




MEADOWBROOK
— OCONTO FALLS —

Upcoming Event >>>

Wed 1: 9:30 Reading circle/ 2:00 Outside walks
Thu 2: 10:00 Catholic communion/ 2:00 Manicures
Fri 3: 9:30 Reminiscence/ 2:00 Bingo – Wear Favorite College Color
Sat 4: 1:1 visits – Beard Selfies

Mon 6: Labor Day!

Tue 7: 9:30 Lutheran devotion/ 2:00 Bingo/ 6: Noodle Balls – Beer Lovers Day!

Wed 8: 9:30 Manicures / 2:00 Music & Memory

Thu 9: 10:00 Rosary / 2:00 Bingo – Pictures Day- Updating Pics

Fri 10: 9:30 Frosting cookies/ Weekly Prediction / 2:00 Packer Kick Off Party

Sat 11: 1:1 visits / Ice Cream Treats

Sun 12: 3:25 Packers Vs Saints

Mon 13: 9:30 Trivia/ 2:00 Jackpot/ 6:00 Noodle Ball

Tue 14: 9:30 Donut cart/ 2:00 Eye Glass Cleaning - Cream Filled Donuts Day!

Wed 15: 9:30 AM Stretch / 2:00 Courtyard clean up

Thu 16: 10:00 Communion / 2:00 Manicures/ 6:00 Fall Craft Prep

Fri 17: 9:30 Fall craft/ Weekly Prediction / 2:00 Bingo

Sat 18: Fall Craft Cont. / 1:1 visits

Mon 20: 10:00 Balloon VB/ 2:00 Jackpot/7:15 Pack Vs Lions – Pepperoni Pizza Day!

Tue 21: 9:30 Lutheran devotion/ 2:00 Bingo

Wed 22: 9:30 Reading Circle/ 2:00 Catholic Mass

Thu 23: 10:00 Rosary/ 2:00 Manicures/ 6:00 Music & Memory

Fri 24: 9:30 Outside walks/ Weekly Prediction / 2:00 Bingo

Sat 25: Noodles Ball / 1:1 visits

Sun 26: 7:20 Packers Vs 49ers

Mon 27: 10:00 Resident Council/ 2:00 Jackpot/ 6:00 Music & Memory

Tue 28: 9:30 Grocery game/ 2:00 Monthly BD Party

Wed 29: 9:30 Reminiscence/ 2:00 Coffee/Muffins cart with flavored creamer – Natl Coffee Day!

Thu 30: 9:30 BD Board Craft/ 10:00 Communion/ 2:00 Manicures

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

Newsletter

REMINISCENCE THERAPY HELPS SENIORS WITH DEMENTIA

Reminiscing, or sharing memories from the past, is an enjoyable way to connect with someone with Alzheimer's or dementia.

With dementia, people typically lose short-term memory but are often still able to recall older memories.

The goal of reminiscence therapy is to help seniors with dementia feel valued, contented, and peaceful by recalling happy times from their past.

It gives them an opportunity to talk and share something meaningful rather than just listen to others speak.

There's a difference between reminiscing and remembering.

Remembering something specific, even from long ago, can be stressful for someone with dementia because they're likely to feel pressured or angry.

In contrast, when they look at old photographs a pleasant memory floats up and they share it with you, they'll feel good.

4 Reminiscence Therapy Activities:

Memories can be associated with different parts of the brain, so it's helpful to try activities that stimulate different senses.

1. Listen to their favorite music - helps people reminisce and relate to emotions and past experiences
2. Look at photos or magazines - that bring back memories are another excellent way to reminisce. Photos of family, friends, and important life events are wonderful choices.
3. Smell familiar scents and taste favorite foods – are another wonderful way to evoke fond memories.
4. Enjoy tactile activities like painting, pottery, or other crafts - Touch can also remind someone of the past. Familiar tactile activities like drawing, painting, pottery, knitting, sewing, or other crafts can spark old memories.



Reference: <https://dailycaring.com/4-ways-reminiscence-therapy-for-dementia-brings-joy-to-seniors/>

September Word Search



ALZHEIMER
AWARENESS
BRAIN
DEMENTIA
FALL IS HERE

GRANDPARENTS DAY
HONOR
LABOR DAY
MEMORY
PATRIOT DAY



PURPLE RIBBON
REMEMBRANCE
REMINISCENCE
SUMMERS GONE

Meet our Team >>>

Hometown: Marion, Kentucky
 How Long have you worked at Meadowbrook?
 I've worked for 4 years
 Tell us about your family?
 I have 3 kids, 3 grandchildren, 6 sisters (All older) My dad passed, and my mom is in the nursing home.
 What is the best part of your job?
 Knowing I'm helping the residents.
 What is something you'd like to accomplish?
 Seeing an old age.
 What is your favorite Vacation spot?
 My favorite vacation spot is Gatlinburg Tennessee.

Heather Kirk
Laundry Aide



Environment Service & Housekeeping Week Sept. 12-18th



Employee Birthdays

- Autumn Sexton, Sep 05
- Sarah Thomas, Sep 06
- Danielle Schefdore, Sep 19
- Katherine Soper, Sep 21
- Jean Kozlovsky, Sep 22
- Sandy McDonald, Sep 23
- Stacy Stimac, Sep 29



The Month of September

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar).

SEPTEMBER CALENDAR

September 6: the first Monday in September is **Labor Day**. Also, brings the start of **Rosh Hashanah**, at sundown. It's literally "Head of the Year" in Hebrew, is the beginning of the Jewish new year.

September 11 is **Patriot Day**, held in honor and remembrance of those who died in the September 11 attacks of 2001.

September 12 is **Grandparents Day**. Honor your grandparents today and every day!

September 15 is **Yom Kippur**, means "Day of Atonement" in Hebrew. This is the holiest holiday in the Jewish calendar.

September 17 is **Constitution Day**. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787

September 21 is **World Alzheimer's Day** to raise awareness, educate about this disease.

September 22 marks the start of fall!

September 29 is **Michaelmas** is an ancient Celtic "Quarter Day" which marked the end of the harvesting season and was steeped in folklore.