



MEADOWBROOK

—BLOOMER—

## Upcoming Event >>>

**Sun 1:** 10:00 Televised Church Serv/ In Room Activities

**Mon 2:** 10:30 Coffee cart/ 11:00 Card Games/1:30 Movie/ 6:00 Snack

**Tue 3:** 10:45 Church/ 2:00 Bingo/ 3:00 Snack/ 5:30 Word Searches

**Wed 4:** 10:30 Coffee cart/ 11:00 Exercises/ 2:00 Mother's Day craft/ 3:00 Snack Cart

**Thu 5:** 10:00 Manicures/11:00 Card Games/ 2:00 Bingo/ 3:00 Fiesta!

**Fri 6:** 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Happy Hr/Snacks

**Sat 7:** 11:00 Card games/ 2:00 Bingo/ 3:00 Snack Cart

**Sun 8:** 10:00 TV Church/ 2:00 Word Searches / 3:00 Snack Cart/

### Happy Mother's Day!

**Mon 9:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Guess What is in the box/ 3:00 Snack Cart – **Happy Nursing Home Week!**

**Tue 10:** 10:45 Church/ 2:00 Fish Bowl Toss/ 3:00 Snack Cart

**Wed 11:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Word games Wednesday! 3:00 Snack Cart

**Thu 12:** 10:30 Manicures/ 12:00 Grill Out! 2:00 Bingo/ 3:00 Snack Cart/ 5:30 Trivia

**Fri 13:** 10:30 Coffee Cart/ 2:00 Apple Pie Day Friday! 3:00 Staff & Resident Get Together

**Sat 14:** 11:00 Card games/ 2:00 In Room Visits

**Sun 15:** 10:00 TV Church Serv/ In Room Activities

**Mon 16:** 10:30 Coffee cart/11:00 Card Game/2:00 Pinecone Bird Feeders/ 6:00 Snack Cart

**Tue 17:** 10:45 Church/ 2:00 Bingo/ 3:00 Snacks/ 5:30 Word Searches

**Wed 18:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Music w/Jack G.

**Thu 19:** 10:00 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Snacks

**Fri 20:** 10:30 Coffee Cart/ Pizza Party Day! 2:00 Snack Cart

**Sat 21:** 11:00 Card games/ 1:30 Movie & Popcorn

**Sun 22:** 10:00 TV Church Serv/ 2:00 Bingo/ 3:00 Snack Cart

**Mon 23:** 10:30 Coffee cart/ 11:00 Card Games/2:00 Resident Council/ 3:00 Snack Cart

**Tue 24:** 10:45 Church/ 2:00 Bingo/ 3:00 Snack Cart

**Wed 25:** 10:30 Coffee Cart/ 11:00 Exercises/ 2:00 Resident BD Party/ 6:00 Word Searches

**Thu 26:** 10:30 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Snack/ 6:00 Table Checkers

**Fri 27:** 10:30 Coffee C/11:00 Card Games/12:00 Grill Out! 2:00 Snack

**Sat 28:** 11:00 Card games/ 2:00 In Room Visits

**Sun 29:** 10:00 Televised Church Serv/ In Room Activities

**Mon 30:** 10:30 Coffee cart/ 11:00 Card Games/ 2:00 Beach Ball Baseball/ 3:00 Snack Cart / 6:00 Table Bowling

**Tue 31:** 10:45 Church/ 2:00 Bingo/ 3:00 Snack Cart/ 5:30 Puzzles

# Newsletter

## The Benefits of Music Therapy for Seniors

Music has the power to uplift our spirits, whether we are going through good times or bad times. Regardless of our age, music can stimulate strong feelings and emotions. It should be no surprise then that music therapy has the power to help improve the lives of people in a variety of ways. Several studies conducted worldwide have shown the benefits of music therapy for seniors in particular.

Music therapy activities for seniors have been shown to improve their emotional, physical and cognitive well-being. Music therapy programs help residents deal with common issues, such as stress, depression and memory impairment. Some of the many benefits of music therapy include:

**Speech skills:** Music therapy can help seniors make clearer decisions and speak more accurately. Music therapy slows the deterioration of language and speech skills within those who have dementia.

**Memory enhancement:** Music therapy can sharpen a senior's memory – it can help to process memories and keep memories active.

**Physical skills:** Music, especially fun and upbeat songs, promotes dancing. Following a song's rhythm and beat improves one's coordination and improves overall endurance. Even simple movements such as clapping promote that little bit of exercise and blood flow.

**Stress reduction:** Music has the power to alleviate stress. A study conducted by a team at McGill University showed how listening to music can lower stress and anxiety levels and improve immune system function.

Playing music has proven to invoke relaxation and uplift moods.

Enjoy the powerful benefits of music: Music therapy for seniors is beneficial in many ways as it helps keep their minds and bodies active. We know that music boosts people's spirits, but it has also been proven to improve people's overall physical, mental, and emotional well-being.



References:

<https://healthying.net/healthy-lifestyle/benefits-music-therapy-seniors/>

# 123 Sudoku Puzzle Level Easy

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

## Meet our Team >>>

Hometown: Pardeeville, WI.

### Job Overview

I am a Certified Nursing Assistant.

### Tell us about your family?

I have a husband, Wayne and two children named Brileigh and Manny. I have two dogs named Baker and Waylin and one fair fish.

### Outside Interest?

I like to do outdoor activities when the weather is nice, like nature walking and hiking.

### Something not everyone may know about you:

I've known how to do sign language since I was in kindergarten.

### What is your favorite Sport Team?

Packers! Aaron Rodgers is my husband! 

## Lindsay Moore CNA



## Employee Birthdays

Lori G., May 02  
Joe G., May 02  
Hailie K., May 11  
Kathryn Q., May 19  
Kathleen G., May 30  
Abigale W., May 30



## HaPpy BiRthDay MAY Born

- 1. They are Hard-working**, they are ambitious and very devoted to what they believe in. They work very hard to achieve their goals and dreams.
- 2. They are Emotional**, People born in this month have very strong feelings and can even relate to what others are going through.
- 3. They are Restless**, not in a bad way. They are very active and are full of energy and you would never see they tired or exhausted.
- 4. The Love to Travel**, they have a strong passion towards seeing the world, knowing other cultures, meeting different kinds of people and most of all, making memories that last a lifetime.
- 5. They are Stubborn**, they can debate with you for hours to come to prove their point and that they are right.
- 6. They are Money Spenders**; they are known for their extravagant behavior. But they are not stingy.
- 7. They are Reasonable**, people born in May know exactly what their strength is and what they are capable of.
- 8. They are Self-motivated**, maybe this is because of their stubbornness or maybe their hard-working attitude, but people born in May have the great willpower and the ability to motivate themselves to do anything they put their mind to.
- 9. They like to be Spotlight**; they love to be the center of attention more than anything in this world.
- 10. They Love Art**, they are very sensitive to what is artistic and beautiful. This is just one of the many things they are passionate about.



1840 Priddy St.  
Bloomer, WI 54724  
Contact us at **715-568-2503**  
[www.meadowbrookbloomer.com/](http://www.meadowbrookbloomer.com/)



<https://www.dazzling.news/a3046/10-traits-may-borns-are-known-for?page=6>