



Upcoming Event >>>

- Sun 1:** 7:30 Catholic Church Ch. 5
 - Mon 2:** 9:30 Ballon Volleyball/ 2:00 Jackpot
 - Tue 3:** 10:00 Lutheran Church/memorial/ 2:00 Bingo/ Manicures all day
 - Wed 4:** 9:30 Reminisce / 2:00 Hangman
 - Thu 5:** 9:30 Sing Along/ 10:00 Catholic Communion / 2:00 Jackpot
 - Fri 6:** 9:30 Hobos & Swim holes/ 2:00 Bingo
 - Sat 7:** 9:30 Trivia / 1:30 L-R-C Dice

 - Sun 8:** 7:30 Catholic Church Ch.5 / 2:30 Mennonite Singers
 - Mon 9:** 9:30 Big Ball Kick/ 2:00 Jackpot
 - Tue 10:** 9:30 Reading Circle / 2:00 Bingo
 - Wed 11:** 10:00 Catholic Mass / 2:00 Cover-Up
 - Thu 12:** 9:30 Music & Memory / 2:00 Bingo
 - Fri 13:** 9:30 Grocery Game / 2:00 Bingo
 - Sat 14:** 9:30 Butterfly reading Circle / 2:00 Butterfly Crafts

 - Sun 15:** 7:30 Catholic Church Ch. 5/ 2:30 Mennonite Singers
 - Mon 16:** 9:30 Frosting Cookies / 2:00 Jackpot/ Manicure all day
 - Tue 17:** 9:30 St Patty’s Trivia / 2:00 St Patty’s Party
 - Wed 18:** 9:30 Lets Chat / 2:00 Bingo
 - Thu 19:** 9:30 Sing Along/ 10:00 Catholic Communion/ 2:00 Music w/Scott
 - Fri 20:** 9:30 Reminisce / 2:00 Resident Council
 - Sat 21:** 9:30 Trivia / 1:30 Bingo

 - Sun 22:** 7:30 Catholic Church Ch. 5
 - Mon 23:** 9:30 Bean Bag Toss/ 2:00 Jackpot
 - Tue 24:** 9:30 Easter Crafts / 2:00 Bingo
 - Wed 25:** 9:30 Penny Ante / 2:00 L-R-C Dice
 - Thu 26:** 10:00 Rosary / 1:10 Brewers/ 2:007-Stinks
 - Fri 27:** 9:30 Reading Circle / 2:00 Bingo
 - Sat 28:** 9:30 Color Therapy / 2:00 No Cards/ 6:10 Brewers

 - Sun 29:** 7:30 Catholic Church Ch. 5/ 1:10 Brewers
 - Mon 30:** 9:30 Ballon Volleyball/ 2:00 Jackpot/ 6:40 Brewers
 - Tue 31:** 9:30 Birthday Board/ 2:00 Birthday Bingo
- DAILY:** 1:1 visits, morning greetings, Mail Delivery, Good Day Wisconsin 5AM-9AM
- TUESDAY:** Barber And Noodle Ball at 5:30 PM
- WEDNESDAY:** Beauty Shop
- THURSDAY:** Noodle Ball 5:30

*** Activities Subject to Change***

Newsletter

Medication Safety For Seniors

Medication safety is especially important for older adults, who often take multiple prescriptions and face higher risks of drug interactions, side effects, and dosing errors. This article highlights how caregivers can reduce those risks by actively engaging with pharmacists—an often underused but highly valuable healthcare resource.

According to National Council on Patient Information and Education, adults age 65+ are significantly more vulnerable to medication-related complications. Experts from FamilyWize recommend asking pharmacists key questions whenever a new prescription is filled to ensure medications are used safely and effectively.

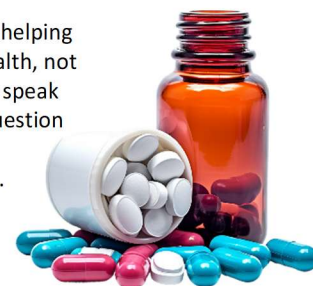
Key takeaways include:

- Confirm the medication name (brand and generic) and its purpose.
- Check for duplicate or unnecessary prescriptions, especially when multiple doctors are involved.
- Understand dosing instructions, timing, missed-dose guidance, and potential side effects.
- Ask about food, supplement, or activity restrictions and proper storage requirements.
- Clarify how long the medication should be taken and when it should be reviewed.

3 Tips for Organizing Medications at Home:

1. Keep an updated master list of all prescriptions and over-the-counter products.
2. Store medications safely and according to instructions, following guidance from the Centers for Disease Control and Prevention.
3. Use apps or tracking tools to prevent missed doses and refills.

This simple conversation is a powerful act of prevention, helping to ensure that every pill taken is a step toward better health, not a potential risk. So, keep this list handy, don't hesitate to speak up, and remember that there is no such thing as a silly question when it comes to safety. Your proactive approach is the key to managing medications with confidence and clarity.



Reference: <https://dailycaring.com/senior-medication-safety-9-important-questions-to-ask-the-pharmacist/>

Let's play! Word Scramble: Art & Crafts

1. STCLPUIGN _____
2. IGWEANV _____
3. ESCKIGTNH _____
4. NRGADWI _____
5. WLIGNSAGOBSL _____
6. RACPS INOBKGO _____
7. IAOIGMR _____
8. TRTEOYP _____
9. OIDONGWWRKO _____
10. ERAMAMC _____
11. LPIYHRGCLA _____
12. SEIWGN _____
13. TIIGPNNA _____
14. DOIYEREMRB _____
15. ERPAP ACFRT _____



Employee Birthdays

Julie H., Mar 01	Helen M., Mar 17
Savannah M., Mar 02	Raeann P., Mar 19
Victoria S., Mar 09	Cassie S., Mar 22
Amy F., Mar 14	Julie V., Mar 26
Marlene V., Mar 15	Samantha C., Mar 26
Shirley S., Mar 15	
Jenny N., Mar 16	
Hannah J., Mar 16	



2026 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 3 Cold Cut Day
- ▶ Mar 5 Cinco de Marzo
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 6 Dress in Blue Day
- ▶ Mar 7 Flapjack Day
- ▶ Mar 7 Cereal Day
- ▶ Mar 8 Daylight Saving Time
- ▶ Mar 9 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 11 Registered Dietitian Nutritionist Day
- ▶ Mar 12 Plant a Flower Day
- ▶ Mar 14 Pi Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St Patrick's Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Nurses Day
- ▶ Mar 19 Lets Laugh Day
- ▶ Mar 20 First Day of Spring
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Eat a Waffle Day
- ▶ Mar 25 Tolkien Reading Day
- ▶ Mar 27 Spanish Paella Day
- ▶ Mar 28 Something on a Stick Day
- ▶ Mar 29 Smoke and Mirrors Day
- ▶ Mar 30 National Doctors' Day
- ▶ Mar 31 Bunsen Burner Day

Meet our Team >>>

Hometown: Valders, WI

Job Overview

I enjoyed 30 plus years as a bartender. I also work with my husband doing home remodeling. Now I feel very blessed to be part of the Meadowbrook team and love every moment!

Tell us about your family.

My husband's name is Gary and we have a son Ryder. I have 3 siblings Brenda, Roger and Bridget.

What are your outside Interests?

My family and I like to go camping and snowmobiling.

Something not everyone may know about you.

I am a home body.

Rachael Activity Assistant



Testimonial >>>



"I chose Meadowbrook at Oconto Falls because it was close to home and in the same city. It was better than going out of your way to another town and nice to have in our neighborhood. Therapy did a good job and I am up and walking." - **Gloria B. – Resident**



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Contact us at **920-848-3272**
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Also, March is...

National Nutrition Month
Social Work Month
Women's History Month