



**Upcoming Event >>>**

- Sun 1:** 2:00 Christ Lutheran church
  - Mon 2:** BOGGLE/ 10:00 Bowling/
  - Tue 3:** Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo
  - Wed 4:** 10:00 Horseshoes / 1:15 Movie
  - Thu 5:** 10:00 Baking Group/ 2:00 Happy Hour
  - Fri 6:** 10:00 Baking Group / 2:00 Bingo
  - Sat 7:** 2:00 Bingo/ Girls Scout Sales

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  - Sun 8:** 2:00 Freedom Community Church
  - Mon 9:** BOGGLE/ Barber/ 10:00 Crats/ 2:00 Steve Midboe Music
  - Tue 10:** Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo
  - Wed 11:** 10:00 Manicures/ 1:15 Movie of the Week
  - Thu 12:** 10:00 Plant a Flower/ 2:00 Happy Hour
  - Fri 13:** 10:00 St Patrick Trivia/ 11:30-12:30 Harp/ 2:00 Bingo
  - Sat 14:** 2:00 Bingo

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  - Sun 15:** 2:00 Activity Staff
  - Mon 16:** BOGGLE/ B/B/ 10:00 Exercises Balloons/ 2:00 Jack Gorski
  - Tue 17:** Beauty Shop/ 10:00 Cribbage Dice / 2:00 St Patrick Happy hr
  - Wed 18:** Inservice/ 10:00 Crafts/ 1:15 Movie
  - Thu 19:** 10:00 Exercises/ 2:00 Happy Hour
  - Fri 20:** 10:00 Communion/ Memorial Service/ 2:00 Bingo
  - Sat 21:** 2:00 Bingo

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  - Sun 22:** 2:00 Activity Staff
  - Mon 23:** BOGGLE/ 2:00 Bean Bag Toss/ 2:00 Wack a Mole
  - Tue 24:** Beauty Shop/ 10:00 Cribbage Dice/ 1:15 Resident Council/ 2:00 Bingo
  - Wed 25:** 10:00 Easter Crafts/ 2:00 Brwon Bag Auction
  - Thu 26:** 10:00 Bowling/ 2:00 Happy Hour
  - Fri 27:** 10:00 Catholic Mass / 2:00 Fish Fry
  - Sat 28:** 2:00 Bingo

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  - Sun 29:** 2:00 Chetek/Dovre Lutheran
  - Mon 30:** BOGGLE/ 2:00 Slots of Fun
  - Tue 31:** Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo
- Beauty Shop Open Tuesdays 9:30, Barber Shop Monday 9:30  
Thursdays 6:00 PM Assorted games in Family Room  
Thursday 6:00 PM Movie in Family Room/West  
Second Wednesday 10:00 AM Chetek Lutheran/Tabitha Circle  
Wednesday 10:00 AM Coffee with a Veteran**

\*\*\*Calendar Subject to Change\*\*\*

# Newsletter

## Medication Safety For Seniors

Medication safety is especially important for older adults, who often take multiple prescriptions and face higher risks of drug interactions, side effects, and dosing errors. This article highlights how caregivers can reduce those risks by actively engaging with pharmacists—an often underused but highly valuable healthcare resource.

According to National Council on Patient Information and Education, adults age 65+ are significantly more vulnerable to medication-related complications. Experts from FamilyWize recommend asking pharmacists key questions whenever a new prescription is filled to ensure medications are used safely and effectively.

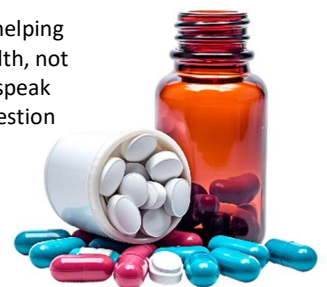
Key takeaways include:

- Confirm the medication name (brand and generic) and its purpose.
- Check for duplicate or unnecessary prescriptions, especially when multiple doctors are involved.
- Understand dosing instructions, timing, missed-dose guidance, and potential side effects.
- Ask about food, supplement, or activity restrictions and proper storage requirements.
- Clarify how long the medication should be taken and when it should be reviewed.

### 3 Tips for Organizing Medications at Home:

1. Keep an updated master list of all prescriptions and over-the-counter products.
2. Store medications safely and according to instructions, following guidance from the Centers for Disease Control and Prevention.
3. Use apps or tracking tools to prevent missed doses and refills.

This simple conversation is a powerful act of prevention, helping to ensure that every pill taken is a step toward better health, not a potential risk. So, keep this list handy, don't hesitate to speak up, and remember that there is no such thing as a silly question when it comes to safety. Your proactive approach is the key to managing medications with confidence and clarity.



Reference: <https://dailycaring.com/senior-medication-safety-9-important-questions-to-ask-the-pharmacist/>

# Let's play! Word Scramble: Art & Crafts

1. STCLPUIGN \_\_\_\_\_
2. IGWEANV \_\_\_\_\_
3. ESCKIGTNH \_\_\_\_\_
4. NRGADWI \_\_\_\_\_
5. WLIGNSAGOBSL \_\_\_\_\_
6. RACPS INOBKGO \_\_\_\_\_
7. IAOIGMR \_\_\_\_\_
8. TRTEOYP \_\_\_\_\_
9. OIDONGWWRKO \_\_\_\_\_
10. ERAMAMC \_\_\_\_\_
11. LPIYHRGCLA \_\_\_\_\_
12. SEIWGN \_\_\_\_\_
13. TIIGPNNA \_\_\_\_\_
14. DOIYEREMRB \_\_\_\_\_
15. ERPAP ACFRT \_\_\_\_\_

## Meet our Team >>>

Hometown: Emerson, Iowa

### Job Overview.

I've been CNA for 30 years. working on Nursing Degree.

### Tell us about your Family.

I have my husband Andrew and four children: Christian, Isabella, Santos and Catalina.

### What are your outside Interests?

I love singing in church choir, yoga, gardening, coaching and arts and crafts.

### Something not everyone may know about you.

I am a body piercer, also like to practice healing remedies. We own a Tattoo business - Jo's Custom Tattooing & Piercing.

### Favorite sport team.

Green Bay Packers and the St. Louis Cardinals.

**Leah V.**  
CNA



## Testimonial >>>



*"My stay was really good. The food was the best.  
Meadowbrook at Chetek is a very nice place and very clean."*

*- C. Smith - Resident*



725 Knapp St  
Chetek, WI 54728  
Contact us at **715-924-4891**  
[www.meadowbrookchetek.com](http://www.meadowbrookchetek.com)



## Employee Birthdays

Emmie C., Mar 02  
Lucy H., Mar 06  
Mary S., Mar 07  
Jay C., Mar 07  
Adelissa M., Mar 11  
Aiden M., Mar 12  
Kylie B., Mar 16

Cynthia S., Mar 24  
Dominique J., Mar 25



## 2026 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 3 Cold Cut Day
- ▶ Mar 5 Cinco de Marzo
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 6 Dress in Blue Day
- ▶ Mar 7 Flapjack Day
- ▶ Mar 7 Cereal Day
- ▶ Mar 8 Daylight Saving Time
- ▶ Mar 9 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 11 Registered Dietitian Nutritionist Day
- ▶ Mar 12 Plant a Flower Day
- ▶ Mar 14 Pi Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St Patrick's Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Nurses Day
- ▶ Mar 19 Lets Laugh Day
- ▶ Mar 20 First Day of Spring
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Eat a 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 National Doctors' Day
- ▶ Mar 31 Bunsen Burner Day

## Also, March is...

National Nutrition Month  
Social Work Month  
Women's History Month