



National Strawberry Sundae Day



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Mon 2: 10:00 Music & Memory/ 2:00 Jackpot/ 7:10 Brewers vs Pirates

Tue 3: 10:00 Noodle ball / 2:00 Bingo

Wed 4: 9:30 Manicures/ 2:00 Chair Exercise

Thu 5: 10:00 Catholic communion/ 2:00 Bingo/ 6:00 Reading circle

Fri 6: 10:00 Reminiscence/ 2:00 Root beer floats – Natl Root beer Float Day!

Sat 7: 10:00 Outside visits / 1:1 visits

Mon 9: 10:00 Chair Exercises/ 2:00 Jackpot/ 6:00 Noodle ball

Tue 10: 9:30 Lutheran devotion/ 1:30 Eyes Glass Cleaning

Wed 11: 9:30 Manicures / 2:00 Music & Memory

Thu 12: 10:00 Rosary / 2:00 Bingo

Fri 13: 9:30 School Advice / 2:00 Bingo

Sat 14: 10:00 Dreamsicle Delivery / 1:1 visits / 7:00 Packers vs Texans

Sun 15: Back to school prep

Mon 16: 9:30 Tell a Joke Day/ 2:00 Jackpot/ 6:00 Noodle ball - Natl Joke Day!

Tue 17: 10:00 Grocery game / 2:00 Bingo

Wed 18: 9:30 Manicures / 2:00 Riddle me this

Thu 19: 10:00 Catholic Communion / 2:00 Bingo/ 6:00 Reminiscence

Fri 20: 9:30 Lemonade craft / 2:00 Making homemade lemonade

Sat 21: 10:00 Outdoor walks / 1:1 visits/ 3:25 Packers vs Jets

Mon 23: 10:00 Balloon VB/ 2:00 Jackpot/6:00 Reading circle

Tue 24: 9:30 Lutheran devotion/ 2:00 Bingo

Wed 25: 9:30 Manicures / 2:00 Music & Memory

Thu 26: 10:00 Rosary/ 1:30 Bingo/ 6:00 Noodle ball

Fri 27: 9:30 Trivia/ 2:00 Banana Splits

Sat 28: 12:00 Packer vs Bills / 1:1 visits

Mon 30: 10:00 Summer Kickball/ 2:00 Monthly Summer Beach Birthday Party

Tue 31: 10:00 BD Board craft/ 2:00 Bingo

**** Activities Subject to change****

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



Sunshine Club

Employee Birthdays

- Janet Cook, August 6
- Sarah Zoromski, August 14
- Kim Dohnalik, August 27



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: Oconto, WI

How Long have you worked at Oconto Falls?

2 years and came back for 5 more.

Tell us about your family?

In the military for 7 years.

Ma and pa are passed. I have 2 brothers and 1 sister alive.

What is the best part of your job?

Doing what I enjoy. Can work on my own.

What is something you'd like to accomplish?

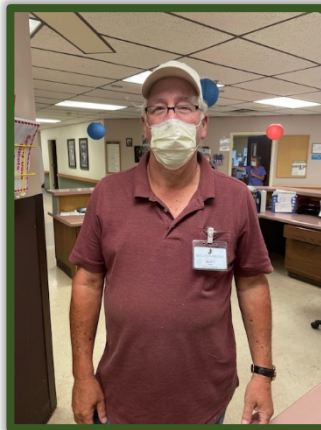
Retirement.

What is your favorite Movie and Vacation spot?

My favorite Movie is Midway with John Wayne and for vacation, The Golf Courses and Colorado.

Scott Hazen

Maintenance Director



100 E Highland Drive
 Oconto Falls, WI 54154

Contact us at **920-848-3272**

www.meadowbrookcoontofalls.com



A CMS 4 Star Facility