



## 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.

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



## Employee Birthdays

Brayden G., Sep 02	Aquivalia 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	



## 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