



KEEPING ACTIVE >>>

On March 1st, we started to have residents back in our activity room.

We have up to ten residents spaced six feet apart wearing proper PPE.

We are enjoying bingo once again and residents are so excited to see each other and play bingo as a group. (see pictures above)



We are starting a Garden Club this year, and residents have planted seeds, flowers, herbs and tomatoes to be put in our courtyard later this spring.

We are so excited for the warmer weather and to put our long hard winter behind us. We are looking forward to sitting out in the courtyard one day soon.

Welcome April, we are ready for you!



Newsletter

Stress Reduction Tips for Seniors

April is Stress Awareness Month. Therefore, we should all understand more about stress and learn appropriate coping strategies for the physical and mental well-being of our aging loved ones.

We all need to face different kinds of mental stress in various stages of life. Chronic and excessive stress is harmful and can cause physical or mental problems, particularly challenging for seniors because our bodies become less resilient with age, so can stress. Our sources and forms of stress can be as different as each of us individually. But there are many sources of stress that are unique to old age. The most common are the loss of independence, figuring out finances, and health problems. The long-term effects of stress in old age can contribute to high blood pressure, heart disease, obesity and diabetes.

Here are some ideas to help older adults manages their stress:

Socialization. Friends and loved ones provide a shoulder to cry on during difficult times, and sometimes simply sharing your feelings with others helps ease some of the stress you're going through.

Get some laughs. One of the easiest ways to manage stress? Enjoy a belly laugh! A good sense of humor can go a long way in reducing your stress levels. As they say, laughter is the best medicine!

Positive thinking, such as appreciating one's achievements and strengths, can help to enhance self-confidence and to cope with stress.

There are also ways to ease stress from the inside out. Relaxation techniques can empower aging adults to live the life they want to live despite outside pressures and limitations. Encourage an older adult to give some of these different opportunities a try to discover what piques their interest and inspires stress relief, like Yoga, meditation, sunshine and nature, time outdoors can revitalize.

It's never too late to introduce these positive practices for your aging loved one—and, indeed, for yourself as a caregiver prone to stress and burnout. We may feel too stressed out to take action against the stress, but there is nothing more important for our health. And none of us has to approach it alone.



April Word Search



APRILFOOLS
 ARBORDAY
 BASEBALL
 BIRDS
 BUNNIES
 CHOCOLATE

EARTHDAY
 EASTER
 ENVIRONMENT
 FLOWERS
 GOODFRIDAY
 NATURE

RECYCLE
 SHOWER
 SPRING



Meet our Team >>>

Hometown: I was born and raised in Chicago and moved to Chetek in 1998.

How Long have you worked at Chetek?

I have worked in the dietary department for 22 years cooking. (her meatloaf and spaghetti are favorites with residents)

Tell us about your family?

I have three children and five grandchildren.

What is the best part of your job?

I enjoy my job, the people I work with and interacting with the residents and putting smiles on their faces. I hope to be here cooking for a long time.

What are your favorite TV shows and Vacation Spot?

My favorite TV show is Good Doctor and I love to vacation in Santa Fe, New Mexico.

Linda Hrbacek
 Cook



Employee Birthdays

- Andrea Gronning, April 4
- Alyssa Mcgoldrick, April 5
- Dorothy Benavides-Rudoll, April 8
- Jenn Harder, April 17
- William Ludwikowski, April 22
- Nanette Rohrbeck, April 23
- Bev Waterhouse, Ap 30
- Sara Jenness, Ap 30



The Month of April

The month of April gets its name from the Latin word *aperio*, meaning “to open” because plants really begin to grow now.

APRIL CALENDAR

- **April 1** is All Fools’ Day—otherwise known as “April Fools’ Day.”
- **April 2** is Good Friday. also known as Great Friday, Holy Friday, or Sorrowful Friday, is a major Christian observance that commemorates the crucifixion and death of Jesus Christ.
- **April 4** is Easter Sunday. (May 2 is Orthodox Easter)
- **April 12** marks the start of Ramadan (beginning at sundown).
- **April 22** is Earth Day. Earth Day reminds us to take care of our planet.
- **April 30** is National Arbor Day, much like Earth Day, is a holiday that celebrates nature.

“Just for Fun” Days

- **Apr. 1:** Sweet Potato Day
- **Apr. 6:** International Pillow Fight Day
- **Apr. 7:** National No Housework Day
- **Apr. 17:** Blah, Blah, Blah Day
- **Apr. 21:** Go Fly a Kite Day
- **Apr. 26:** National Richter Scale Day
- **Apr. 27:** National Sense of Smell Day



725 Knapp St
 Chetek, WI 54728
 Contact us at **715-924-4891**
www.meadowbrookchetek.com



A CMS 4 Star Facility

follow us on



*Finally My Winter Fat is gone.
 Now I have Spring Rolls.*