



Upcoming Event >>>

Mon 1: Cook out for Lunch – **Happy Labor Day!**

Tue 2: 9:30 Manicures/ 2:00 Bingo

Wed 3: 9:30 Music & Memory / 2:00 Cover-Up

Thu 4: 10:00 Catholic Communion/ 2:00 Jackpot

Fri 5: 9:30 packer Trivia/ 2:00 Bingo

Sat 6: 9:30 Reading Circle/ 1:30 No Cards

Sun 7: 10:30 Catholic Church Ch. 5/ 4:25 Packers vs Lions

Mon 8: 10:00 Rock Painting/ 2:00 Jackpot

Tue 9: 10:00 Rock Painting / 2:00 Bingo

Wed 10: 10:00 Catholic Church/ 2:00 Grocery Game

Thu 11: 9:30 Reminisce/ 2:00 Tailgate Party/ 8:15 Parkers vs Commanders

Fri 12: 9:30 Sing A Long/ 2:00 Bingo

Sat 13: 9:30 Patio Social / 2:00 L-R-C Dice

Sun 14: 10:30 Catholic Church Ch. 5

Mon 15: 9:30 Manicures/ 2:00 Jackpot

Tue 16: 9:30 Lutheran Church / 2:00 Bingo

Wed 17: 9:30 Music & Memory/ 2:00 7-Stinks

Thu 18: 10:00 Catholic Communion/ 2:00 Music w/Scott

Fri 19: 9:30 Coffee Clutch/ 2:00 Resident Council

Sat 20: 9:30 Reminisce/ 1:30 Bingo

Sun 21: 10:30 Catholic Church Ch. 5/ 1:00 Packers vs Browns/ 2:30 Mennonite Singers

Mon 22: 9:30 Create a Story/ 2:00 Jackpot

Tue 23: 9:30 Manicures/ 2:00 Bingo

Wed 24: 9:30 Let's Chat/ 2:00 Hagman

Thu 25: 10:00 Rosary/ 2:00 Climb the Mountain

Fri 26: 9:30 Penny Ante/ 2:00 Birthday Bingo

Sat 27: 9:30 Gosht Craft/ 2:00 Cover-Up

Sun 28: 10:30 Catholic Church Ch. 5/ 8:20 Packers vs Cowboys

Mon 29: 10:00 Reading Circle/ 2:00 Jackpot

Tue 30: 9:30 Birthday Board/ 2:00 Bingo

DAILY: 1:1 visits, Morning Greetings, Mail delivered, Good Day Wisconsin M-F 5 AM-9 AM

TUESDAY: Barber And Noodle Ball at 6 PM

WEDNESDAY: Beauty Shop TBD

THURSDAY: Resident shopping (please have list to activities by Wednesday) Noodle Ball at 6 PM

*** Activities Subject to Change***

Newsletter

Fall Prevention Awareness Month

September is recognized as Fall Prevention Awareness Month. As we age, our risk of falling naturally increases. Physical changes, certain health conditions, and even some medications can affect balance and make falls more likely. In fact, falls are one of the leading causes of injury among older adults. The good news is that many falls can be prevented with a few simple strategies.

- 1. Partner with your doctor:** Talk to your health care provider about your fall risk. Bring a list of your medications—both prescription and over-the-counter—so they can check for side effects that may cause dizziness or drowsiness. Also, share details about any falls you've had in the past. Your provider may suggest exercises, therapy, or changes in medication to lower your risk.
- 2. Keep moving:** Regular activity helps maintain strength, balance, and flexibility. Gentle exercises such as walking, water aerobics, or tai chi are great options. If you're nervous about exercising, ask your provider or a physical therapist for a safe program designed for you.
- 3. Choose safe shoes:** Footwear makes a big difference. Avoid high heels, slippers, or slick-soled shoes. Instead, choose sturdy, well-fitting shoes with non-slip soles. Proper shoes not only help with balance but may also reduce joint pain.
- 4. Create a safe environment:** Look around your living space for hazards. Clear walkways of cords, clutter, or loose rugs. Install non-slip mats in the bathroom, repair loose floorboards, and keep everyday items within easy reach. These small changes can prevent big accidents.
- 5. Light the way:** Good lighting is key to safety. Use night lights in hallways, bathrooms, and bedrooms. Keep flashlights nearby in case of power outages. Always turn on lights before going up or down stairs.
- 6. Use assistive devices when needed:** Don't hesitate to use tools that make life safer—canes, walkers, grab bars in the bathroom, and handrails on both sides of stairways. An occupational therapist can also recommend other helpful devices for your specific needs.

By taking these steps, you can greatly reduce your risk of falling and stay independent longer. Fall prevention is not just about safety—it's about protecting your health and confidence every day.

Let's play! Word Scramble: Game Shows

1. TMNIUE OT WNI TI _____
2. ETH ALLW _____
3. CPREI SI TGIHR _____
4. NMOCMO DLOGNKWEE _____
5. RECAAMI YSSA _____
6. HET ETKWSAE LNIK _____
7. LAIYFM EFUD _____
8. ELHWE FO TNERFOU _____
9. UVVISRRO _____
10. OPARYJED _____
11. ADLE RO ON LADE _____
12. ETH INGTADE GEMA _____



Employee Birthdays

Dashuan L., Sep 01
Crystal H., Sep 02
Dawn P., Sep 08
Jill W., Sep 08
Jolyne G., Sep 13
Sandy M., Sep 23



2025 Fun & National Holidays!

- ▶ Sep 1 Labor Day!
- ▶ Sep 1 Emma Nutt Day
- ▶ Sep 3 World Beard Day
- ▶ Sep 4 Eat an Extra Dessert Day
- ▶ Sep 5 Intl Day of Charity
- ▶ Sep 5 Cheese Pizza Day
- ▶ Sep 6 Fight Procrastination Day
- ▶ Sep 6 Read a Book Day
- ▶ Sep 7 Grandparents Day
- ▶ Sep 7 Salami Day
- ▶ Sep 8 Pardon Day
- ▶ Sep 9 Teddy Bear Day
- ▶ Sep 11 Patriot Day, 911 Remembrance
- ▶ Sep 12 Chocolate Milkshake Day
- ▶ Sep 13 Positive Thinking Day
- ▶ Sep 15 Make a Hat Day
- ▶ Sep 16 Collect Rocks Day
- ▶ Sep 16 Guacamole Day
- ▶ Sep 17 Intl Country Music Day
- ▶ Sep 18 Rice Krispie Treat Day
- ▶ Sep 19 Butterscotch Pudding Day
- ▶ Sep 19 Talk Like a Pirate Day
- ▶ Sep 20 National CleanUp Day
- ▶ Sep 22 State Capital Day
- ▶ Sep 22 Ice Cream Cone Day
- ▶ Sep 23 Checkers Day
- ▶ Sep 24 Punctuation Day
- ▶ Sep 25 Comic Book Day
- ▶ Sep 26 Pancake Day
- ▶ Sep 28 Good Neighbor Day
- ▶ Sep 29 Veterans of Foreign Wars Day
- ▶ Sep 30 Hot Mulled Cider Day

Meet our Team >>>

Hometown: Oconto Falls, WI

Tell us about your Job.

I'm the cafeteria lady.

Tell us about your family.

I find family everywhere I go.

What are your outside Interests?

ART, I love drawing, painting, and coloring.

Something not everyone may know about you.

I want to be a tattoo artist.

Favorite sport team.

Hello Kitty

Lilian H.
Dietary



100 E. Highland Drive
Oconto Falls, WI 54154
Contact us at **920-848-3272**
www.meadowbrookcoontofalls.com



Also, September is...

Fall prevention awareness Month
National Assisted Living Week – Sep 7-13
Healthcare Environmental Services Week – Sep 14-30