



MEADOWBROOK

—BLOOMER—

## Upcoming Event >>>

**Mon 1:** 10:00 Move it Monday exercise/ Room Visits

**Tue 2:** 10:45 Church Service/ Room visits/ Activity Cart

**Wed 3:** 10:00 Outdoor Group/ 2:00 Watermelon Social

**Thu 4:** 10:00 Noodles & Balloon/ 2:00 Crafts

**Fri 5:** Room Visits/ 2:00 Bingo/ Activity Cart

**Sat 6:** 2:00 Root Beer Floats/Activity Cart/6:10 Brewers vs Cincinnati

**Sun 7:** 2:00 Bingo/ 1:10 Brewers vs Rays

**Mon 8:** 10:00 Move it Monday exercise / 1:00 Manicure

**Tue 9:** 10:45 Church Service/ Room visits/ Activity Cart

**Wed 10:** 10:00 Outdoor Group/1:00 S'mores Party

**Thu 11:** 10:00 Noodles & Balloon/ 2:00 Special Music

**Fri 12:** Room Visits/ 2:00 Bingo/ Activity Cart

**Sat 13:** 2:00 Movie/ 6:15 Brewers vs St Louis

**Sun 14:** 2:00 Bingo/ 1:15 Brewers vs St Louis

**Mon 15:** 10:00 Move it Monday exercise/Room Visits

**Tue 16:** 10:45 Church Service/ Room visits/ Activity Cart

**Wed 17:** 10:00 Outdoor Group/2:00 Fruit Pizza Party

**Thu 18:** 10:00 Noodles & Balloon/ 2:00 Let's CELEBRATE August Birthdays!

**Fri 19:** 10:00 Therapy Dog Visit/ 2:00 Bingo/ Activity Cart

**Sat 20:** 2:00 Movie/ Activity Cart

**Sun 21:** 2:00 Bingo/ 1:20 Brewers vs Cubs

**Mon 22:** 10:00 Move it Monday exercise/ Room visit

**Tue 23:** 10:45 Church Service/ Room visits/ Activity Cart

**Wed 24:** 10:00 Outdoor Group/ 1:00 Crafts

**Thu 25:** 10:00 Noodles & Balloon/ 2:00 Resident Council

**Fri 26:** Room Visits/ 2:00 Bingo/ Activity Cart

**Sat 27:** 2:00 Movie/ 6:10 Brewers vs Cubs

**Sun 28:** 2:00 Bingo/ 1:10 Brewers vs Cubs

**Mon 29:** 10:00 Move it Monday exercise/ Room visits

**Tue 30:** 10:45 Church Service/ Room visits/ Activity Cart

**Wed 31:** 10:00 Outdoor Group/ Room visits

**Mondays:** 6:00-Assorted Games in Activity Room available.

**Thursdays:** 6:00-Movie in Lobby. **Daily:** 8:00 Coffee Clutch

**Hairdresser** will be here Wed Aug 10 & 24

**\*\* Calendars are subject to change\*\***

# Newsletter

## Seated tai chi for seniors improves health

Tai chi is a gentle exercise that improves balance and reduces fall risk. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly.

Seated tai chi is a great exercise option for frail seniors or those with limited mobility. It helps older adults get the health and wellness benefits of tai chi without the fall risk.

Here are some of the benefits of this ancient Chinese form of exercise:

- ▶ Relieves physical effects of stress
- ▶ Promotes deep breathing
- ▶ Reduces bone loss in menopausal women
- ▶ Improves lower body and leg strength
- ▶ Helps with arthritis pain
- ▶ Reduces blood pressure
- ▶ Requires mind and body integration through mental imagery
- ▶ Accumulates energy by releasing endorphins rather than depleting it
- ▶ Enhances mental capacity and concentration
- ▶ Improves balance and stability by strengthening ankles and knees
- ▶ Promotes faster recovery from strokes and heart attacks
- ▶ Improves conditions of Alzheimer's, Multiple Sclerosis and Parkinson's

### Go slow and modify to avoid pain or injury

Staying safe while exercising is the number one priority.

When trying new exercises or movements, it's wise to go slow and not push to a point of discomfort.

Some people have arthritis, knee issues, or other physical conditions that limit their range of motion. Be flexible and feel free to modify the if necessary.

Over time, their body will get used to the movements and their abilities or flexibility will likely improve.



References:

<https://www.cdc.gov/disasters/extremeheat/warning.html>

# 123 Sudoku Puzzle Level Medium

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



## Employee Birthdays

Tim H., August 01

Janette C., August 19



## HaPpy BiRthDay AUGUST Born

- 1. They need their space.** Since they are very private people, they prefer to have their "me-time."
- 2. Always Right.** They can't let you go off without having the last word, they are too stubborn for that.
- 3. They are Expressive.** Happiness, excitement, love, sadness, anger, disgust will be shown all over their face.
- 4. Great Writers.** They do have the tendency of channeling their thoughts and feelings in words. It is their favorite way to pass time as well.
- 5. They are Picky.** You might find them annoying or selfish, but they only get close to people who they think deserve to be their friends.
- 6. Money-smart.** They are very good with their finances, so you will never see them in debt. They will only buy something if they think they really need it.
- 7. Perfectionist.** People born in August have a little bit of an OCD trait in them. They want everything in its place, perfect and the way they want it.
- 8. They get Bored Easily.** Not everything interests them so you will have to find a very creative way to get them to listen to you.
- 9. They are Stubborn.** Being intuitive and good at reading people, August-borns are often stubborn. They think that their opinions matter the most, and surprisingly, they are right most of the times. They tend to protect their pride to stop people from seeing their sensitive side.
- 10. Easily Irritated.** They get annoyed at the smallest things and will not hesitate to show it.

## Meet our Team >>>

Hometown: Chetek, WI.

### Job Overview

Helping residents participate in various activities and experiences, working with the residents and community to engage and share experiences, assist with Employee Experience.

### Tell us about your family?

I'm married to my husband, Scott, almost 22 years. We have 1 cat (Oscar) and 2 goats (Gary and Cooper). We live close to both of our families in the Chetek area including all our siblings, nieces and nephews and parents.

### Outside Interest?

I enjoy helping my husband with his hunting hobby, planting food plots, checking trail camera pictures, taking him to his deer stand, tracking, and being in the out of doors. I enjoy aviation, having grown up in a family that flies commercially and small. My husband and I enjoy supporting the athletic programs.

### Something not everyone may know about you:

When I was 16 years old, I helped my brother (22 yrs. old) fly a WWII Navy Biplane back home to our farm north of Sand Creek WI from Daytona Beach Florida. We had nothing but a wet compass and paper maps and it took us 3 days in the August heat.

### What is your favorite Sport Team?

WI sports teams (Badgers, Brewers, Packers), UW Eau Claire Football, Chetek Weyerhaeuser High School Athletics! I can't choose just one!

## Heidi Kodesh

Activity Director



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Contact us at **715-568-2503**

[www.meadowbrookbloomer.com/](http://www.meadowbrookbloomer.com/)



<https://www.dazzling.news/a681/10-traits-august-borns-are-known-for>