




MEADOWBROOK

—CHETEK—

Upcoming Event >>>

Sun 1: 2:00 The Refuge Church/ Lemonade Day!

Mon 2: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Assort.

Games in Family Room

Tue 3: Pastor Letter-Treat/ 2:00 Bingo

Wed 4: Beauty Shop/ Room Visits/ 1:15 Movie

Thu 5: 10:00 Craft Group/ 2:00 Cinco de Mayo Party

Fri 6: Room Visits / 2:00 VFW AUX Sponsored Bingo

Sat 7: Room Visits/ Morning on Special Care Unit / 2:00 Bingo

Sun 8: 2:00 Faith Baptist Church

Mon 9: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Assort.

Games in Family Room

Tue 10: Pastor Letter-Treat/ 2:00 Bingo

Wed 11: Panda Truck/ Room Visits/ 1:15 Movie

Thu 12: 10:00 Games/ 2:00 Outdoor Group/ 6:00 Movie

Fri 13: Room Visits / 2:00 Bingo

Sat 14: Room Visits/ Morning on Special Care Unit / 2:00 Bingo

Sun 15: 2:00 Christ Lutheran Church/ Natl Chocolate Chip Day!

Mon 16: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Assort.

Games in Family Room

Tue 17: Pastor Letter-Treat/ 2:00 Bingo/ Cookout

Wed 18: Beauty Shop/ Staff InService/1:15 Movie/ Root Beer Floats

Thu 19: 10:00 Dice/ 2:00 Catapulting Frog/ 6:00 Movie

Fri 20: 10:00 Communion Serv/ 2:00 Bingo/ Natl Pizza Day!

Sat 21: Room Visits/ Morning on Special Care Unit / 2:00 Bingo

Sun 22: 2:00 Prairie Lake Covenant

Mon 23: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Assort.

Games in Family Room

Tue 24: Pastor Letter-Treat/ 2:00 Bingo

Wed 25: Panda Truck/ Room Visits/ 1:15 Movie

Thu 26: 10:00 Games/ 2:00 Brown Bag Auction/ 6:00 Movie

Fri 27: 10:00 Catholic Mass/ 2:00 Renee's Retirement Party

Sat 28: Room Visits/ Morning on Special Care Unit / 2:00 Bingo

Sun 29: 2:00 Activity Staff

Mon 30: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Assort.

Games in Family Room

Tue 31: Pastor Letter-Treat/ 2:00 Bingo/ Natl Smile Day!

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/>

** Activity Calendar is subject to change**

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: Bloomer, WI

Tell us about your family?

I have two sister, two stepdaughters 2 grand daughters and a spoiled 13-year-old dog.

What are your outside Interests?

I love golfing.

Something not everyone may know about you

I survived a near death experience two years ago had a pulmonary embolism and the Dr. was surprised I was still breathing and alive.

Favorite sport team

My favorite team is the Milwaukee Brewers!

Traci Seibel HR Manager



Employee Birthdays

Sandra S., May 3
Alexander S., May 4
Erin M., May 5
Eunik V., May 6
Amber H., May 14
Christina L., May 27



HaPpy BiRthDay MAY Born

1. **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.
2. **They are Emotional**, People born in this month have very strong feelings and can even relate to what others are going through.
3. **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.
4. **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.
5. **They are Stubborn**, they can debate with you for hours to come to prove their point and that they are right.
6. **They are Money Spenders**; they are known for their extravagant behavior. But they are not stingy.
7. **They are Reasonable**, people born in May know exactly what their strength is and what they are capable of.
8. **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.
9. **They like to be Spotlight**; they love to be the center of attention more than anything in this world.
10. **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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<https://www.dazzling.news/a3046/10-traits-may-borns-are-known-for?page=6>