




MEADOWBROOK

—CHETEK—

Upcoming Event >>>

Sun 1: Christ Lutheran Church

Mon 2: Weekly BOGGLE/ 2:00 6/5/4 Dice/Natl Ice Cream Day

Tue 3: Pastor Letter-Treat/2:00 Bingo/ 7:10 Brewers vs Pittsburgh

Wed 4: Fun Cart/ 1:00 Movie/ Natl Chocolate Chip Day

Thu 5: Fun Cart/ 2:00 Garden club/ 6:00 Movie/Natl Work Day

Fri 6: Fun cart / 2:00 Bingo

Sat 7: Games, conversations and Fun cart

Sun 8: Prairie Lake Covenant Church

Mon 9: Weekly BOGGLE/ 2:00 LCR Dice

Tue 10: Pastor Letter-Treat/ 2:00 Bingo/ 7:10 Twins vs White Sox

Wed 11: Fun cart / 1:00 Movie/ Natl Raspberry Day

Thu 12: Fun Cart / 2:00 Bowling/ 6:00 Movie

Fri 13: Fun Cart / 2:00 Bingo

Sat 14: Games, conversations and Fun cart

Sun 15: Advent Christian Church

Mon 16: Weekly BOGGLE/ 2:00 Sweet Corn Feed

Tue 17: Pastor Letter-Treat / 2:00 Bingo/7:10 Twins vs Indians

Wed 18: Staff Inservice in Activity Room/ 1:00 Movie – Family Room

Thu 19: Fun Cart / 2:00 Garden club / 6:00 Movie

Fri 20: 10:00 Monthly Communion Service / 2:00 Bingo

Sat 21: Games, conversations and Fun cart

Sun 22: Freedom Community

Mon 23: Weekly BOGGLE/ 2:00 Resident Council// 2:00 6/5/4Dice

Tue 24: Fun Cart / 2:00 Bingo/ 7:10 Brewers vs Cincinnati

Wed 25: Fun Cart/ 2:00 Brown Bag Action

Thu 26: Fun Cart/ 2:00 Pizza Party/ 6:00 Movie

Fri 27: Fun Cart/ 2:00 Bingo

Sat 28: Games, conversations and Fun cart

Sun 29: Chetek Lutheran/ Dovre

Mon 30: Weekly BOGGLE/ 2:00 LCR Dice

Tue 31: Pastor Letter-Treat/ 2:00 Bingo/ 7:10 Twins vs Cubs

Calendar is subject to change

Newsletter

CHAIR YOGA Improves Senior Health

The benefits of chair yoga are not only for the elderly, but also for those with limited mobility due to chronic pain, disability, or acute injuries.

Wheelchair yoga and soft chair yoga are mind and body strengthening practices, with benefits backed by research. For seniors prone to falling,

a small study in 2012 found that chair yoga reduced the risk of falls and moderated the anxiety many seniors felt around falling. For older adults, falling is the leading cause of both fatal and non-fatal injury, with an estimated 50% of adults over 80 falling annually. This study, and a previous study in 2010, indicates that chair yoga for seniors can help reduce the risk (and fear) of falling.

Other researched-based benefits of chair yoga for seniors and those with limited mobility include:

- Decreased stress
- Relief from anxiety and PTSD
- Reduction of inflammation
- Slow the progression of heart disease

Whether you are a senior looking to maintain good physical condition, or someone who has limited mobility or pain, seated yoga poses are a good option for mind-body wellness and health.

Safety and comfort are the Priority

The number one is keeping senior safe and comfortable.

None of the movements should hurt.

Make sure senior move slowly and gently and pay attention to their body. It's better to do a little less rather than risk injury.

Senior should follow the instructor's movements only as far as is comfortable.

Even if they only do a fraction of the range of motion or have to skip some movements, they'll still benefit from the exercises.

Over time, their flexibility and strength will improve, and they'll be able to do more and more.

References: <https://paindoctor.com/chair-yoga-for-seniors/>
<https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>



August Word Search



CAMPING
CHAIR YOGA
FLEXIBILITY
HEAT
ICE CREAM

SMORES
STAY HYDRATED
SUMMER FUN
SUNGLASSES
SUNNY



VACATION
VITAMIN D
WELLBEING

Meet our Team >>>

How Long have you worked at Chetek?

I've worked in this building for 45 Years.

Tell us about your family?

I have three boys, 11 grandchildren – 9 girls & 2 boys. I've been married to husband, Paul, for 49 years,

What is the best part of your job?

I love the residents here at Meadowbrook and enjoy keeping them happy.

What is something you would like to accomplish?

I would like to win the lottery (giggle)

What is your favorite Vacation Spot?

I like to go to my hometown and going camping anywhere is an excellent vacation.

Carm Hutzler
Housekeeping and
Laundry Manager



Employee Birthdays

- Kelly Christensen, August 3
- Linda Hrbacek, August 17
- Sarah Bol, August 18
- Cassandra Miller, August 27
- Sharon Amundson, August 28
- Lillie Gohde, August 31



The Month of August

August was named to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14).

AUGUST CALENDAR

August 11 marks the end of the **Dog Days of Summer**, which began on July 3.

August 19 brings **National Aviation Day**, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

August 19 also starts the Islamic New Year, or the **First of Muharram**, beginning at sundown. Traditionally, it begins at the first sighting of the lunar crescent after the new Moon.

August 26 is **Women's Equality Day**, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

August is also **National Dog Month** and celebrates our loveable canine pals smack in the middle of the dog days of summer. Dogs are the #1 most owned pets on the planet, and with good reason. Did you know that scientific studies prove our paw some companions make us happier, less stressed, and more optimistic? The list of benefits to spending time with a dog goes on and on.



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"You don't stop having fun when you get old... you get old when you stop having fun"