



Upcoming Event >>>

- Tue 1:** 9:30 Resident Shopping/ 1:30 Movie & Popcorn
- Wed 2:** 9:30 1:1 Visits/ 1:30 Crafting Together
- Thu 3:** 10:00 Volleyball/ 1:30 Yahtzee/ 5:00 Reading Hour
- Fri 4:** 10:30 Bingo/ 1:30 Color Me Calm
- Sat 5:** 8:00 Visiting Hour/ 10:00 Coffee & News/2:00 Activity cart
- Sun 6:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 7:** 10:00 Nails / 1:30 Jackpot/ 5:00 Evening News
- Tue 8:** 9:30 Resident Shopping/1:30 Movie & Popcorn
- Wed 9:** 9:30 1:1 Visits/ 1:30 Canvas Painting
- Thu 10:** 10:00 Volleyball/ 1:30 Cribbage/ 5:00 Reading Hour
- Fri 11:** 10:30 Bingo/ 1:30 Color Me Calm
- Sat 12:** 8:00 Visiting Hour/ 10:00 Coffee & News/2:00 Activity cart
- Sun 13:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 14:** 10:00 Farkle/1:00 Live Music w/Jackpot/ 5:00 Evening News
- Tue 15:** 9:30 Resident Shopping/ 1:30 Bingo Store
- Wed 16:** 9:30 1:1 Visits/ 1:30 Easter Craft (Dye Eggs)
- Thu 17:** 10:00 Volleyball/ 1:30 Yahtzee/ 5:00 Reading Hour
- Fri 18:** 10:30 Bingo/ 1:30 Color Me Calm/ **Good Friday**
- Sat 19:** 8:00 Visiting Hour/ 10:00 Coffee & News/ 2:00 Activity cart
- Sun 20:** 10:00 Virtual Church/ 2:00 Puzzles/ **Happy Easter**
- Mon 21:** 10:00 Nails / 1:30 Jackpot / 5:00 Evening News
- Tue 22:** 9:00 Resident Shopping/ 1:00 Paint & Plant Seedling Pots
- Wed 23:** 9:30 1:1 Visits/ 1:30 Root beer Floats w/Trivia
- Thu 24:** 10:00 Volleyball/ 1:30 Cribbage/ 5:00 Reading Hour
- Fri 25:** 10:30 Bingo/ 1:00 Color Me Calm
- Sat 26:** 8:00 Visiting Hour/ 10:00 Coffee & News/ 2:00 Activity cart
- Sun 27:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 28:** 10:00 Hagman/1:30 Farkle/ 5:00 Evening news
- Tue 29:** 9:30 Resident Shopping/ 1:30 Bday Bingo
- Wed 30:** 10:00 Dog Therapy/ 1:30 Resident Council/ 2:00 Cat Therapy/ **Wacky Wed: twin Day**

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

Caregiver Anxiety: How to Overcome Anxiety, Stress & Worry

April is Stress Awareness Month. Here are five techniques for recognizing triggers, reducing stress, and overcoming caregiving anxiety.

COPING WITH CAREGIVER STRESS

Recognize the Physical Response to Stress: The first step is to identify when you're becoming anxious. Listen to your body and recognize physical changes in your body: butterflies in the stomach, feeling as if your heart is beating out of your chest, shortness of breath. Don't let your body's symptoms scare you, let them talk to you.

Pause to Practice Relaxation: Relaxation techniques, such as deep breathing, can instantly lower the physical symptoms and mental worry associated with anxiety. Place one hand on your stomach above the navel, and the other hand on your chest. Breathe in slowly until the stomach rises and hold your breath for three to five seconds. Then, exhale slowly.

Accept that Caregiving Brings Uncertainty: Fear of the unknown plays a huge role in anxiety. Chronic worriers can't stand doubt or unpredictability. They need to know with 100 percent certainty what's going to happen. The problem is, no one can predict the future or control of the outcome of every situation. Thinking about all the things that could go wrong doesn't make life any more predictable and it won't keep bad things from happening.

Schedule Worry-Time: If you find yourself constantly fretting about things, set aside a 30-minute period each day where you do nothing but worry. During your worry period, you're allowed to worry about whatever's on your mind. The rest of the day, however, is a worry-free zone. After worry time has expired, vow not to think about your problem again until your anxiety time the following day. When you find yourself worrying, jot down what you are worrying about and resolve to think it through later.

Avoid Triggers that Cause Stress: Avoid things that can aggravate the symptoms of anxiety disorders, such as poor diet, caffeine, sugar, smoking, over-the-counter cold medications and alcohol. Research has shown that the top three dietary causes of increased anxiety are caffeine, sugar, and alcohol.

Reference: <https://www.agingcare.com/articles/caregiver-anxiety-stress-worry-146701.htm>



Let's play! Word Scramble: Ways to Relieve Stress

1. ERDA A OKBO _____
2. OG ORF A AWLK _____
3. ALYP A GMEA _____
4. LOOCIGRN _____
5. OD A OTSPR _____
6. TNEUAR _____
7. HSBOEIB _____
8. XERAL _____
9. ISENTL OT CMSUI _____
10. TAKL OT EEMONOS _____
11. OG OUDTISE _____
12. EOCP _____
13. DPEE RTEAGBIHN _____
14. PTANI _____
15. NJLROAU _____



Employee Birthdays

Jessica L., April 09
 Darian M., April 11
 America G., April 13
 Olga B., April 14
 Roseline P., April 14
 Angela L., April 29



2025 Fun & National Holidays!

- ▶ Apr 1 April Fool's Day
- ▶ Apr 1 Fun at Work Day
- ▶ Apr 3 World Party Day
- ▶ Apr 4 Tell a Lie Day
- ▶ Apr 7 World Health Day
- ▶ Apr 7 Beer Day
- ▶ Apr 7 Coffee Cake Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 14 Intl Moment of Laughter Day
- ▶ Apr 14 Look up the Sky Day
- ▶ Apr 16 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Columnist Day
- ▶ Apr 20 Easter
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Volunteer Recognition Day
- ▶ Apr 23 Administrative Professional Day
- ▶ Apr 23 World Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 26 Richter Scale Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day
- ▶ Apr 30 Oatmeal Cokie Day

Meet our Team >>>

Hometown: Stevens Point, WI.

Tell us about your Job.

I really enjoy getting to take care of all our wonderful residents & learning about them.

Tell us about your family.

I have 3 younger siblings, my parents, and tow doggies living with me.

What are your outside Interests?

I love music both singing and listening. I love live music. I'm a huge animal lover!

Something not everyone may know about you.

I got to perform at Carnegie Hall in high school.

Favorite sport team

Chicago Cubs

Grace O.
CNA



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Also, April is...

Stress Awareness Month
 Occupational Therapy Month
 National Volunteer Week, Apr 20-26, 2025