



MEADOWBROOK  
— APPLETON —

## Upcoming Event >>>

**Tue 1:** 10:00 Music & Memory/ 1:30 Yahtzee/ 6:00 Color Me Calm

**Wed 2:** 10:00 Morning Mugs/ 1:30 / **Natl Ice Cream Sandwich Day!**

**Thu 3:** 10:00 Group Therapy/ 2:00 Bingo/ **Natl Watermelon Day!**

**Fri 4:** 0:00 Breakfast club /1:30 Cookie Making/ **Natl Choc Chip Cookie Day!**

**Sat 5:** 10:30 Board Games

**Sun 6:** Virtual Church Serv/10:00 Bagels & Brew/ 7:00 Movie Night/ **Natl Root Beer Float Day!**

**Mon 7:** 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

**Tue 8:** 10:00 Music & Memory/1:30 Farkle/ 6:00 Color Me Calm

**Wed 9:** 10:00 Morning Mugs/ 1:30 Dice Bingo

**Thu 10:** 10:00 Group Therapy/ 2:00 Bingo/ **Natl Smoes Day!**

**Fri 11:** 10:00 Breakfast Club/ 1:30 Movie & Popcorn

**Sat 12:** 10:30 Crafts/ **Natl Bowling Day!**

**Sun 13:** Virtual Church Serv/10:00 Bagels & Brew/7:00 Movie Night

**Mon 14:** 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

**Tue 15:** 10:00 Music & Memory/ 1:30 Yahtzee / 6:00 Color Me Calm

**Wed 16:** 10:00 Morning Mugs/ 1:30 UNO

**Thu 17:** 10:00 Group Therapy/ 2:00 Bingo

**Fri 18:** 10:00 Breakfast Club/ 1:30 Crafts

**Sat 19:** 10:30 Dice Bingo

**Sun 20:** Virtual Church Serv/ 10:00 Bagels&Brew/7:00 Movie Night

**Mon 21:** 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

**Tue 22:** 10:00 Music & Memory/ 1:30 Resident Council/ 6:00 Color Me Calm

**Wed 23:** 10:00 Morning Mugs/ 1:30 Go Fish

**Thu 24:** 10:00 Group Therapy/ 2:00 Birthday Bingo/ **Natl Waffle Day!**

**Fri 25:** 10:00 Breakfast club/ 1:30 Movie & Popcorn

**Sat 26:** 10:30 Boggle

**Sun 27:** Virtual church Serv/ 10:00 Bagels&Brew/ 7:00 Movie Night

**Mon 28:** 1:1 Room Visits/ 11:00 Wii Games/ 1:30 Jackpot

**Tue 29:** 10:00 Music & Memory/1:30 Farkle/ 6:00 Color Me Calm

**Wed 30:** 10:00 Morning Mugs/ 1:30 King's Corner/ **Natl Beach Day!**

**Thu 31:** 10:00 Group Therapy/ 2:00 Bingo/ **Natl Eat Outside Day!**

Every Friday: Cribbage Group 10:30 - Daily Activity: 5 AM – 9 AM Good Day Wisconsin in Living Rm. Mail will be delivered daily by Kjersti or Kayla. Daily M-F - Snack/Hydration Station 3:30 pm with Exercise. Nails Every Thurs afternoon (2:30) in AR \*\*\*\* Activities may change\*\*\*\*

# Newsletter

## 5 Signs of Vitamin D Deficiency in the Elderly

Scientists define vitamins as organic compounds that are vital for normal metabolic function that must be consumed because they cannot be produced in the body. Vitamin D, however, is a little bit different from other vitamins because it is produced by the body in a chemical reaction that occurs when the skin is exposed to UVB rays from sunlight.

Diet helps but, according to the Endocrine Society, most people only get about 10 percent of their nutritional requirement for vitamin D from the food they eat. Even though many foods are fortified with added vitamin D, such as dairy products, orange juice and cereals, the amounts these products contain still fall short of the recommended daily allowance (600 IU for adults ages 19–70 and 800 IU for adults over 70).

A number of factors can play a role in vitamin D deficiencies in older adults. Because they spend the majority of their time indoors, older adults get minimal exposure to natural sunlight. Additionally, as skin thins with age, vitamin D synthesis becomes much less efficient. Reduced appetite and impaired absorption of nutrients further compound this problem for seniors.

### SYMPTOMS OF VITAMIN D DEFICIENCY IN SENIORS

Be aware of the symptoms of vitamin D deficiency to ensure older adults get the nutrients they need:

**Weak Muscles:** In general, seniors tend to feel a heaviness in their legs and have difficulty standing up and climbing stairs. Vitamin D is also necessary for aiding and regulating calcium absorption and keeps bones, muscles and teeth in excellent condition.

**Changes in Mood and Cognitive Function:** Since vitamin D converts into the active hormone, calcitriol, it functions differently within the body than other true vitamins. Vitamin D is believed to help regulate immune function and the release of neurotransmitters in the brain that influence moods (dopamine and serotonin).

**Weight Gain:** Vitamin D appears to play an important role in regulating appetite and body weight as well. It's believed that vitamin D controls the levels of leptin in the body—another hormone that inhibits hunger and reduces fat storage.

**Fatigue:** Low vitamin D levels may also cause widespread pain in areas like the shoulders, pelvis, ribcage and lower back, which can leave a senior feeling drained.

**Digestive Issues:** Studies have shown that low vitamin D levels may contribute to the development of inflammatory bowel disease (IBD), a condition characterized by chronic inflammation in the digestive tract.

Vitamin D is an extremely important nutrient that the body needs to function properly, and insufficiencies may trigger severe health problems. The combination of symptoms caused by low vitamin D, such as fatigue, pain and depression can easily be misdiagnosed or written off as inevitable side effects of aging. Be sure to make a doctor's appointment if you notice any of the above symptoms in your loved one. A simple blood test and recommendation for lifestyle changes and/or an over-the-counter vitamin D supplement can help seniors feel better fast.

Reference: <https://www.agingcare.com/articles/signs-vitamin-d-deficiency-in-seniors-176286.htm>

# Let's play! Word Search: Summer Activities



- |          |          |              |            |
|----------|----------|--------------|------------|
| TENNIS   | WALK     | CAMPING      | BIKERIDE   |
| PARK     | BEACH    | BARBECUE     | SUNBATHING |
| MINIGOLF | ROADTRIP | BERRYPICKING | FISHING    |
| SWIMMING | HOLIDAY  | FESTIVAL     | PICNIC     |



## Employee Birthdays

- Ashley J., Aug 10
- Jordyn P., Aug 16
- Patricia C., Aug 18
- Monique A., Aug 19
- Kavitha M., Aug 21
- Magnum B., Aug 28



## FUN FACTS ABOUT AUGUST

- **August was once the 6th month of the year.** In the Roman calendar, August was known as "Sextilis", the Latin word for 6. It wasn't until 700 BC when January and February were added to the calendar, that August was bumped down to become the 8th month of the year.
- **No other month with the same starting day.** Here is one of the more interesting August facts – in a regular year, no other month starts on the same day of the week as August.
- **The underrated birthstone of August.** Peridot is a stunning green gem that is forged in lava.
- **The strange days of August.** August 3rd is National Watermelon Day. August 10th is National Lazy Day. Maybe our favorite, August 16th is National Roller Coaster Day. And finally, August 28th is fancy, it's National Bow Tie Day!
- **August is the month of Sandwiches!** This makes sense because the sandwich was invented in August of 1762 when the Earl of Sandwich (yes, that's a real guy) requested two pieces of bread with meat inside.
- **The most famous speech ever given.** It was on August 28th, 1963 that Martin Luther King Jr. gave his "I Have a Dream" speech on the steps of the Lincoln Memorial in Washington, DC.
- **The disaster of August.** On August 6th, 1945, the US deployed the first atomic bombs on the Japanese cities of Hiroshima and Nagasaki.
- **The deaths of two American icons.** Two of America's most iconic superstars met their early deaths in the month of August. The original blonde bombshell, actress Marilyn Monroe died on August 4th, 1962. Elvis Presley, the King of Rock and Roll, died on August 16th, 1977.

## Meet our Team >>>

### Sophie B. Social Services Assistant



Hometown: Little Chute, WI

Tell us about your Job.

I'm the social services assistant so I'm working with Amber to ensure the residents' needs are being met.

Tell us about your family.

I'm really close with my parents and was the maid of honor for my sister two years ago so I have a new brother that I'm really close with as well!

What are your outside Interests?

Outside of work, I enjoy golfing, road trips, and gardening with my mom.

Something not everyone may know about you.

I can't swim and have failed all lessons I've ever had.

Favorite sport team.

Packers

## Testimonial >>>



*"The staff were amazing, very helpful, and considerate. I always received quick and friendly responses to my call light"*

**John M. - Resident**



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[www.meadowbrookappleton.com/](http://www.meadowbrookappleton.com/)



<https://www.funfactsabout.com/fun-facts-about-august/>