



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Thu 1: 10:00 Visits/2:00 Bingo/ Snacks to follow

Fri 2: 10:30 Stix Kix Music/ Outside for Activity

Sat 3: 7:10 Brewers Game

Sun 4: 9:15 Church/ 3:10 Brewers Game

Mon 5: **Happy Labor Day!**

Tue 6: 11:00 Stix Kix Music/2:00 Dan the 1 Man Band/ Snacks

Wed 7: 10:00 Coffee Social & Cards/Dice/ 2:00 Bowling/Snacks

Thu 8: 10:00 1:1 Visits/ 2:00 Bingo/ Snacks to Follow

Fri 9: 11:00 Stix Kix Music/ Outside Activity

Sat 10: 6:15 Brewers Game

Sun 11: 9:15 Church/ 3:10 Brewers Game/ 7:20 Packers vs Bears

Mon 12: 10:00 1:1 Visits/ 2:00 Bingo/ Snacks to follow

Tue 13: 11:00 Stix Kix Music/ 2:00 Ryans Random Sing Along/ Snacks

Wed 14: 10:00 1:1 Visits/ 2:00 Shuffleboard/ Snack to Follow

Thu 15: 10:30 Coffee Social & Cards/Dice/1:00 Resident Council/ 2:00 Bingo

Fri 16: 11:00 Stix Kix Music/ Pop Up Game!

Sat 17: 6:15 Brewers Game

Sun 18: 9:15 Church/ 3:10 Brewers Game/ 3:00 Gospel Singers

Mon 19: 10:00 1:1 Visits/ 2:00 Bingo/Snack to Follow

Tue 20: 11:00 Stix Kix Music/ Hug the Cow w/Cheese/ 2:00 Cowboy Colman Sing Along/ Sept Birthday Party

Wed 21: 10:00 1:1 Visits/ 2:00 Wheel of Fortune/Snack to Follow

Thu 22: 1st Day of Fall Craft/ 2:00 Bingo & Snack

Fri 23: 11:00 Stix Kix Music/ 2:00 Coffee/Snacks Social Hour/ Cards/Dice

Sat 24: 5:40 Brewers Game

Sun 25: 9:15 Church/ 12:40 Brewers Game

Mon 26: 10:00 1:1 Visits/ 2:00 Bingo/ Snack to Follow

Tue 27: 10:30 Stix Kix Music/2:00 Ryans Random/Sing Along/ Snacks

Wed 28: 10:00 1:1 Visits/ 2:00 Manicures/ Coffee Social & Snack

Thu 29: 10:30 Coffee Social & Yahtzee!! 2:00 Bingo/ Snacks

Fri 30: 11:00 Stix Kix Music/ Coffee/ Snack/ Cards/ Dice/ Games

**** Activity Calendar is subject to change****

****All outside activities will depend on the weather****

Newsletter

Tips to protect Seniors from being Scammed

Each year, millions of seniors fall victim to some type of financial fraud or confidence scheme. The FBI estimates that seniors lose more than \$3 billion each year to fraudsters.

Being familiar with common types of scams and recognizing warning signs can help prevent you from becoming the victim of a scam. Above all else, listen to your gut. If something feels off about a stranger's request, it's okay to be skeptical and investigate further before taking action.

Here are some tips:

Don't act quickly: Scams are based on fear and urgency. Always take a little extra time to think it through and evaluate the legitimacy of what you are being asked to do.

Avoid odd payment types: Scammers will often ask you to send them money with a wire transfer, money order, cryptocurrency, payment app, or gift card. Legitimate businesses will accept credit cards. Be suspicious of excuses for alternative forms of payment.

Notice threatening behavior: Often scams are presented as urgent situations requiring immediate action. If you receive threats or hostility for asking questions that's a sign, they are a scammer.

Be suspicious of fake caller IDs: Using computer software, scammers can make phone calls and emails that look like they're coming from legitimate companies, government organizations, or your local area code. Often it is best to ignore people that contact you uninitiated. At the very least avoid sharing private information. Looking up the organization's contact information and contacting them yourself is a safer option.

Be cautious of impersonation: Con artists can sometimes pretend to be the government. Before making investments or online payments, be sure that you have confirmed that the organization is a legitimate business by asking for information about the company and checking that they are registered with the Better Business Bureau.

Do not reveal personal information: Con artists can try to get you to provide them with personal information like your Social Security number, account numbers, passwords, credit cards, or other identifying information which can be sold to fraudsters.

Avoid suspicious links: Don't click on links in unsolicited emails, texts, or social media messages.

Ask a friend or family member: Before giving out your credit card number or money, ask a friend or family member if the request or situation seems suspicious—particularly if you've been told by someone you don't know that the person needs help.

Add extra security to your accounts: Many online accounts let you turn on multifactor authentication. You may then need to enter a code that's sent to your phone or email, or that you generate with an app, before accessing your account. Enabling this extra security measure can keep scammers out of your accounts even if they get hold of your username and password.

References: <https://www.hebrewseniorlife.org/blog/10-tips-to-protect-seniors-from-being-scammed>

123 Sudoku Puzzle Level Medium

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



Employee Birthdays

Sheila D., September 08
 Shelly D., September 08
 Samantha D., September 08
 Ava B., September 10
 Carrie W., September 15
 Tina M., September 18
 Ashley S., September 22
 Terry R., September 29



HaPpy BiRthDay SEPTEMBER Born

- Charming.** They are very good with their words. They are convincing and straightforward.
- Open-minded.** They are known for their cool and chill attitude. They are also some of the least judgmental people and respect your views and beliefs.
- Loves Everything.** They will be very thankful for everything and truly grateful.
- Overthinkers.** A million possibilities and 'what ifs' will go through their heads. So, they rarely get into trouble, because their careful decisions always lead to the right ones.
- Perfectionists.** They will try and try till they get their desired result. Which is not a bad thing because it only shows how dedicated they are to any work they're doing.
- Affectionate.** People born in September are caring, kind and loving. That is the reason why everyone loves being around them and wants to be their friend.
- Get Bored Easily.** They always find new ways to keep themselves dying from boredom.
- Eats Everything.** They just LOVE food more than anything! So, they get easily adapted to any place they go to, as long as there is food, they are happy.
- Happiest when in a relationship.** They prefer to share their moments and experiences with someone beside them, be it a relationship of love or friendship.
- Loves Traveling.** They love everything that gives them a rush and takes them into a world of imagination. And there is no better way to do that than by reading or traveling.

Meet our Team >>>

Hometown: Indianapolis, IN

Tell us about your Family.

I have worked in the home care system in the past and have worked for Meadowbrook since July. The best part about working here is my dietary team. We all work together to ensure our residents are happy with everything we do – meals, service, accommodating their needs in all areas. I enjoy being a part of the Meadowbrook team! You are all great people.

Tell us about your Family.

I have five great kids, 1 boy and 4 girls ages 17, 16, 15, 9 & 1. I love being their mother!

What are your outside Interests?

We enjoy eating out as a family and especially traveling to our favorite destinations, Atlanta, Chicago and back to Indy.

Paris Murphy Dietary Manager



1311 Tyler Street
 Black River Falls, WI 54615
 Contact us at **715-284-4396**
www.meadowbrookbrf.com



<https://www.dazzling.news/a680/10-reasons-why-september-borns-are-such-a-great-people>