

## Upcoming Event >>>

**Thu 1:** 10:30 Manicures/ 11:30 Card games/ 2:00 Hallway Bingo/ 3:30 & 5:30

Inside/Outside 1:1/ 4:00 Morning Activity – **April Fool's Day**

**Fri 2:** 10:30 & 5:30 Inside/Outside 1:1/ 11:30 Good Friday Activity/ 2:00

Hallway Bingo/ 3:00 Morning Activity - **Good Friday**

**Sat 3:** 10&4 Inside/Outside/11 Card games/1:00 Easter basket/2 Wordsearch.

**Sun 4:** 10:00 Bible Study/11:00 Inside/Outside/1:30 Board games/ 1:30 Easter

Egg Hunt – **Happy Easter!**

**Mon 5:** 10:30 Card Games/ 11:30 Resident choice/ 1&5:30 Inside/Outside/

3:30 Photobooth

**Tue 6:** 10:30 Garden club/ 11:30 Board games/ 1&5:30 Inside/Outside 1:1/

3:30 Morning Activity

**Wed 7:** 10:30 Spring cleaning/11&3:30 Cello Concert/ 1&5:30 Inside/Outside

1:1/ 4:00 Morning Activity – **Ntl Coffee Cake Day**

**Thu 8:** 10:30 Manicures/ 11:30 Card games/2:00 Hallway Bingo/ 3:30 & 5:30

Inside/Outside 1:1/ 4:00 Morning Activity

**Fri 9:** 10:30&5:30 Inside/Outside 1:1/11:30 Boomwhacker choir/ 2:00

Hallway Bingo/ 3:00 Morning activity

**Sat 10:** 10&4 Inside/Outside/11 Card Games/1:00 Leather key chains/2 Crossw

**Sun 11:** 10 Bible Study/11 Inside/Outside/1:00 Cardgames/ 1:30 Chair Yoga

**Mon 12:** 10:30 Card Games/ 11:30 Current event/ 1&5:30 Inside/Outside 1:1/

3:30 Resident choice – **Grill Cheese Sandwich Day!**

**Tue 13:** 10:30 Garden club/ 11:30 Board game/ 1&5:30 Inside/Outside 1:1/

3:30 Morning activity

**Wed 14:** 10:30 letter writing/ 11&3:30 Cello Concert/ 1&5:30 Inside/Outside

1:1/ 4:00 Morning Activity

**Thu 15:** 10:30 Manicures/ 11:30 Card games/ 2:00 Hallway Bingo/ 3:30&5:30

Inside/Outside 1:1/ 4:00 Morning Activity

**Fri 16:** 10:30&5:30 Inside/Outside 1:1/ 11:30 Dance party/ 2:00 Hallway

Bingo/ 3:00 Morning Activity

**Sat 17:** 10&4 Inside/Outside/11 CardGames/1 Beading craft/2 Word Search

**Sun 18:** 10:00 Bible Study/ 11:00 Inside/Outside 1:1/1:00 Board games/ 1:30

King's corner tournament

**Mon 19:** 10:30 Card Games/ 11:30 Word search/ 1&5:30 Inside/Outside 1:1/

3:30 Baker's choice

**Tue 20:** 10:30 Garden club/ 11:30 Board Games/ 1&5:30 Inside/Outside 1:1/

3:30 Morning Activity

**Wed 21:** 10:30 Earth Day Prep/ 11:00 & 3:30 Cello Concert/ 1&5:30

Inside/Outside 1:1/ 4:00 Morning activity

**Thu 22:** 10:30 Manicure/11:30 Card games/ 2:00 Hallway Bingo/ 3:30&5:30

Inside/Outside 1:1/ 4:00 Morning Activity – **Earth Day!**

**Fri 23:** 10:30&5:30 Inside/Outside 1:1/ 11:30 Book Club/ 2:00 Hallway

Bingo/ 3:00 Resident Council – **World Book Day!**

**Sat 24:** 10&4 Inside/Outside 1:1/11:00 Card Games/ 1:00 Boom whacker

choir /2:00 Word search

**Sun 25:** 10:00 Bible Study/11 Inside/Outside/1 Card games/1:30 Chair Yoga

**Mon 26:** 10:30 Card Games/11:30 Current event/ 1:00 Inside/Outside 1:1/

3:30 Resident choice

**Tue 27:** 10:30 Garden club/ 11:30 Full moon/ 1&5:30 Inside/Outside 1:1/ 3:30

Morning Activity

**Wed 28:** 10:30 Letter writing/ 11&3:30 Cello Concert/ 1&5:30 Inside/Outside

1:1/ 4:00 Morning Activity

**Thu 29:** 10:30 Manicures/ 11:30 Card games/ 2:00 Hallway Bingo/ 3:30

& 5:30 Inside/Outside 1:1/ 4:00 Morning Activity

**Fri 30:** 10:30&5:30 Inside/Outside/ 11:30 Raspberry planting/ 2:00 Hallway

Bingo/ 3:00 Morning Activity - **Arbor Day!**

APRIL 2021



MEADOWBROOK

— BLOOMER —

# 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 manage 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: Ridgeland, WI

How Long have you worked at Bloomer?

Since August 2020.

Tell us about your family.

I've been married for 30 years. I have 3 children and 4 grandchildren.

What is the best part of your job?

Advocating for residents.

What is something you would like to accomplish?

I would like to file the RCAC

What is your favorite Vacation Spot?

Anywhere with a waterfall.

*Deanne Rice*  
Social Services



## Employee Birthdays

- Sarai Peet, April 23
- Ashtyn Okreglicki, April 26



## 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

1. **April 1** is All Fools' Day—otherwise known as "April Fools' Day."
2. **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.
3. **April 4** is Easter Sunday. (May 2 is Orthodox Easter)
4. **April 12** marks the start of Ramadan (beginning at sundown).
5. **April 22** is Earth Day. Earth Day reminds us to take care of our planet.
6. **April 30** is National Arbor Day, much like Earth Day, is a holiday that celebrates nature.

### "Just for Fun" Days

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

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



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