



MEADOWBROOK
— APPLETON —



Upcoming Event >>>

Tue 1: 9:30 Coffee Social/ 10:30 Curr. Events/ 1:30 Manicures
Wed 2: 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Noddle ball
Thu 3: 10:00 Volleyball/ 1:30 Afternoon Crafts/ 2:30 Trivia
Fri 4: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
Sat 5: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
Sun 6: 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts/
 Packer Game 3:25
Mon 7: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Baking w/friends
Tue 8: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Farkle
Wed 9: 9:30 Coffee Social/ 10:30 Germany Video/ 1:30 Craft/ 2:30
 Snacks & Fats/ **Travel to Germany**
Thu 10: 10:00 Volleyball/ 1:30 Spa Day - Foot Soaks
Fri 11: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
Sat 12: 8:00 Rm Visits/ 10:00 Coffee & Chat/ 1:30 Open Crafts
Sun 13: 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts/
 Packers Game noon
Mon 14: 9:30 Coffee Soc./ 10:30 Curr Events/1:30 Columbus
 Jeopardy
Tue 15: 9:30 One-on-ones/10:30 AM Stretches/ 1:30 Racket Ball
Wed 16: 9:30 Coffee Social/ 10:30 Curr Event/ 1:30 Massage/Aroma
 Therapy
Thu 17: 10:00 Volleyball/ 1:30 Crafts/ 2:30 Hangman
Fri 18: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
Sat 19: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
Sun 20: 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts/
 Packer Game noon
Mon 21: 9:30 Coffee social/ 10:30 Current Event/1:30 Wine&Canvas
Tue 22: 9:30 One-on-ones/10:30 AM Stretches/1:30 Jackpot
Wed 23: 9:30 Coffee Soc./10:30 Curr Event/ 1:30 Movie & Popcorn
Thu 24: 10:00 Volleyball/ 1:30 Bingo Store/ 2:30 B-day Bash
Fri 25: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
Sat 26: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
Sun 27: 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open
 Craft/ Packer Game noon
Mon 28: 9:30 Coffee Soc./ 10:30 Curr Events/ 1:30 Halloween game
Tue 29: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Halloween
 Family Feud
Wed 30: 9:30 Coffee Soc./ 10:30 Curr Events/1:30 Pumpkin Painting
Thu 31: 10:00 Volleyball/ 1:30 Resident Council/ 2:30 Ice cream Soc.

Monday-Friday's Morning Visits 8:30 am
Snack Pass Daily at 3:30 pm

****All Activities are subject to change****

Newsletter

Flu Shot for Seniors: 5 Reasons Why It's So Important

The 2024-2025 flu season is here. Getting an annual flu vaccine reduces the severity and spread of respiratory illness.

This is more important than ever because flu, RSV, and Covid-19 are all circulating during the fall and winter seasons.

Flu vaccination is especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu – and from Covid-19.



5 reasons why flu shots for seniors are so important

- 1 Flu is a serious health risk for seniors: Older adults are one of the highest risk groups for flu and for them, flu can quickly develop into a severe illness and could cause death. Getting a flu shot significantly reduces the chance that an older adult will get severely ill.
- 2 Seniors and caregivers are at higher risk for flu: Many seniors are vulnerable to seasonal flu because their immune systems are weaker due to age and often made worse by chronic health conditions. For caregivers, the chronic stress of taking care of your older adult impairs your immune system and makes you more vulnerable to illness. And spending a lot of time with your older adult means passing germs back and forth.
- 3 Getting the flu shot reduces flu risk and severity: Even if the flu vaccine isn't 100% effective, it's still worthwhile. Research shows that if someone who is vaccinated does get the flu, they will have a milder case. People 65 and older are at high risk of serious flu complications and account for the majority of flu hospitalizations and deaths each year. However, seniors who got the flu shot reduced their risk of being hospitalized due to the flu by about 40%.
- 4 The flu vaccine is free under Medicare: If your older adult has Medicare, the flu shot is free as long as the provider accepts Medicare. Most private insurance companies cover flu shots as a preventive service. If you don't have insurance, many drugstores and clinics offer flu shots at low cost.
- 5 Protects against deadly flu complications: A severe form of pneumonia is a common and deadly complication of the flu. In addition to the flu shot, people 65 or older, smokers, and those with diabetes or lung problems should consider getting a pneumococcal vaccination. The pneumococcal vaccine isn't needed every year, so be sure to check with your older adult's doctor to find out if they need one this year.

Let's play! Word Scramble: Halloween



1. CSARY _____
2. OOSYKP _____
3. MUYYM _____
4. ERMCSA _____
5. ATUHN _____
6. UIPPKMN _____
7. SPRIED _____
8. TSGHO _____
9. EYPCER _____
10. EEWNLHLOA _____
11. BDLOO _____
12. CRCASERWO _____
13. ELSNETKO _____
14. RCKIT _____
15. AYDCN _____
16. MIEAVPR _____
17. ARETT _____
18. EMOSCU _____



Employee Birthdays

Any G., Oct 04 Randi S., Oct 13
 Yolande B., Oct 04 Lumetric S., Oct 29
 Renee L., Oct 05 Autumn B., Oct 30
 Nicole W., Oct 07
 Margaret H., Oct 10
 Cala O., Oct 12
 Tammy M., Oct 12



2024 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Homemade Cookie Day
- ▶ Oct 4 Taco Day
- ▶ Oct 4 World Smile Day
- ▶ Oct 5 Card Making Day
- ▶ Oct 8 Pierogi Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 12 Old Farmers Day
- ▶ Oct 13 Breast Cancer Awareness Day
- ▶ Oct 13 Cinema Day
- ▶ Oct 14 Columbus Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 Cheese Curd Day
- ▶ Oct 16 Sports Day
- ▶ Oct 16 Boss's Day
- ▶ Oct 17 Wear Something Gaudy Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 19 Sweetest Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 23 World Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 25 I Care About You Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 Chocolate Day
- ▶ Oct 28 First Responders Day
- ▶ Oct 29 Oatmeal Day
- ▶ Oct 29 Cat Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 Halloween
- ▶ Oct 31 Caramel Apple Day

October also is...

Breast Cancer Awareness Month
 Physical Therapy Month
 Food Service Week Oct. 6th-12th

Meet our Team >>>

Hometown: Sheboygan, WI.

Tell us about your Job.

I am Meadowbrook Appleton's Human Resource Director. In my role, I oversee all aspects of the HR department.

Tell us about your family.

I have been married to my husband for 15 years. I'm a mother of four: Nova (12 years old), Darla (11 years old), Caleb (10 years old) and Armin (5 years old).

What are your outside Interests?

I love to fish! My family and I like to go at Sturgeon Bay during the spring, summer, and fall season. We tend to hibernate during the winter. I enjoy being outdoors during the warm weather.

Something not everyone may know about you.

I am the youngest of six in my family. Hmong is my first language, and English is my second; I'm fluent in two dialects: Hmong white and Hmong green. I played the violin from elementary school through high school, and now I've passed my violin down to my daughter.

Favorite sport team

Of course, Green Bay Packers, Chicago Bulls & the Brewers!!

Katie T.
Human Resources



Testimonial >>>



It was very nice. The people were very nice and I made some new friends. I would recommend Meadowbrook because of the staff and residents. The therapies were great. I received support from the staff. I love the activities. It was great to meet the Chaplain."

- Suzanna M. - Resident



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