



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Sat 1: 1:1 visits

Mon 3: 9:30 Mother Day Reminisce / 1:30 Jackpot

Tue 4: 9:30 Lutheran devotion/ 1:30 Bingo

Wed 5: 9:30 Manicures / 1:30 Chair Exercises

Thu 6: 9:30 Mother's Day photo shoot / 1:30 Bingo

Fri 7: 9:30 Catholic devotion/ 1:30 Mother's Day Cart

Sat 8: 1:1 visits

Sun 9: **Happy Mother's Day!**

National Nursing Home Week

Mon 10: 9:30 Balloon Volleyball/ 1:30 Jackpot

Tue 11: 9:30 Morning Stretch/ 1:30 Sue – Eye Care Center

Wed 12: 9:30 Manicures/ 1:30 Reminisce - **Happy**

Nurses Day

Thu 13: 9:30 Music & Memory/ 1:30 Bingo

Fri 14: 9:30 Catholic devotion/ 1:30 Bingo

Sat 15: 1:1 visits

Mon 17: 9:30 Reminisce / 1:30 Jackpot

Tue 18: 9:30 Lutheran devotion / 1:30 Bingo

Wed 19: 9:30 Manicures / 1:30 Trivia

Thu 20: 9:30 Pinning Ceremony/ 1:30 Bingo

Fri 21: 9:30 Catholic devotion/ 1:30 Balloon Volleyball

Sat 22: 1:1 visits

Mon 24: 9:30 Resident Council / 1:30 Jackpot

Tue 25: 9:30 Red, White, Blue craft/ 1:30 Bingo

Wed 26: 9:30 Manicures / 1:30 Current Events

Thu 27: 9:30 Memorial Day trivia / 1:30 Bingo

Fri 28: 9:30 Catholic devotion/ 1:30 Birthday Board Craft

Sat 29: 1:1 visits

Mon 31: **Happy Memorial Day!**

** Activities Subject to change**

Newsletter

To improve your health, practice gratitude

Ever wish there were a magic pill you could take to boost your energy levels, improve your mood, help you sleep better, increase your kindness and even help you make more money? Unfortunately, no such pill exists, but there is a way you can reap these benefits — without a visit to the doctor's office.

The secret? A daily gratitude practice. Indeed, counting your blessings each day has been shown to significantly increase your happiness — and your physical health. In addition to helping you get more sleep, practicing gratitude can boost your immunity and decrease your risk of disease.

Here are a few tips to help you get started:

- **Keep a gratitude journal.** Write in a gratitude journal every day. Jot down quick notes. They can be as simple as something funny one of your children did or a kind gesture from a stranger at the grocery store. Any positive thoughts or actions count, no matter how small.
- **Use gratitude cues.** Any new habit needs reminders, and cues are a great way to stay on course. Keep photos visible of things or people that make you happy. Post positive notes or inspirational quotes on the fridge or by your computer to reinforce feelings of gratitude.
- **Make a gratitude jar.** Keep an empty jar, scratch paper and a pen in an accessible place at home. Ask family members to write on a piece of paper one thing that they're grateful for every day and drop it in the jar. During dinner or leisure time, take a few of the notes out of the jar and enjoy reading one another's thoughts.

The goal is to move your mind from thinking about gratitude occasionally to making it second nature. Eventually, you'll lower your gratitude threshold so that you're grateful for little things — and you'll learn how to sprinkle a little gratitude throughout your day.

Adapted from "The Mayo Clinic Handbook for Happiness," by Amit Sood, M.D.

grateful
THANKFUL
AND
blessed

May Word Search



AMERICA
APPRECIATION
CELEBRATE
CINCO DE MAYO
COMMEMORATION

FALLEN
FLOWERS
HONOR
LOVING
MAY DAY

MEMORIAL DAY
MOTHERS DAY
RAISE FLAG
WARM



Employee Birthdays

- Donelle Lefebvre, May 08
- Sarah Stimac, May 15
- Connie Pawelski, May 21
- Megan Votava, May 22



The Month of May

“May” is likely named for the Roman goddess Maia, who oversaw the growth of plants. Alternatively, the name might have come from the Latin *maiores*, “elders,” who were celebrated now.

MAY CALENDAR

- **May 1** is May Day. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region.
- **May 1** is Lei Day in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.
- **May 5** is Cinco de Mayo (“The Fifth of May”). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.
- **May 9** is Mother’s Day—don’t forget! Do you have something planned to show appreciation for your mother?
- **May 16** is Armed Forces Day, which honors those who serve in all branches of the United States military.
- **May 22** is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- **May 31** is Memorial Day—a poignant reminder of the tenacity of life. It’s tradition to raise the flag on this day.

Also in May we celebrate the National Nursing Home week, May 9th - 15th. The American Health Care Association has made the theme “Together through the seasons”

Meet our Team >>>

How Long have you worked at Oconto Falls?

I’ve worked for 19 years.

Tell us about your family?

I have 7 sisters, 5 brothers, 3 daughters, 7 grandchildren, 3 great grandchildren with 1 on the way.

What is the best part of your job?

Being interactive with residents, enjoys 1:1 time with residents and coworkers in activities.

What is something you’d like to accomplish?

Not dying anytime soon and to die quickly

What is your favorite TV Show and Vacation Spot?

My favorite TV Show is MOM, movie is Gone with the Wind, and my favorite vacation spot is camping anywhere with my family.

Colleen Denowski

CNA & Activities Aide



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