



Upcoming Event >>>

- Sat 1: 2:00 Bingo

- Sun 2: 2:00 Christ Lutheran Church
- Mon 3: BOGGLE/ Barber Shop/ 2:00 Noodles & Balloons
- Tue 4: 10:00 Cribbage / 2:00 Bingo
- Wed 5: INSERVICE/ 10:00 Dice-Dining / 1:15 Movie/ West
- Thu 6: Beauty Shop / 2:00 Happy Hour
- Fri 7: 10:00 Manicures/ 2:00 Bingo
- Sat 8: 2:00 Bingo

- Sun 9: 2:00 Freedom Community Church
- Mon 10: BOGGLE/ B/B/ 10:00 Manicures/ 2:00 Jack Gorski
- Tue 11: 10:00 Cribbage/ 2:00 Bingo
- Wed 12: 10:00 Plant a Flower Day/ 2:00 Monthly Birthday Party
- Thu 13: Beauty Shop/B/B/ 2:00 Popcorn Day/ Happy Hour
- Fri 14: 10:00 Baking Group/ 2:00 Bingo
- Sat 15: 2:00 Bingo

- Sun 16: 2:00 Activity Staff
- Mon 17: Barber Shop/ 10:00 Dice/ 2:00 St. Patty's Party
- Tue 18: 10:00 Cribbage/1:15 Resident Council/ 2:00 Bingo
- Wed 19: 10:00 Coffee with a Veteran/ 1:15 Movie of the Week
- Thu 20: Beauty Shop/ 2:00 Happy Hour
- Fri 21: 10:00 Monthly Communion/ 2:00 Bingo
- Sat 22: 2:00 Bingo

- Sun 23: 2:00 Activity Staff
- Mon 24: BOGGLE/ 10:00 Manicures/ 2:00 Catapulting Frogs
- Tue 25: 10:00 Cribbage / 2:00 Bingo
- Wed 26: 10:00 Yahtzee/ 2:00 Brown Bag Auction
- Thu 27: Beauty Shop/ 10:00 Dice/ 2:00 Happy Hour
- Fri 28: 10:00 Catholic Mass/ 2:00 Bingo
- Sat 29: 2:00 Bingo

- Sun 30: 2:00 Activity Staff
- Mon 31: BOGGLE/ Barber Shop/ 10:00 Coloring/ 2:00 Baking

Other activities are scheduled, or available daytime and evening include:

- Games:** Scrabble, Yahtzee, Checkers, Dice, Cribbage, Word Find/Crossword Puzzles
- Movies:** Scheduled Tuesday/Thursday evening 6pm in the family room. Movies are always available in the family room with a variety of movies on hand. We will get movies from the public library upon request.
- Crafts and Jigsaw Puzzles:** Always available in activity room and the West Conference Room.
- Books/Magazines:** Activity room Large Print Library and variety of magazines always available.
- Aviary:** Residents are free to come and go at any time in the activity room and see the birds.

Calendar Subject to Change

Newsletter



March is here, and with it comes the celebration of National Nutrition Month. This observance is not just another event on the calendar, but a genuine reminder of the importance of maintaining a healthy and balanced diet for all seniors, including our cherished residents at Meadowbrook Care Center.

National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics, holds special significance for senior citizens. It serves as a gentle nudge to seniors to prioritize their nutrition and embrace a healthier lifestyle through sensible food choices and physical activity.

As we age, our bodies change, and our nutritional needs change with us. Proper nutrition is essential for seniors to maintain their health, energy, and well-being. National Nutrition Month is the ideal occasion to encourage seniors to make educated food choices.

Nutrition Tips for Healthy Aging

Protein Variety: For older adults it's crucial to include a variety of protein sources in your diets. These sources can include beans, nuts, poultry, fish, lean meats, and dairy products. Protein helps preserve muscle mass and strength, supports the immune system, and aids in wound healing.

Fiber-Rich Foods: Seniors are encouraged to adopt diets rich in fiber from sources like whole grains, fruits, and vegetables. Fiber promotes digestive health, preventing constipation and diverticulosis. It also helps weight management by helping you feel full and stabilizing blood sugar levels.

Meal Timing: Maintaining regular meal schedules is also very important for seniors. Aim for three balanced meals a day, with healthy snacks in between as needed. Consistent meal timing helps regulate blood sugar levels, maintains energy levels, and prevents dips that can lead to fatigue and mood swings.

National Nutrition Month is a time to reflect on the importance of a healthy diet, especially as we age. Whether you are residing in a skilled nursing facility or living independently, it's important to always have nourishing choices. Let's embrace this month as an opportunity to appreciate the significance of good nutrition and take steps toward a healthier and happier lifestyle through food.

Let's play! Word Scramble: Nutrition



1. SORELCA _____
2. STFA _____
3. SUODIM _____
4. INMSREAL _____
5. PIRTENO _____
6. ACCLUIM _____
7. TFIRU _____
8. RNENSDGTEII _____
9. GNEIVSR _____
10. ELEARC _____
11. TNUTIRONI _____
12. NVTMSAI _____
13. AANTDRUTUES _____
14. REIFB _____
15. TAHHEYL _____

Meet our Team >>>

Hometown: Salina Curz, Oaxaca, Mexico

Tell us about your Job.

I was a nurse in Mexico for six years and I came to Wisconsin and currently working as a CNA to soon become a nurse in the USA.

Tell us about your family.

My family are in Mexico and they support my decision to come here and become a nurse.

What are your outside Interests?

I enjoy going to the gym and going for runs.

Something not everyone may know about you.

I have a twin sister.

Favorite sport team.

My favorite sports team is the team I swam on when I was going to college. (The Crabs).

Karla Z.
CNA



Testimonial >>>



"My stay was top notch. The staff was great. Everyone was very friendly and know their jobs. I want to thank everyone who made my stay enjoyable. Consider yourselves hugged." - Chris B. - Resident



725 Knapp St
Chetek, WI 54728
Contact us at **715-924-4891**
www.meadowbrookchetek.com



Employee Birthdays

- | | |
|----------------------|----------------------|
| Shane M., Mar 05 | Brandon F., Mar 18 |
| Lucy H., Mar 06 | Cynthia S., Mar 24 |
| Mary Jo, Mar 07 | Dominique J., Mar 25 |
| Cylie R., Mar 08 | |
| Addi M., Mar 11 | |
| Elizabeth S., Mar 13 | |
| Tammy S., Mar 14 | |



2025 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 1 Music Therapy Day
- ▶ Mar 2 Old Stuff Day
- ▶ Mar 3 I Want You to be Happy Day
- ▶ Mar 4 Mardi Grass Fat Tuesday
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 5 Ash Wednesday
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 7 Mant Worker Appreciation Day
- ▶ Mar 8 International Women's Day
- ▶ Mar 10 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 12 Plant A Flower Day
- ▶ Mar 12 Registered Dietitian Nutritionist Day
- ▶ Mar 13 Popcorn Lover's Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St. Patrick's Day
- ▶ Mar 18 Social Worker Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Let's Laugh Day
- ▶ Mar 19 Certified Nurses Day
- ▶ Mar 20 World Storytelling Day
- ▶ Mar 20 Proposal Day
- ▶ Mar 21 World Poetry Day
- ▶ Mar 22 International Goof Off Day
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Waffle Day
- ▶ Mar 25 Tolkien Reading Day
- ▶ Mar 27 Spanish Paella Day
- ▶ Mar 28 Something on a Stick Day
- ▶ Mar 29 Smoke and Mirrors Day
- ▶ Mar 30 Take a Walk in the Park Day
- ▶ Mar 30 Doctor's Day

Also, March is...

- National Nutrition Month
- National Social Work Month
- Women's History Month