

Upcoming Event >>>



Sun 1: 10:00 Televised Church Service
Mon 2: 10:00 Inside/Outside/ 11:00 Card games/ 2:00 Read & Reminiscing/ 3:00 Ice Cream Sandwich treats
Tue 3: 10:30 Noodles Exercise/ 11:00 Gardening/2:00 Trivia Outside/ 3:00 Watermelon Treat – Natl Watermelon Day!
Wed 4: 10:00 Knitting group/11:00 Card games/ 2:00 Kings on the corner Tournament/ 3:00 Refreshments
Thu 5: 10:30 Exercise/ 11:00 Manicures/ 2:00 Pop Corn Bingo/ 3:00 Refreshments/ 5:30 Word Search Puzzle
Fri 6: 10:00 Current events/ 11:00 Inside/Outside/ 2:00 Happy Hour/Refr
Sat 7: 10:00 Inside/Outside/ 11:00 Card Games/ 1:30 Movie Matinee
Sun 8: 10:00 Televised Church Serv/11:00 Card games/1:00 Word search
Mon 9: 10:00 Coffee & Donuts/ 11:00 Card games/ 2:00 Bean Bag Toss/ 3:00 Refreshments
Tue 10: 10:30 Exercise/ 11:00 Nap Time/ 1:30 Movie/ 2:00 Pop Corn/ Natl Lazy Day – wear your PJs!
Wed 11: 10:00 Inside/Outside/ 11:30 Dice game/ 2:00 crafts/3:00 Refreshments
Thu 12: 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refreshments/ 4:00 in Room visits
Fri 13: 10:00 Current events/ 11:00 Inside/Outside/ 2:00 Happy Hour/Refreshments
Sat 14: 10:00 Inside/Outside/1:30 Movie Matinee/7:00 Packers vs Texans
Sun 15: 10:00 Televised Church Serv
Mon 16: 10:30 Knitting group / 11:00 Gardening/ 2:00 Joke&Jello – Natl Tell a Joke Day!
Tue 17: 10:30 Seated Yoga/ 11:00 Card games/ 2:00 Baking group – Ice cream pie / 4:00 Talk & Toss
Wed 18: 10:00 Card games/ 11:00 Inside/Outside/ 2:00 Resident BD Party & Refreshments
Thu 19: 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refreshments
Fri 20: 10:00 Current events/ 11:00 Inside/Outside/ 2:00 Happy Hour/Refreshments
Sat 21: 10:00 Inside/Outside/ 11:00 Gardening/ 1:30 Movie Matinee/ 3:25 Packers vs Jets
Sun 22: 10:00 Televised Church / 11:00 Card games/ 1:00 Inside/Outside
Mon 23: 10:00 Word Search Puzzle/11:00 Inside/Outside/ 2:00 Card games/ 3:00 Refreshments
Tue 24: 10:30 Exercise/ 11:00 Inside/Outside/2:00 Resident Council/ 3:00 Refreshments/ 5:30 Talk & Toss
Wed 25: 10:00 Inside/Outside/ 11:00 Card games/ 2:00 Banana Splits
Thu 26: 10:30 Exercise/ 11:00 Manicures/ 2:00 Dog Parade/ 5:30 Current Event
Fri 27: 10:00 Current Event / 11:00 Inside/Outside/ 2:00 Happy Hour/ Refreshments
Sat 28: 10:00 Inside/Outside / 12:00 Packers vs Bills
Sun 29: 10:00 Televised Church Serv
Mon 30: 10:00 Card games/ 11:00 Inside/Outside/ 2:00 Beach Day Party/ 3:00 Refreshments
Tue 31: 10:30 Exercise/ 11:00 Card games/ 2:00 Bean Bag Toss/ 3:00 Refreshments/ 5:30 Inside/Outside
Activities Offered Daily: 1:1 Visits, Sensory Programs, Music&Memory iPods, Newspaper Pass Out

AUGUST 2021



MEADOWBROOK

— BLOOMER —

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



Employee Birthdays

- Tim Hearden, August 1
- Jean Buchholz, August 15
- Courtney Buchholz, 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.

Meet our Team >>>

Hometown: Chippewa Falls, WI.

How Long have you worked at Bloomer?
 I've worked for 2 months.

Tell us about your family?
 I have a 6-year-old cat named Quinn!

What is the best part of your job?
 Being able to spend quality time with the residents and getting to know them and how they spent their lives.

What is something you would like to accomplish?
 I would like to get my Bachelor's Degree in Human Services and take my advocacy for the elderly population a bit further.

What is your favorite TV Show and Vacation Spot?
 My favorite movie is How to Lose a Guy in 10 Days- I love a good 1990s-early 2000s rom com! My favorite vacation spot is anywhere with a big city life. New York City is my favorite so far!

Holli Freid Activity Director



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