



Upcoming Event >>>

- Sun 1:** 9:00 Virtual Church/ 10:00 Coffee group / 2:00 Puzzles
 - Mon 2:** 10:00 Nails/ 2:00 Resident Shopping
 - Tue 3:** 8:00 1-1 Visit/ 10:00 Coffee/ 1:30 Crafting / 4:00 Library Cart
 - Wed 4:** 10:00 Jackpot/ 1:30 Hagman/ 5:30 Color Me Calm
 - Thu 5:** 10:30 Bingo/ 1:00 Yahtzee/ 5:30 Puzzles
 - Fri 6:** 10:00 Volleyball / 2:00 Catholic Prayer & Memorial
 - Sat 7:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 8:** 9:00 Virtual Church/ 10:00 Coffee group/ 2:00 Puzzles
 - Mon 9:** 10:00 Nails/ 2:00 Resident Shopping
 - Tue 10:** 8:00 1-1 Visit/10:00 Coffee/1:30 Crafting / 4:00 Library Cart
 - Wed 11:** 10:00 Jackpot/ 1:30 Hagman/ 5:30 Color Me Calm
 - Thu 12:** 10:30 Bingo/ 1:00 Bingo Store/ 5:30 Puzzles
 - Fri 13:** 10:00 Volleyball / 1:30 Movie & popcorn/ 4:00 Music in Memory
 - Sat 14:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 15:** 9:00 Virtual Church/ 10:00 Coffee group/ 2:00 Puzzles
 - Mon 16:** 10:00 Nails/ 2:00 Resident Shopping
 - Tue 17:** 8:00 1-1 Visit/10:00 Coffee/1:30 Crafting / 4:00 Library Cart
 - Wed 18:** 10:00 Jackpot/ 1:30 Hagman/ 5:30 Color Me Calm
 - Thu 19:** 10:30 Bingo/ 1:00 Farkle/ 5:30 Puzzles
 - Fri 20:** 10:00 Volleyball / 1:30 Root Beer Floats/ 4:00 Music in Memory
 - Sat 21:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 22:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 Cards/Cribbage
 - Mon 23:** 10:00 Nails/ 2:00 Resident Shopping
 - Tue 24:** 8:00 1:1 Visit/ 10:00 Coffee/ 1:30 Canvas/ 4:00 Library Cart
 - Wed 25:** 10:00 Jackpot/ 1:30 Hagman/ 5:30 Color Me Calm
 - Thu 26:** 10:30 Bingo/ 1:00 Bingo Store/ 5:30 Puzzles
 - Fri 27:** 10:00 Volleyball / 1:30 Movie & popcorn/ 4:00 Music in Memory
 - Sat 28:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 29:** 9:00 Virtual Church/ 10:00 Coffee group / 2:00 Puzzles
 - Mon 30:** 10:00 Nails/ 2:00 Resident Shopping
 - Tue 31:** 8:00 1-1 Visit/ 10:00 Coffee/ 1:30 Crafting / 4:00 Library Cart

MONDAY - SATURDAY: 8:00 MORNING VISITS
ALL ACTIVITIES SUBJECT TO CHANGE
 RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO
 KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

Newsletter

Medication Safety For Seniors

Medication safety is especially important for older adults, who often take multiple prescriptions and face higher risks of drug interactions, side effects, and dosing errors. This article highlights how caregivers can reduce those risks by actively engaging with pharmacists—an often underused but highly valuable healthcare resource.

According to National Council on Patient Information and Education, adults age 65+ are significantly more vulnerable to medication-related complications. Experts from FamilyWize recommend asking pharmacists key questions whenever a new prescription is filled to ensure medications are used safely and effectively.

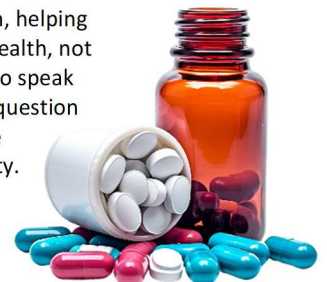
Key takeaways include:

- Confirm the medication name (brand and generic) and its purpose.
- Check for duplicate or unnecessary prescriptions, especially when multiple doctors are involved.
- Understand dosing instructions, timing, missed-dose guidance, and potential side effects.
- Ask about food, supplement, or activity restrictions and proper storage requirements.
- Clarify how long the medication should be taken and when it should be reviewed.

3 Tips for Organizing Medications at Home:

1. Keep an updated master list of all prescriptions and over-the-counter products.
2. Store medications safely and according to instructions, following guidance from the Centers for Disease Control and Prevention.
3. Use apps or tracking tools to prevent missed doses and refills.

This simple conversation is a powerful act of prevention, helping to ensure that every pill taken is a step toward better health, not a potential risk. So, keep this list handy, don't hesitate to speak up, and remember that there is no such thing as a silly question when it comes to safety. Your proactive approach is the key to managing medications with confidence and clarity.



Reference: <https://dailycaring.com/senior-medication-safety-9-important-questions-to-ask-the-pharmacist/>

Let's play! Word Scramble: Art & Crafts

1. STCLPUIGN _____
2. IGWEANV _____
3. ESCKIGTNH _____
4. NRGADWI _____
5. WLIGNSAGOBLS _____
6. RACPS INOBKGO _____
7. IAOIGMR _____
8. TRTEOYP _____
9. OIDONGWWRKO _____
10. ERAMAMC _____
11. LPIYHRGCLA _____
12. SEIWGN _____
13. TIIGPNNA _____
14. DOIYEREMRB _____
15. ERPAP ACFRT _____



Employee Birthdays

Sara S., Mar 02
Daylight H., Mar 03
Shane M., Mar 05
Atoya O., Mar 12
Jenny T., Mar 12
Katelyn R., Mar 22
Shenisha A., Mar 29



2026 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 3 Cold Cut Day
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 6 Dress in Blue Day
- ▶ Mar 7 Flapjack Day
- ▶ Mar 7 Cereal Day
- ▶ Mar 8 Daylight Saving Time
- ▶ Mar 9 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 11 Registered Dietitian Nutritionist Day
- ▶ Mar 12 Plant a Flower Day
- ▶ Mar 14 Pi Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St Patrick's Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Nurses Day
- ▶ Mar 19 Lets Laugh Day
- ▶ Mar 20 First Day of Spring
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Eat a 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 National Doctors' Day
- ▶ Mar 31 Bunsen Burner Day

Meet our Team >>>

Hometown: Appleton, WI

Tell us about your Job.

I get to support the residents health and care needs while they stay with us at Meadowbrook.

Tell us about your family.

I have 4 kids, Summer, Autumn, Apryl, Walker and I'm a dog mom.

What are your outside Interests?

I love art and I enjoy shooting darts on a league.

Something not everyone may know about you.

I've never officially broken a bone.

Favorite sport team

Packers or Brewers!

Jenn T.
DON



Testimonial >>>



"Meadowbrook at Appleton has a caring and knowledgeable staff. Arrived here in emotional depression, uncertain about my immediate future. Thanks to the love and support of family and those I met at Meadowbrook; I have confidence I can return to a productive and fulfilling life."

- Dennis G. - Resident



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



Also, March is...

National Nutrition Month
Social Work Month
Women's History Month