



KEEPING ACTIVE >>>

The Easter Bunny stopped by to say hello to all of the residents. Pictures were taken and given to each resident.

Our flowers are blooming in our courtyard and we have spent a little time out there on a couple of great sunny days. Waiting for more of those days.



Residents are gathering in the activity room for bingo on Tuesdays and Fridays. Wednesday at the Movies is back with residents getting their popcorn and theatre candy when they leave. We are enjoying hearing laughter and bingo being called out once again.

It has been a long year and we are grateful to start seeing each other in small groups. We do have restrictions of ten residents at a time in our Activity Room, following all guidelines to do so.



Newsletter

To improve your health, practice gratitude

Ever wish there were a magic pill you could take to boost your energy levels, improve your mood, help you sleep better, increase your kindness and even help you make more money? Unfortunately, no such pill exists, but there is a way you can reap these benefits — without a visit to the doctor's office.

The secret? A daily gratitude practice. Indeed, counting your blessings each day has been shown to significantly increase your happiness — and your physical health. In addition to helping you get more sleep, practicing gratitude can boost your immunity and decrease your risk of disease.

Here are a few tips to help you get started:

- **Keep a gratitude journal.** Write in a gratitude journal every day. Jot down quick notes. They can be as simple as something funny one of your children did or a kind gesture from a stranger at the grocery store. Any positive thoughts or actions count, no matter how small.
- **Use gratitude cues.** Any new habit needs reminders, and cues are a great way to stay on course. Keep photos visible of things or people that make you happy. Post positive notes or inspirational quotes on the fridge or by your computer to reinforce feelings of gratitude.
- **Make a gratitude jar.** Keep an empty jar, scratch paper and a pen in an accessible place at home. Ask family members to write on a piece of paper one thing that they're grateful for every day and drop it in the jar. During dinner or leisure time, take a few of the notes out of the jar and enjoy reading one another's thoughts.

The goal is to move your mind from thinking about gratitude occasionally to making it second nature. Eventually, you'll lower your gratitude threshold so that you're grateful for little things — and you'll learn how to sprinkle a little gratitude throughout your day.

grateful
THANKFUL
AND
blessed

Adapted from "The Mayo Clinic Handbook for Happiness," by Amit Sood, M.D.

May Word Search



AMERICA
APPRECIATION
CELEBRATE
CINCO DE MAYO
COMMEMORATION

FALLEN
FLOWERS
HONOR
LOVING
MAY DAY

MEMORIAL DAY
MOTHERS DAY
RAISE FLAG
WARM



Meet our Team >>>

Hometown: Mellen, WI

How Long have you worked at Chetek?

I have worked since 2002 started as an LPN, then I graduated in 2013 with my RN degree.

Tell us about your family?

I have a boyfriend, Keith, we have been together since 2001 and we have two children, Hannah 14, and Trent 10. A cat named S'mores and 2 Doberman's, Karma and Gamora.

What is the best part of your job?

I love creating bonds and making memories with her residents and their families. My co-workers are the best to work with.

What is something you would like to accomplish?

I'd like to get a full 8 hours of sleep.

What are your favorite TV shows, or Movies, or Vacation Spot?

I love shows that make laugh! The Big Bang Theory, Letter Kenny and Rosanne. I really enjoy all of the Marvel movies and my favorite vacation spot is spending time with family in Mellen and walking the trails of Copper Falls State park

Crissy Lutz Registered Nurse



Employee Birthdays

- Sandra Scheall, May 3
- Alexander Salisbury-Watson, May 4
- Eunik Villaruel, May 6
- Debra Paulson, May 7
- Samuel Hosteler, May 12
- Amber Halverson, May 14
- Kristen Guest, May 18
- Kathryn Quinn, May 19
- Chissy Lutz, May 27



The Month of May

"May" is likely named for the Roman goddess Maia, who oversaw the growth of plants. Alternatively, the name might have come from the Latin *maiores*, "elders," who were celebrated now.

MAY CALENDAR

- **May 1** is May Day. Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region.
- **May 1** is Lei Day in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.
- **May 5** is Cinco de Mayo ("The Fifth of May"). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.
- **May 9** is Mother's Day—don't forget! Do you have something planned to show appreciation for your mother?
- **May 16** is Armed Forces Day, which honors those who serve in all branches of the United States military.
- **May 22** is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- **May 31** is Memorial Day—a poignant reminder of the tenacity of life. It's tradition to raise the flag on this day.

Also in May we celebrate the National Nursing Home week, May 9th - 15th. The American Health Care Association has made the theme "Together through the seasons"



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