



## Upcoming Event >>>

**Tue 1:** 10:00 Cribbage and Dice / 2:00 Bingo

**Wed 2:** INSERVICE/ 10:00 DIY Day Craft / 1:15 Movie

**Thu 3:** Beauty Shop / 10:00 Planting Day/ 2:00 Happy Hour

**Fri 4:** 10:00 Manicures/ 2:00 Bingo

**Sat 5:** 2:00 Bingo

**Sun 6:** 2:00 Chetek/Dovre Lutheran Church

**Mon 7:** BOGGLE/ Barber Shop/ 2:00 Noodles & Balloons

**Tue 8:** 10:00 Cribbage and Dice/ 2:00 Bingo Them Dinner

**Wed 9:** 10:00 Cookie Frost/ 2:00 Monthly Birthday Party

**Thu 10:** Beauty Shop/ 10:00 Manicures/ 2:00 Happy Hour

**Fri 11:** 10:00 Po Ke No/ 2:00 Bingo

**Sat 12:** 2:00 Bingo

**Sun 13:** 2:00 Chetek United Methodist Church

**Mon 14:** BOGGLE/B/B/ 2:00 Easter Craft Group

**Tue 15:** 10:00 Cribbage and Dice/2:00 Bingo

**Wed 16:** 10:00 Coffee with a Veteran/ 1:15 Movie of the Week

**Thu 17:** Beauty Shop/ B/B 10:00 Cookie Frost/ 2:00 Happy Hour

**Fri 18:** 10:00 Trivia/ 2:00 Easter Egg Hunt/ **Good Friday**

**Sat 19:** 2:00 Bingo

**Sun 20:** 2:00 Activity Staff/ **Happy Easter**

**Mon 21:** BOGGLE/ Barber Shop/ 2:00 Jack Gorski

**Tue 22:** 10:00 Cribbage and Dice/ 1:15 Resident Council/ 2:00 Bingo

**Wed 23:** 10:00 Volunteer Coffee/ 1:15 Movie of the Week

**Thu 24:** Beauty Shop/ 10:00 May Day Craft Group/ 2:00 Happy Hour

**Fri 25:** 10:00 Catholic Mass/ 2:00 Bingo

**Sat 26:** 2:00 Bingo

**Sun 27:** 2:00 The Refuge Church

**Mon 28:** BOGGLE/ 10:00 May Day Craft/ 2:00 Noodles & Balloons

**Tue 29:** 10:00 Cribbage and Dice/ 2:00 Bingo

**Wed 30:** 10:00 May Day Craft Group / 2:00 Broen Bag Auction

**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

## Caregiver Anxiety: How to Overcome Anxiety, Stress & Worry

April is Stress Awareness Month. Here are five techniques for recognizing triggers, reducing stress, and overcoming caregiving anxiety.

### COPING WITH CAREGIVER STRESS

**Recognize the Physical Response to Stress:** The first step is to identify when you're becoming anxious. Listen to your body and recognize physical changes in your body: butterflies in the stomach, feeling as if your heart is beating out of your chest, shortness of breath. Don't let your body's symptoms scare you, let them talk to you.

**Pause to Practice Relaxation:** Relaxation techniques, such as deep breathing, can instantly lower the physical symptoms and mental worry associated with anxiety. Place one hand on your stomach above the navel, and the other hand on your chest. Breathe in slowly until the stomach rises and hold your breath for three to five seconds. Then, exhale slowly.

**Accept that Caregiving Brings Uncertainty:** Fear of the unknown plays a huge role in anxiety. Chronic worriers can't stand doubt or unpredictability. They need to know with 100 percent certainty what's going to happen. The problem is, no one can predict the future or control of the outcome of every situation. Thinking about all the things that could go wrong doesn't make life any more predictable and it won't keep bad things from happening.

**Schedule Worry-Time:** If you find yourself constantly fretting about things, set aside a 30-minute period each day where you do nothing but worry. During your worry period, you're allowed to worry about whatever's on your mind. The rest of the day, however, is a worry-free zone. After worry time has expired, vow not to think about your problem again until your anxiety time the following day. When you find yourself worrying, jot down what you are worrying about and resolve to think it through later.

**Avoid Triggers that Cause Stress:** Avoid things that can aggravate the symptoms of anxiety disorders, such as poor diet, caffeine, sugar, smoking, over-the-counter cold medications and alcohol. Research has shown that the top three dietary causes of increased anxiety are caffeine, sugar, and alcohol.

**Reference:** <https://www.agingcare.com/articles/caregiver-anxiety-stress-worry-146701.htm>



# Let's play! Word Scramble: Ways to Relieve Stress

1. ERDA A OKBO \_\_\_\_\_
2. OG ORF A AWLK \_\_\_\_\_
3. ALYP A GMEA \_\_\_\_\_
4. LOOCIGRN \_\_\_\_\_
5. OD A OTSPR \_\_\_\_\_
6. TNEUAR \_\_\_\_\_
7. HSBOEIB \_\_\_\_\_
8. XERAL \_\_\_\_\_
9. ISENTL OT CMSUI \_\_\_\_\_
10. TAKL OT EEMONOS \_\_\_\_\_
11. OG OUDTISE \_\_\_\_\_
12. EOCP \_\_\_\_\_
13. DPEE RTEAGBIHN \_\_\_\_\_
14. PTANI \_\_\_\_\_
15. NJLROAU \_\_\_\_\_

## Meet our Team >>>

Hometown: Tapachula, Chiapas, Mexico

Tell us about your Job.

I have two degrees. In Mexico. Bachelor's Degree/Nursing since 2020 and a CNA here in the USA at Meadowbrook.

Tell us about your family.

Married without children, 3 cats, 2 dogs. Raised by my mother, two brothers in a humble and loving home.

What are your outside Interests?

I love camping, the beach and traveling.

Something not everyone may know about you.

I have ADHD. The way I think, learn, act or process information is different from a neurotypical brain. Noise and smells overstimulate me.

Favorite sport team.

I like soccer and my favorite team is "Club America" but I love boxing too. Favorite fighter is Saul Alvarez "Canelo Alvarez."

**Karen C.**  
CNA



## Employee Birthdays

- |                    |                   |
|--------------------|-------------------|
| Alyssa M., Apr 05  | Karen C., Apr 25  |
| Dorothy R., Apr 08 | Summer H., Apr 26 |
| Pamela P., Apr 11  | Sara J., Apr 30   |
| Angela P., Apr 14  |                   |
| Randall L., Apr 18 |                   |
| William L., Apr 22 |                   |
| Nanette R., Apr 23 |                   |



## 2025 Fun & National Holidays!

- ▶ Apr 1 April Fool's Day
- ▶ Apr 1 Fun at Work Day
- ▶ Apr 3 World Party Day
- ▶ Apr 4 Tell a Lie Day
- ▶ Apr 7 World Health Day
- ▶ Apr 7 Beer Day
- ▶ Apr 7 Coffee Cake Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 14 Intl Moment of Laughter Day
- ▶ Apr 14 Look up the Sky Day
- ▶ Apr 16 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Columnist Day
- ▶ Apr 20 Easter
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Volunteer Recognition Day
- ▶ Apr 23 Administrative Professional Day
- ▶ Apr 23 World Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 26 Richter Scale Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day
- ▶ Apr 30 Oatmeal Cokie Day

## Also, April is...

- Stress Awareness Month
- Occupational Therapy Month
- National Volunteer Week, Apr 20-26, 2025

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