Music therapy programs help residents deal with common issues, such as stress, depression and memory impairment. Some of the many benefits of music therapy include:

Speech skills: Music therapy can help seniors make clearer decisions and speak more accurately. Music therapy slows the deterioration of language and speech skills within those who have dementia.

Memory enhancement: Music therapy can sharpen a senior's memory – it can help to process memories and keep memories active.

Physical skills: Music, especially fun and upbeat songs, promotes dancing. Following a song's rhythm and beat improves one's coordination and improves overall endurance. Even simple movements such as clapping promote that little bit of exercise and blood flow.

Stress reduction: Music has the power to alleviate stress. A study conducted by a team at McGill University showed how listening to music can lower stress and anxiety levels and improve immune system function.

Playing music has proven to invoke relaxation and uplift moods.

Enjoy the powerful benefits of music: Music therapy for seniors is beneficial in many ways as it helps keep their minds and bodies active. We know that music boosts people's spirits, but it has also been proven to improve people's overall physical, mental, and emotional well-being.



References:

<https://healthyaging.net/healthy-lifestyle/benefits-music-therapy-seniors/>

123 Sudoku Puzzle Level Easy

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

Meet our Team >>>

Hometown: Neillsville, WI.

Job Overview

I have over 30 years experience in healthcare, including management in various licensure areas. When I am not at Meadowbrook. The best part of working with the Meadowbrook team is their motivation to make improvements to better the residents and staff.

Tell us about your family?

I am from and live in Neillsville, WI with my husband, 2 boys, 3 girls (blended family) 4 grandchildren and our little dog Allie.

Outside Interest?

I love to work on home improvement projects, sewing, crocheting, and baking.

Something not everyone may know about you:

One interesting and fun fact about me is that I have an identical twin sister that lives in North Dakota!

Sheryl Zeitler

Director of Social Services



Employee Birthdays

Katrina P., May 01

Janie H., May 02

Marion Z., May 05

Pauline H., May 07

Nathan C., May 23

Devery H., May 27



HaPpy BiRthDay MAY Born

- They are Hard-working**, they are ambitious and very devoted to what they believe in. They work very hard to achieve their goals and dreams.
- They are Emotional**, People born in this month have very strong feelings and can even relate to what others are going through.
- They are Restless**, not in a bad way. They are very active and are full of energy and you would never see they tired or exhausted.
- The Love to Travel**, they have a strong passion towards seeing the world, knowing other cultures, meeting different kinds of people and most of all, making memories that last a lifetime.
- They are Stubborn**, they can debate with you for hours to come to prove their point and that they are right.
- They are Money Spenders**; they are known for their extravagant behavior. But they are not stingy.
- They are Reasonable**, people born in May know exactly what their strength is and what they are capable of.
- They are Self-motivated**, maybe this is because of their stubbornness or maybe their hard-working attitude, but people born in May have the great willpower and the ability to motivate themselves to do anything they put their mind to.
- They like to be Spotlight**; they love to be the center of attention more than anything in this world.
- They Love Art**, they are very sensitive to what is artistic and beautiful. This is just one of the many things they are passionate about.



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