

Upcoming Event >>>

Sat 1: 10&1 Inside/Outside/11 Card games/1:00 Derby Watch Party

Sun 2: 10:00 Bible Study/11:00 Inside/Outside 1:1/ 1:00 Board games/ 1:30 King's corner Tournament

Mon 3: 10:30 Card Games/ 11:30 Recognition board/ 1&5:30 Inside/Outside 1:1 / 3:30 Baker's choice

Tue 4: 10:30 Garden club/ 11:30 Board games/ 1&5:30 Inside/Outside 1:1/ 3:30 Morning Activity - (Snack: popcorn)

Wed 5: 10:30 Book Club/11&3:30 Cello Concert/ 1&5:30 Inside/Outside 1:1

Thu 6: 10:30 Manicures/ 11:30 Spring cleaning / 2:00 Hallway Bingo/ 3:30 Morning Activity / 5:30 Inside/Outside 1:1

Fri 7: 10:30 Inside/Outside 1:1/11:30 Birding Book/ 2:00 Hallway Bingo/ 3:00 Morning activity/ 5:30 Resident choice

Sat 8: 10&1 Inside/Outside 1:1/11 Card Games/1:30 Saturday Matinee

Sun 9: 10:00 Bible Study/11:00 Inside/Outside 1:1/1:00 Card games/ 1:30 Chair Yoga – **Happy Mother's Day!**

Mon 10: 10:30 Card Games/ 11:30 Current event/ 1&5:30 Inside/Outside 1:1/ 3:30 Resident choice

Tue 11: 10:30 Garden club/ 11:30 Board game/ 1&5:30 Inside/Outside 1:1/ 3:30 Morning activity

Wed 12: 10:30 Thank You Nurses/ 11&3:30 Cello Concert/ 1&5:30

Inside/Outside 1:1 - **Happy Nurses Day**

Thu 13: 10:30 Manicures/ 11:30 Resident choice/ 2:00 Hallway Bingo/ 3:30 Morning Activity / 5:30 Inside/Outside 1:1

Fri 14: 10:30 Inside/Outside 1:1/ 11:30 Boomwhacker Coir/ 2:00 Hallway Bingo/ 3:00 Morning Activity / Resident choice

Sat 15: 10&1 Inside/Outside 1:1 /11 Card Games/1:30 Saturday Matinee

Sun 16: 10:00 Bible Study/ 11:00 Inside/Outside/1 Board games/ 1:30 Bingo

Mon 17: 10:30 Card Games/ 11:30 Word search/ 1&5:30 Inside/Outside 1:1/ 3:30 Resident choice

Tue 18 : 10:30 Garden club/ 11:30 Board Games/ 1&5:30 Inside/Outside 1:1/ 3:30 Morning Activity

Wed 19: 10:30 Macrame craft/ 11&3:30 Cello Concert/ 1&5:30 Inside/Outside

Thu 20: 10:30 Manicure/11:30 Card games/ 2:00 Hallway Bingo/ 3:30 Morning Activity /5:30 Inside/Outside 1:1

Fri 21: 10:30 Inside/Outside 1:1/ 11:30 Resident Council/ 2:00 Hallway Bingo/ 3:00 Morning Activity

Sat 22: 10&1 Inside/Outside 1:1 /11 Card Games/1:30 Saturday Matinee

Sun 23: 10:00 Bible Study/11 Inside/Outside/1:00 Card games/1:30 Chair Yoga

Mon 24 : 10:30 Card Games/11:30 Resident Council/ 1&5:30 Inside/Outside 1:1/ 3:30 Baker's choice

Tue 25: 10:30 Garden club/ 11:30 Board games/ 1&5:30 Inside/Outside 1:1/ 3:30 Morning Activity - (Snack: popcorn)

Wed 26: 10:30 Full moon Reflections/ 11&3:30 Cello Concert/ 1&5:30 Inside/Outside 1:1

Thu 27: 10:30 Manicures/ 11:30 Book Club/ 2:00 Hallway Bingo/ 3:30 Morning Activity/5:30 Inside/Outside 1:1

Fri 28: 10:30 Inside/Outside/ 11:30 Birding book/ 2:00 Hallway Bingo/ 3:00 Cook out/ 5:30 Resident choice

Sat 29: 10&1 Inside/Outside 1:1 /11 Card Games/1:30 Saturday Matinee

Sun 30: 10:00 Bible Study/11 Inside/Outside 1:1/ 1:00 Card games/1:30 Bingo

Mon 31 : 10:30 Card Games/11:30 Resident Choice/ 1&5:30 Inside/Outside 1:1/ 3:30 Baker's choice – **Happy Memorial Day!**

Every day at 9:30 Exercise

MAY 2021



MEADOWBROOK

— BLOOMER —

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
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



Employee Birthdays

- Kristi Haakenson-Komro, May 1
- Sara Berg, May 11
- Hailie Pierrard, May 11
- Olivia Naumann, May 16
- Laurie Koehler, May 25
- Erica Burri, May 28
- Rosie Bailey, May 29



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”

Meet our Team >>>

Hometown: Wrihsttown, WI

How Long have you worked at Bloomer?

Just started. 4 days.

Tell us about your family.

I have a 19-Year-Old daughter in college, and my wife is a nurse as well.

What is the best part of your job?

I like making a positive impact on patients' lives.

What is something you would like to accomplish?

I would like to complete my master's degree

What is your favorite Movie and Vacation Spot?

My favorite movies are all the Marvel MCU movies and best vacation spot is Costa Rica.

Bret Morschauer
Interim DON



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“Failure is the condiment that gives success its flavor.” – Truman Capote.