



MEADOWBROOK  
—CHETEK—

**Upcoming Event >>>**

**Mon 1:** BOGGLE/ 10:00 Dice/ 2:00 Catapulting Frog

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

**Wed 3:** PANDA/ 10:00 Courtyard/ 1:15 Movie

**Thu 4:** 2:00 Happy Hour

**Fri 5:** 10:00 Baking Group/ 2:00 Bingo

**Sat 6:** 2:00 Bingo

**Sun 7:** 2:00 Church/ Activity Staff

**Mon 8:** BOGGLE/ B/B/ 10:00 Craft Group/ 2:00 Quilt Show

**Tue 9:** 10:00 Cribbage and Dice/ 2:00 Bingo

**Wed 10:** 10:00 Horse Shoes/ 2:00 Monthly Birthday Party

**Thu 11:** B/B/10:00 PoKeNo / 2:00 Happy Hour

**Fri 12:** 10:00 Wii Bowling/ 2:00 Bingo

**Sat 13:** 2:00 Bingo

**Sun 14:** 2:00 The Refuge

**Mon 15:** BOGGLE/ 10:00 Bible Study/ 2:00 Jack Gorski

**Tue 16:** 10:00 Cribbage and Dice/ 2:00 Bingo

**Wed 17:** PANDA/ 10:00 Coffee with a Veteran/ / 1:15 Movie

**Thu 18:** 10:00 Craft/ 2:00 Happy Hour

**Fri 19:** 10:00 Monthly Communion Service/ 2:00 Bingo

**Sat 20:** 2:00 Bingo

**Sun 21:** 2:00 Faith Baptist Church

**Mon 22:** BOGGLE/ 10:00 Bible Study/ 2:00 Steve Midbow Music

**Tue 23:** 10:00 Cribbage and Dice/ 1:15 Resident Council/ 2:00 Bingo

**Wed 24:** 10:00 Bean Bags/ 2:00 Brown Bag Auction

**Thu 25:** 10:00 Bean Bags/ 2:00 Happy Hour

**Fri 26:** 10:00 Catholic Mass/ 2:00 Bingo

**Sat 27:** 2:00 Bingo

**Sun 28:** 2:00 Christ Lutheran

**Mon 29:** BOGGLE/ 10:00 Baking Group/ 2:00 Noodles Balloons

**Tue 30:** 10:00 Cribbage/ 2:00 Bingo

**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

## Fall Prevention Awareness Month

September is recognized as Fall Prevention Awareness Month. As we age, our risk of falling naturally increases. Physical changes, certain health conditions, and even some medications can affect balance and make falls more likely. In fact, falls are one of the leading causes of injury among older adults. The good news is that many falls can be prevented with a few simple strategies.

- 1. Partner with your doctor:** Talk to your health care provider about your fall risk. Bring a list of your medications—both prescription and over-the-counter—so they can check for side effects that may cause dizziness or drowsiness. Also, share details about any falls you’ve had in the past. Your provider may suggest exercises, therapy, or changes in medication to lower your risk.
- 2. Keep moving:** Regular activity helps maintain strength, balance, and flexibility. Gentle exercises such as walking, water aerobics, or tai chi are great options. If you’re nervous about exercising, ask your provider or a physical therapist for a safe program designed for you.
- 3. Choose safe shoes:** Footwear makes a big difference. Avoid high heels, slippers, or slick-soled shoes. Instead, choose sturdy, well-fitting shoes with non-slip soles. Proper shoes not only help with balance but may also reduce joint pain.
- 4. Create a safe environment:** Look around your living space for hazards. Clear walkways of cords, clutter, or loose rugs. Install non-slip mats in the bathroom, repair loose floorboards, and keep everyday items within easy reach. These small changes can prevent big accidents.
- 5. Light the way:** Good lighting is key to safety. Use night lights in hallways, bathrooms, and bedrooms. Keep flashlights nearby in case of power outages. Always turn on lights before going up or down stairs.
- 6. Use assistive devices when needed:** Don’t hesitate to use tools that make life safer—canes, walkers, grab bars in the bathroom, and handrails on both sides of stairways. An occupational therapist can also recommend other helpful devices for your specific needs.

By taking these steps, you can greatly reduce your risk of falling and stay independent longer. Fall prevention is not just about safety—it’s about protecting your health and confidence every day.

# Let's play! Word Scramble: Game Shows

1. TMNIUE OT WNI TI \_\_\_\_\_
2. ETH ALLW \_\_\_\_\_
3. CPREI SI TGIHR \_\_\_\_\_
4. NMOCMO DLOGNKWEE \_\_\_\_\_
5. RECAAMI YSSA \_\_\_\_\_
6. HET ETKWSAE LNIK \_\_\_\_\_
7. LAIYFM EFUD \_\_\_\_\_
8. ELHWE FO TNERFOU \_\_\_\_\_
9. UVVISRRO \_\_\_\_\_
10. OPARYJED \_\_\_\_\_
11. ADLE RO ON LADE \_\_\_\_\_
12. ETH INGTAD GEMA \_\_\_\_\_

## Meet our Team >>>

Hometown: Weyerhaeuser, WI

Tell us about your Job.

I am a housekeeping aide. You never know what each day will bring. I especially enjoy interacting with residents and the staff who is always willing to lend a helping hand.

What are your outside Interests?

An avid reader. Suspense, thrillers and science fiction. Olive Cussler is a favorite author along with others.

Something not everyone may know about you.

I crochet and do various kinds of crafts. I love animals and have a cat named "Squeaks."

Favorite sport team.

I'm not much for sports but I will root on the Packers. "Go Pack Go."

**Andrea F.**

Housekeeper



## Testimonial >>>



*"I chose Meadowbrook as I heard they had the best PT in the area. Boy they weren't kidding, thank you! I loved it here. Everyone was so sweet and helpful. It felt like home. I would recommend it because I want them to get the best care. Their goal was my goal: to get healthy and strong so I could go home. Everyone was awesome, helpful and I came in scared but I am leaving with a new look and new friends and family!" - Pam K. - Resident*



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## Employee Birthdays

Karla Z., Sep 02

Nona E., Sep 04

Kenneth T., Sep 05

Chelsea L., Sep 15

Katelyn D., Sep 23

Richard L., Sep 26

Laura W., Sep 30



## 2025 Fun & National Holidays!

- ▶ Sep 1 Labor Day!
- ▶ Sep 1 Emma Nutt Day
- ▶ Sep 3 World Beard Day
- ▶ Sep 4 Eat an Extra Dessert Day
- ▶ Sep 5 Intl Day of Charity
- ▶ Sep 5 Cheese Pizza Day
- ▶ Sep 6 Fight Procrastination Day
- ▶ Sep 6 Read a Book Day
- ▶ Sep 7 Grandparents Day
- ▶ Sep 7 Salami Day
- ▶ Sep 8 Pardon Day
- ▶ Sep 9 Teddy Bear Day
- ▶ Sep 11 Patriot Day, 911 Remembrance
- ▶ Sep 12 Chocolate Milkshake Day
- ▶ Sep 13 Positive Thinking Day
- ▶ Sep 15 Make a Hat Day
- ▶ Sep 16 Collect Rocks Day
- ▶ Sep 16 Guacamole Day
- ▶ Sep 17 Intl Country Music Day
- ▶ Sep 18 Rice Krispie Treat Day
- ▶ Sep 19 Butterscotch Pudding Day
- ▶ Sep 19 Talk Like a Pirate Day
- ▶ Sep 20 National CleanUp Day
- ▶ Sep 22 State Capital Day
- ▶ Sep 22 Ice Cream Cone Day
- ▶ Sep 23 Checkers Day
- ▶ Sep 24 Punctuation Day
- ▶ Sep 25 Comic Book Day
- ▶ Sep 26 Pancake Day
- ▶ Sep 28 Good Neighbor Day
- ▶ Sep 29 Veterans of Foreign Wars Day
- ▶ Sep 30 Hot Mulled Cider Day

## Also, September is...

Fall prevention awareness Month  
National Assisted Living Week – Sep 7-13  
Healthcare Environmental Services Week – Sep 14-30