



Upcoming Event >>>

- Sat 1:** 8:00 Visiting Hour/ 10:00 Coffee & News/ 2:00 Activity cart
- Sun 2:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 3:** 10:00 Manicures/ 1:30 Jackpot/ 5:00 Evening News
- Tue 4:** 10:00 Cribbage/ 1:30 Movie & Popcorn
- Wed 5:** 9:30 1:1 Visits/ 1:30 Crafting Together
- Thu 6:** 10:00 Volleyball/ 1:30 Oreo Cookies/ 2:00 Trivia
- Fri 7:** 10:30 Bingo/ 1:30 Coffee/Cocoa cart
- Sat 8:** 8:00 Visiting Hours/ 10:00 Coffee & News/2:00 Activity cart
- Sun 9:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 10:** 9:30 Resident Shopping/1:30 Jackpot/ 5:00 Evening News
- Tue 11:** 10:00 Farkle/1:30 Movie & Popcorn
- Wed 12:** 9:30 1:1 Visits/ 1:30 Crafting Together
- Thu 13:** 10:00 Volleyball/ 1:30 Yahtzee/ 5:00 Reading Hour
- Fri 14:** 10:30 Bingo/ 1:30 Live Music (Ben Houle)
- Sat 15:** 8:00 Visiting Hours/ 10:00 Coffee & News/2:00 Activity cart
- Sun 16:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 17:** 10:00 Manicures/1:30 Jackpot/ 5:00 Evening News
- Tue 18:** 10:00 Cribbage/ 1:30 Movie & Popcorn
- Wed 19:** 9:30 1:1 Visits/ 1:30 Canvas Painting
- Thu 20:** 10:00 Volleyball/ 2:00 Mad Libs Story Games/ 5:00 Reading Hour
- Fri 21:** 10:30 Bingo/ 1:30 Coffee/Cocoa Cart
- Sat 22:** 8:00 Visiting Hrs/ 10:00 Coffee & News/ 2:00 Activity cart
- Sun 23:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 24:** 9:30 Resident Shopping/1:30 Bday Bingo/ 5:00 PM News
- Tue 25:** 10:00 Farkle/ 1:30 Movie & Popcorn
- Wed 26:** 9:30 1:1 Visits/ 1:30 Crafting Together
- Thu 27:** 10:00 Volleyball/ 1:30 Resident Council/ 5:00 Reading Hr
- Fri 28:** 10:30 Bingo/ 1:00 Coffee/Cocoa cart
- Sat 29:** 8:00 Visiting Hour/ 10:00 Coffee & News/ 2:00 Activity cart
- Sun 30:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 31:** 10:00 Hagman/1:30 Jackpot/ 5:00 Evening news

ALL ACTIVITIES SUBJECT TO CHANGE

**DAILY ACTIVITIES: 8A MORNING VISITS, 9A FOX-11 NEWS
IN TV ROOM, 3P SNACK PASS.**

**RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO
KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY**

Newsletter



March is here, and with it comes the celebration of National Nutrition Month. This observance is not just another event on the calendar, but a genuine reminder of the importance of maintaining a healthy and balanced diet for all seniors, including our cherished residents at Meadowbrook Care Center.

National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics, holds special significance for senior citizens. It serves as a gentle nudge to seniors to prioritize their nutrition and embrace a healthier lifestyle through sensible food choices and physical activity.

As we age, our bodies change, and our nutritional needs change with us. Proper nutrition is essential for seniors to maintain their health, energy, and well-being. National Nutrition Month is the ideal occasion to encourage seniors to make educated food choices.

Nutrition Tips for Healthy Aging

Protein Variety: For older adults it's crucial to include a variety of protein sources in your diets. These sources can include beans, nuts, poultry, fish, lean meats, and dairy products. Protein helps preserve muscle mass and strength, supports the immune system, and aids in wound healing.

Fiber-Rich Foods: Seniors are encouraged to adopt diets rich in fiber from sources like whole grains, fruits, and vegetables. Fiber promotes digestive health, preventing constipation and diverticulosis. It also helps weight management by helping you feel full and stabilizing blood sugar levels.

Meal Timing: Maintaining regular meal schedules is also very important for seniors. Aim for three balanced meals a day, with healthy snacks in between as needed. Consistent meal timing helps regulate blood sugar levels, maintains energy levels, and prevents dips that can lead to fatigue and mood swings.

National Nutrition Month is a time to reflect on the importance of a healthy diet, especially as we age. Whether you are residing in a skilled nursing facility or living independently, it's important to always have nourishing choices. Let's embrace this month as an opportunity to appreciate the significance of good nutrition and take steps toward a healthier and happier lifestyle through food.

Let's play! Word Scramble: Nutrition



1. SORELCIA _____
2. STFA _____
3. SUODIM _____
4. INMSREAL _____
5. PIRTENO _____
6. ACCLUIM _____
7. TFIRU _____
8. RNENSDGTEII _____
9. GNEIVSR _____
10. ELEARC _____
11. TNUTIRONI _____
12. NVTMSAII _____
13. AANTDRUTUES _____
14. REIFB _____
15. TAHHEYL _____

Meet our Team >>>

Hometown: Menasha, WI.

Tell us about your Job.

I make delicious and nutritious meals for residents. I always serve them with a smile.

Tell us about your family.

I live at home with my boyfriend Xavier, mom, brother, sister, and great grandpa.

What are your outside Interests?

I enjoy coloring and spending time with my 2 cats (pumpkin and Leo)

Something not everyone may know about you.

My favorite animal is a pig.

Favorite sport team

Green Bay Packers!

Sadie M
Cook



Testimonial >>>



"I chose Meadowbrook at Appleton as it was recommended by the hospital. I had a very good stay. Activities was the best part and staff are nice. I received good care and would recommend. Meadowbrook helped get everything in order for me to return home." - Victor H. - Resident



1335 S. Oneida St.
Appleton, WI 54915
Contact us at **920-731-6646**
www.meadowbrookappleton.com/



Employee Birthdays

- Shane M., Mar 05
- Sayveon B., Mar 08
- Lisa K., Mar 09
- Peng X., Mar 09
- Jennifer T., Mar 12



2025 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 1 Music Therapy Day
- ▶ Mar 2 Old Stuff Day
- ▶ Mar 3 I Want You to be Happy Day
- ▶ Mar 4 **Mardi Grass Fat Tuesday**
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 5 Ash Wednesday
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 7 Mant worker Appreciation Day
- ▶ Mar 8 International Women's Day
- ▶ Mar 10 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 12 Plant A Flower Day
- ▶ Mar 12 Registered Dietitian Nutritionist Day
- ▶ Mar 13 Popcorn Lover's Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 **St. Patrick's Day**
- ▶ Mar 18 **Social Worker Day**
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Let's Laugh Day
- ▶ Mar 19 Certified Nurses Day
- ▶ Mar 20 World Storytelling Day
- ▶ Mar 20 Proposal Day
- ▶ Mar 21 World Poetry Day
- ▶ Mar 22 International Goof Off Day
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 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 Take a Walk in the Park Day
- ▶ Mar 30 Doctor's Day

Also, March is...

- National Nutrition Month
- National Social Work Month
- Women's History Month