



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

- Sun 1:** 3:25 Packers vs Vikings
- Mon 2:** 9:30 Grocery Games/ 2:00 Jackpot
- Tue 3:** 9:30 Manicures/ 2:00 Bingo/ 6:00 1:1 Visits
- Wed 4:** 9:30 Noodle Ball / 2:00 Trivia/ Natl Trivia Day!
- Thu 5:** 10:00 Communion/ 2:00 Bingo/ Craft Prep.
- Fri 6:** 9:30 Balloon Volleyball/ 2:00 Snowman Craft
- Sat 7:** Undecorating/ 1:30 No cards

- Sun 8:** Packers vs Vikings
- Mon 9:** 9:30 Sensory-Music/ 2:00 Jackpot
- Tue 10:** 9:30 Manicures/ 1:30 Eye Care w/Sue/ 6:00 1:1 Visits
- Wed 11:** 10:00 Catholic Mass/ 2:00 What Am I?
- Thu 12:** 10:00 Rosary/ 2:00 Bingo/ Natl Pharmacist Day!
- Fri 13:** 9:30 Lutheran Dev/ 2:00 Bingo/ 6:00 1:1 Visits
- Sat 14:** 10:00 Reminisce/ 2:00 Bean Bag Toss/ Dress your pet up

- Sun 15:** 2:30 Mennonite Singers
- Mon 16:** 9:30 Trivia/ 2:00 Jackpot/ MLKJ Day!
- Tue 17:** 9:30 Manicures/ 2:00 Bingo/ 6:00 1:1 Visits
- Wed 18:** 9:30 Room Exercises/ 2:00 Aroma Therapy
- Thu 19:** 10:00 Communion/ 2:00 Bingo/ 6:00 1:1 Visits
- Fri 20:** 10:00 Resident Council/ 2:00 Beer Tasting
- Sat 21:** 1:30 L-R-C Dice/ Natl Hug Day!

- Sun 22:** 11:00 Polka Time Ch. 10.1
- Mon 23:** 9:30 Laughter is the Best Medicine/ 2:00 Jackpot/ Natl Pie Day!
- Tue 24:** 9:30 Manicures/ 2:00 Bingo/ 6:00 1:1 Visits
- Wed 25:** 9:30 Noodle Ball/ 2:00 Current Events
- Thu 26:** 10:00 Rosary/ 2:00 No Cards/ 6:00 1:1 Visits
- Fri 27:** 9:30 Lutheran Dev./ 2:00 Birthday Bingo
- Sat 28:** 10:00 Reading Circle/ 2:00 What's the Different

- Sun 29:** 11:00 Polka Time Ch. 10.1/ Polka Dot Day!
- Mon 30:** 9:30 Manicures/ 2:00 Jackpot/ 6:00 1:1 Visits
- Tue 31:** 9:30 Birthday Board Craft/ 2:00 Bingo/ Hot Choc. Day!

5AM - 9AM Good Day Wisconsin Ch 11 / Resident shopping on Thursday / Mail Delivered Daily
 Barber on Tuesday / Beautician to be determined
 Morning Walks M-W-F / Noodle Ball Tues-Thurs

Newsletter

7 WAYS TO REDUCE DEMENTIA SUNDOWNING SYMPTOMS

Because this behavior tends to happen in the late afternoon or evening, it's often called "sundowning." Some studies say that sundowning affects up to 20% of people with Alzheimer's. And it can also affect older people who don't have dementia.

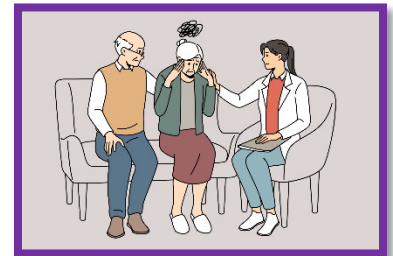
Sundowning symptoms

When someone is sundowning, they may be:

- Agitated, upset, or anxious
- Confused or disoriented
- Restless
- Irritable or demanding
- Suspicious

They might show it by:

- Getting angry or yelling
- Pacing the room
- Seeing or hearing things that aren't there
- Having mood swings



To reduce and manage sundowning symptoms

1. **Track their behavior and look for patterns.** The first thing to do is find out the biggest triggers for older adults, the things that are likely to cause them discomfort or agitation. After a few days, you'll be able to spot clues that tell you which activities, environments, or needs are triggering their behavior or making symptoms worse.
2. **Make sure basic needs are taken care of.** One or two hours before their symptoms usually start, check to make sure their basic needs are met. Don't wait for them to ask – they may not be aware enough or able to properly express their needs.
3. **Minimize noise, distractions, and shadows.** Helping older adults feel calm and safe will reduce sundowning behavior that's triggered by overstimulation or fear.
4. **Be mindful of your own stress level.** After a long day, you might be frustrated, and exhausted by afternoon (it's only natural!). Even if it's not obvious, people with dementia may be able to sense it. They're often more sensitive to body language and tone of voice.
5. **Establish a daily routine.** Sticking to a regular daily routine reduces stress, increases the feeling of security, and improves sleep. Set regular times for waking up, meals, and going to sleep.
6. **Create a relaxing environment.** Making older adults' environments especially calm and soothing in the later afternoon gives you a head start on reducing agitation and anxiety.
7. **Improve nighttime sleep quality.** Having dementia is exhausting, even if older adults don't do much. That's why they may want to rest often during the day. However, too much daytime napping can make it difficult to sleep through the night, a top challenge for many caregivers. Earlier in the day, encourage gentle daily exercise – it's a great way to improve sleep quality.

Reference: <https://dailycaring.com/7-ways-to-reduce-dementia-sundowning-symptoms/>



Sudoku Puzzle Level Hard

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

Meet our Team >>>

Hometown: Stiles

Tell us about your Job?

Dietary Cook, making delicious food for our residents.

Tell us about your family?

I have been married to my husband for 20 years, we have 3 teenagers-17-year-old daughter and twin 14-year-old boys.

What are your outside Interests?

I love spending time with kids, walking in the woods, playing with my goats, making maple syrup.

Something not everyone may know about you

I like to sit and relax and crocheting. I donate all my blankets to the Ronald McDonald House.

Favorite sport team

Packers and the Brewers.

Jackie R.
Dietary Cook



Employee Birthdays

Tracey C., January 7

Lily H. January 9

Annabelle B., January 12

Abby H. January 19



HaPpy BiRthDay JANUARY Born

- 1. They are Quite Generous.** They do not like hurting anyone. They prefer helping others and encouraging them to achieve whatever they want.
- 2. They Stay Calm In Crisis.** You will find these people to be calm and optimistic even during the darkest days.
- 3. They Have A Good Sense Of Humor.** You will never feel bored when you are around someone who is born in January. These people will lighten up the mood of the people around them and will make sure you never feel sad or upset.
- 4. They Prefer Doing The Work On Their Own.** They will hardly bother anyone and will make sure to bear the burden on their own. They prefer solving the problem on their own, no matter how tough the situation is.
- 5. They Are Self-Motivated.** Since these people are quite optimistic, you will find them to be highly-motivated and enthusiastic. They have a strong mental and emotional strength that helps them in making the best out of whatever they do.
- 6. They Have Leadership Quality.** They are always on their toes to lead their group, irrespective of the situation.
- 7. They Reverse Age.** They become mature at a very young age, but they are the lively souls.
- 8. They Are Bad At Expressing Their Love.** The reason behind this is these people take some time to open up to their partner.
- 9. They Can Easily Adapt To Any Situation.** If you know a January born, you will agree that they are comfortable in adapting to any situation. In fact, you will never find them facing any difficulty in adjusting to a particular situation.
- 10. They Are Spontaneous.** You will find them coming up with some out of the box ideas. Their spontaneous acts and jokes will not only amaze you but will also make you enjoy the moment with them.



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<https://www.boldsky.com/insync/life/personality-traits-of-people-born-in-january/articlecontent-pf209505-131585.html>