



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Sun 1: 11:00 Polka Time Ch 10.1

Mon 2: 9:30 Chair Exercises / 2:00 Lemonade & Jackpot

Tue 3: 9:30 Lutheran Dev/ 2:00 Bingo/ 6:00 1:1 visits

Wed 4: 10:00 Music & Memory/ 2:00 Hangman/ 6:00 Craft

Thu 5: 10:00 Communion/ 2:00 Mother's Day Craft

Fri 6: 9:30 Manicures/ 2:00 Bingo

Sat 7: 2:00 Hallmark Movie

Sun 8: 11:00 Polka Time Ch 10.1

Mon 9: 9:30 Reminisce/ 2:00 Jackpot/ 6:00 1:1 visits

Tue 10: 9:30 Balloon Volleyball/ 2:00 Bingo

Wed 11: 10:00 Trivia/ 2:00 Suck It Up

Thu 12: 10:00 Rosary/ 2:00 Bingo/ 6:00 1:1 visits

Fri 13: 10:00 Manicures/ 2:00 Apple Pie Social

Sat 14: Spray Off

Sun 15: 11:00 Polka Time Ch 10.1/ 2:30 Mennonite Singers

Mon 16: 9:30 Reading Circle / 2:00 Bean Bag Toss

Tue 17: 9:30 Lutheran Dev/ 2:00 Bingo/ 6:00 1:1 visits

Wed 18: 10:00 Music & Memory/ 2:00 Bingo

Thu 19: 10:00 Communion/2:00 Cover-Up

Fri 20: 10:00 Manicures/ 2:00 Bingo/ 6:00 1:1 visits

Sat 21: 2:00 Hallmark Movie

Sun 22: 11:00 Polka Time Ch 10.1

Mon 23: 9:30 Red, White & Blue Wreath/ 2:00 Jackpot

Tue 24: 9:30 Craft/ 2:00 Bingo/ 6:00 Reminisce

Wed 25: 10:00 Brain Games/ 2:00 Outside Walks

Thu 26: 10:00 Rosary/ 2:00 Birthday Bingo/ 6:00 1:1 visits

Fri 27: 10:00 Resident Council/ 2:00 LRC Dice

Sat 28: Root Beer Floats on the Patio

Sun 1: 11:00 Polka Time Ch 10.1

Mon 2: **Happy Memorial Day!** 11:00 Parade Cook out

Tue 3: 9:30 Birthday Board craft/ 2:00 Bingo

5:00 AM-9:00 AM Good Day Wisconsin

Thursday-Resident Shopping - Mail Delivered Daily

Beautician Wednesdays and Thursdays & Barber on Mondays

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/>



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: Kenosha, WI

Tell us about your Job?

I am the Laundry/housekeeping Manager, learning new things every day.

Tell us about your family?

I'm married, I have 2 sons and 1 daughter, 4 brothers. I love my family!!!

What are your outside Interests?

I love fishing, ice fishing, just like staying active.

Something not everyone may know about you

Nothing I am an open book.

Favorite sport team

The Bears and Packers!

Karie K. Laundry/Housekeeping



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Contact us at **920-848-3272**

www.meadowbrookcoontofalls.com



Happy National Nurses Week
May 6-12, 2022
MEADOWBROOK

Thank you!

Employee Birthdays

Sarah S., May 15
Megan V., May 22
Alexandra H., May 23

Happy Birthday

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 them 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.

<https://www.dazzling.news/a3046/10-traits-may-borns-are-known-for?page=6>