



Upcoming Event >>>

Tue 1: 2:00 Fat Tuesday/ Natl Peanut Butter Day-Treats!

Wed 2: Ash Wednesday/1:00 Movie & Popcorn/ Boggle Prizes

Thu 3: Pastor Letter-Treat/ 10:00 Dice/ 2:00 Golf/ 6:00 Movie

Fri 4: Fun Cart/ 2:00 VFW Aux Bingo

Sat 5: Morning on SCU / 2:00 Bingo

Sun 6: 2:00 Christ Lutheran

Mon 7: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Misc Games, available in Family Room

Tue 8: Fun Cart / 2:00 Bingo

Wed 9: Beauty Shop/ 1:00 Movie & Popcorn/ Boggle Prizes

Thu 10: Pastor Letter-Treat/10:00 Games/ 2:00 Bowling/ 6:00 Movie

Fri 11: Fun Cart / 2:00 Bingo

Sat 12: Morning on SCU / 2:00 Bingo

Sun 13: 2:00 Prairie Lake Covenant/ Daylight Saving

Mon 14: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Misc Games, available in Family Room

Tue 15: Fun Cart / 2:00 Bingo

Wed 16: 1:00 Movie & Popcorn/ Boggle Prizes

Thu 17: Pastor Letter-Treat/ 10:00 Dice/ 2:00 **St Pats Day Party!** 6:00 Movie

Fri 18: 10:00 Communion Service / 2:00 Bingo

Sat 19: Morning on SCU / 2:00 Bingo

Sun 20: 2:00 Advent Christian/ **First Day of Spring**

Mon 21: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Misc Games, available in Family Room

Tue 22: Fun Cart / 2:00 Bingo

Wed 23: Beauty Shop/ 1:00 Movie & Popcorn/ Boggle Prizes

Thu 24: Pastor Letter-Treat /10:00 Resident Council/ 2:00 Brown Bag Auction/ 6:00 Movie

Fri 25: 10:00 Catholic Mass/ 2:00 Bingo

Sat 26: Morning on SCU / 2:00 Bingo

Sun 27: 2:00 Freedom Community

Mon 28: Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Misc Games, available in Family Room Games in Family Room.

Tue 29: Fun Cart / 2:00 Bingo

Wed 30: 1:00 Movie & Popcorn

Thu 31: Pastor Letter-Treat/10:00 Dice/ 2:00 Pizza Party/ 6:00 Movie

**** Activity Calendar is subject to change****

Newsletter

Take the Right Steps to Prevent Falls

If you take care of your overall health, you may be able to lower your chances of falling. Most of the time, falls and accidents don't "just happen." Here are a few tips to help you avoid falls and broken bones:

- **Stay physically active.** Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible.
- **Have your eyes and hearing tested.** Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. If you have a hearing aid, be sure it fits well and wear it.
- **Find out about the side effects of any medicine you take.** If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- **Get enough sleep.** If you are sleepy, you are more likely to fall.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.
- **Use an assistive device if you need help feeling steady when you walk.** Appropriate use of canes and walkers can prevent falls.
- **Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.** Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.
- **Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall.** A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

What to Do If You Fall

- If you do fall, stay as calm as possible.
- Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.
- Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.
- If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

For more info: <https://www.nia.nih.gov/health/prevent-falls-and-fractures>

123 Sudoku Puzzle Level Easy

8		6		1				
		3		6	4		9	
9						8	1	6
	8		3	9	6			
7		2		4		3		9
			5	7	2		8	
5	2	1						4
	3		7	5		2		
				2		1		5



Employee Birthdays

Shane Mickelson, March 05
 Mary Jo Samens, March 07
 Angela McKeever, March 08
 McKenzie Johnson, March 10
 Shana Soul, March 15
 Heather Gilmore, March 15
 Cynthia Schmunk, March 24

HaPpy BiRthDay MARCH Born

It is very popular to believe that the month of birth can determine the characteristics of an individual and their behavior. In today's article, we will show you what distinguishes people born in MARCH from others:

- 1. They are Intuitive**, that allows them to sense even the slightest of scams. Impossible to fool or cheat them.
- 2. They Think a Lot**, they need to overthink everything since they tend to look for the answers to many questions about the world.
- 3. They are Kind**, they are extremely generous and sympathetic.
- 4. They are Faithful**, people born in March are the most loving partners and they would never cheat on their partners.
- 5. They Love Nature**, people born in this month know that wandering in the wood or having a pet makes a life healthier and happier.
- 6. They are Talented**, they are great in everything they do since they always put 100% of themselves in everything they engage to. They never give up!
- 7. They Adapt**, this is probably one of the strongest traits of March borns. No matter the situation, they feel comfortable and well
- 8. They are Positive**, everybody around them can feel their positive vibes and it is almost impossible to not smile being with them.
- 9. They Take Their Time**, as we mentioned before they are thinkers and their logical thinking could take a while what just a little bit leads to procrastination.
- 10. They are Great Friends**; they always have a lot of people around them because they are great friends.

Meet our Team >>>

Hometown: River Falls, WI

Tell us about your Job?

I've worked at Meadowbrook for many years. I have now gone to casual shifts working mostly on the Special Care Unit.

Tell us about your family?

I am married to my husband Rick and have three grown sons with families. I am a grandma of six and loves spending time with them.

What are your outside Interests?

I love to travel and thrift store shop.

Something not everyone may know about you

Most don't know that I traveled with my husband for the first 10 years of marriage for his job living in an RV. Having great adventures from Alaska to Texas, and California to New York.

Favorite sport team

My favorite sports team is, of course The GREEN BAY PACKERS!!!! Go Pack

Mel Schaff RN

