



MEADOWBROOK
—APPLETON—

Upcoming Event >>

Mon 1: 10:00 Coffee & Cribbage/ 2:00 Labor Day Bingo/ 5:00 News

Tue 2: 9:30 Resident Shopping/ 2:00 Crafting/ 5:00 Game of Choice

Wed 3: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 4: 10:00 Volleyball/ 1:00 Root Beer Float Social/ 3:00 Music in Memory

Fri 5: 10:30 Bingo/ 2:00 Noodle Ball/ 4:00 Movie Matinee

Sat 6: 9:00 AM Visit/ 10:00 Coffee w/Friends/ 2:00 UNO

Sun 7: 9:00 Virtual Church/ 10:30 Coffee & News/ 2:00 DIY crafts

Mon 8: 10:00 Coffee & Cribbage/ 2:30 Jackpot/ 5:00 News

Tue 9: 9:30 Resident Shopping/ 2:00 Crafting/ 5:00 Game of Choice

Wed 10: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 11: 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music in Memory

Fri 12: 10:30 Bingo/ 2:00 Noodle Ball/ 4:00 Movie Matinee

Sat 13: 9:00 AM Visit/ 10:00 Coffee w/Friends/ 2:00 Yahtzee

Sun 14: 9:00 Virtual Church/ 10:30 Coffee & News/ 2:00 DIY crafts

Mon 15: 10:00 Coffee & Cribbage/ 2:30 Jackpot/ 5:00 News

Tue 16: 9:30 Res Shopping/ 2:00 Canvas/ 5:00 Game of Choice

Wed 17: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 18: 10:00 Volleyball/ 1:00 Farkle/ 3:00 Music in Memory

Fri 19: 10:30 Bingo/ 2:00 Noodle Ball/ 4:00 Movie Matinee

Sat 20: 9:00 AM Visit/ 10:00 Coffee w/Friends/ 2:00 UNO

Sun 21: 9:00 Virtual Church/ 10:30 Coffee & News/ 2:00 DIY crafts

Mon 22: 10:00 Coffee & Cribbage/ 2:30 Jackpot/ 5:00 News

Tue 23: 9:30 Res Shopping/ 2:00 Crafting/ 5:00 Game of Choice

Wed 24: 8:00 1-1 Visits/ 10:00 Nails/ 1:30 Resident Council

Thu 25: 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music in Memory

Fri 26: 10:30 Bingo/ 2:00 Noodle Ball/ 4:00 Movie Matinee

Sat 27: 9:00 AM Visit/ 10:00 Coffee w/Friends/ 2:00 Yahtzee

Sun 28: 9:00 Virtual Church/ 10:30 Coffee & News/ 2:00 DIY crafts

Mon 29: 10:30 Jackpot/ 1:00 Apple Cider/ 2:30 Memories

Tue 30: 10:00 Res Shopping/ 1:30 Corn Hole/ 3:00 Color Me Calm

ALL ACTIVITIES SUBJECT TO CHANGE

DAILY ACTIVITIES: 8 AM VISITS, 3 PM SNACK PASS.

RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO

KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

Newsletter

Fall Prevention Awareness Month

September is recognized as Fall Prevention Awareness Month. As we age, our risk of falling naturally increases. Physical changes, certain health conditions, and even some medications can affect balance and make falls more likely. In fact, falls are one of the leading causes of injury among older adults. The good news is that many falls can be prevented with a few simple strategies.

- 1. Partner with your doctor:** Talk to your health care provider about your fall risk. Bring a list of your medications—both prescription and over-the-counter—so they can check for side effects that may cause dizziness or drowsiness. Also, share details about any falls you've had in the past. Your provider may suggest exercises, therapy, or changes in medication to lower your risk.
- 2. Keep moving:** Regular activity helps maintain strength, balance, and flexibility. Gentle exercises such as walking, water aerobics, or tai chi are great options. If you're nervous about exercising, ask your provider or a physical therapist for a safe program designed for you.
- 3. Choose safe shoes:** Footwear makes a big difference. Avoid high heels, slippers, or slick-soled shoes. Instead, choose sturdy, well-fitting shoes with non-slip soles. Proper shoes not only help with balance but may also reduce joint pain.
- 4. Create a safe environment:** Look around your living space for hazards. Clear walkways of cords, clutter, or loose rugs. Install non-slip mats in the bathroom, repair loose floorboards, and keep everyday items within easy reach. These small changes can prevent big accidents.
- 5. Light the way:** Good lighting is key to safety. Use night lights in hallways, bathrooms, and bedrooms. Keep flashlights nearby in case of power outages. Always turn on lights before going up or down stairs.
- 6. Use assistive devices when needed:** Don't hesitate to use tools that make life safer—canes, walkers, grab bars in the bathroom, and handrails on both sides of stairways. An occupational therapist can also recommend other helpful devices for your specific needs.

By taking these steps, you can greatly reduce your risk of falling and stay independent longer. Fall prevention is not just about safety—it's about protecting your health and confidence every day.

Let's play! Word Scramble: Game Shows

1. TMNIUE OT WNI TI _____
2. ETH ALLW _____
3. CPREI SI TGIHR _____
4. NMOCMO DLOGNKWEE _____
5. RECAAMI YSSA _____
6. HET ETKWSAE LNIK _____
7. LAIYFM EFUD _____
8. ELHWE FO TNERFOU _____
9. UVVISRRO _____
10. OPARYJED _____
11. ADLE RO ON LADE _____
12. ETH INGTAD GEMA _____

Meet our Team >>>

Hometown: Appleton, WI.

Tell us about your Job.

I get to enjoy helping residents have a little fun!

Tell us about your family.

I have 2 sisters and a brother.

What are your outside Interests?

I enjoy playing video games.

Something not everyone may know about you.

I love snakes.

Favorite sport team

Don't really watch and if I did soccer would be my fav.

*Apryl J.
Activity Aide*



Testimonial >>>



"This is my second time staying here. I was comfortable coming back. My stay was always good. My favorite was the CNAs here and activities. I was very involved with activities and made great friendships. I would recommend Meadowbrook at Appleton as the staff are awesome and so helpful. I didn't think I would get so much attention like I did. All my need were met. Aurora and Beth as well as the rest of the CNAs get a shoutout!" - Dani O. - Resident



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Contact us at **920-731-6646**
www.meadowbrookappleton.com/



Employee Birthdays

Brayden G., Sep 02	Aquivelia Sep 08
Elizabeth M., Sep 02	Miranda L., Sep 09
Grace I., Sep 02	Paige N., Sep 16
Tiffany M., Sep 03	Aurora R., Sep 20
Vicki S., Sep 04	
Alexandria B., Sep 06	

HAPPY BIRTHDAY

2025 Fun & National Holidays!

► Sep 1	Labor Day!
► Sep 1	Emma Nutt Day
► Sep 3	World Beard Day
► Sep 4	Eat an Extra Dessert Day
► Sep 5	Intl Day of Charity
► Sep 5	Cheese Pizza Day
► Sep 6	Fight Procrastination Day
► Sep 6	Read a Book Day
► Sep 7	Grandparents Day
► Sep 7	Salami Day
► Sep 8	Pardon Day
► Sep 9	Teddy Bear Day
► Sep 11	Patriot Day, 911 Remembrance
► Sep 12	Chocolate Milkshake Day
► Sep 13	Positive Thinking Day
► Sep 15	Make a Hat Day
► Sep 16	Collect Rocks Day
► Sep 16	Guacamole Day
► Sep 17	Intl Country Music Day
► Sep 18	Rice Krispie Treat Day
► Sep 19	Butterscotch Pudding Day
► Sep 19	Talk Like a Pirate Day
► Sep 20	National CleanUp Day
► Sep 22	State Capital Day
► Sep 22	Ice Cream Cone Day
► Sep 23	Checkers Day
► Sep 24	Punctuation Day
► Sep 25	Comic Book Day
► Sep 26	Pancake Day
► Sep 28	Good Neighbor Day
► Sep 29	Veterans of Foreign Wars Day
► Sep 30	Hot Mulled Cider Day

Also, September is...

Fall prevention awareness Month
National Assisted Living Week – Sep 7-13
Healthcare Environmental Services Week – Sep 14-30