



Garden Club



Upcoming Event >>>

- Wed 1:** Beauty Shop Open/ Panda Trk/Lunch / 1:00 Movie
- Thu 2:** 10:00 Yatzee/ 2:00 Garden club/ 6:00 Movie-Family Rm
- Fri 3:** Fun cart / 2:00 Bingo/ 7:10 Brewers vs St Louis
- Sat 4:** Games, conversations, and Fun cart
- Sun 5:** 2:00 Chetek United Methodist Church
- Mon 6:** Weekly BOGGLE/ 2:00 LCR Dice - **Happy Labor Day!**
- Tue 7:** Pastor Letter-Treat/ 2:00 Bingo/ 6:40 Brewers vs PHI
- Wed 8:** Beauty Shop Open/ Panda Trk/Lunch / 1:00 Movie
- Thu 9:** 10:00 Yatzee/ 2:00 Root Beer Floats/ 6:00 Movie-FR
- Fri 10:** Fun Cart / 2:00 Bingo / 7:10 Twins vs Royals
- Sat 11:** Games, conversations, and Fun cart – **Patriot Day!**
- Sun 12:** St. Boniface Catholic Church
- Mon 13:** Weekly BOGGLE/ 2:00 6/5/4 Dice/ Natl Peanut Day
- Tue 14:** Pastor Letter-Treat/ 2:00 Bingo/5:40 Brewers vs Detroit
- Wed 15:** Beauty Shop Open/ Panda Trk/Lunch / 1:00 Movie – Staff in Service
- Thu 16:** 10:00 Yatzee/ 2:00 Garden club/ 6:00 Movie-Family Rm
- Fri 17:** 10:00 Monthly Communion/ 2:00 Bingo/ 7:10 Brewers vs Cubs
- Sat 18:** Games, conversations and Fun cart
- Sun 19:** Activity Staff
- Mon 20:** Weekly BOGGLE/ 1:00 Resident Council/ 2:00 Yatzee - Natl String Cheese Day
- Tue 21:** Pastor Letter-Treat/2:00 Bingo/6:40 Brewers vs STL
- Wed 22:** Beauty Shop Open/ Panda Trk/Lunch / 1:00 Movie
1st Day of Fall
- Thu 23:** 10:00 Yahtzee/ 2:00 6/5/4 Dice/ 6:00 Movie-Family Rm
- Fri 24:** Fun Cart/ 2:00 Bingo/ 7:10 Twins vs Blue Jays
- Sat 25:** Games, conversations, and Fun cart
- Sun 26:** The Refuge
- Mon 27:** Weekly BOGGLE/ 2:00 LCR Dice – Natl Chocolate Milk Day
- Tue 28:** Pastor Letter-Treat/ 2:00 Bingo/6:45Brewers vs STL
- Wed 29:** Beauty Shop Open/ Panda Trk/Lunch / 1:00 Movie
- Thu 30:** 10:00 Yatzee/ 2:00 Brown Bag Auction / 6:00 Movie

Calendar is 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

E E F D M X E R Q P O V I D L J N G P L J C E
 T W S Y E E V H Z I U S A N E D O Y C J H E Y
 U Y E A C E R V F L J R U L F M V X G X B W G
 A R Q D N D E P I R J G P M Z A E W I W K Q D
 E O O S A C M J O F B F Q L M H T N R O R U P
 E M O T R E I V Y B A U F A E E E W T R U T R
 K E Z N B G N R Y C E L Z I W R R I L I U P Q
 J M L E M U I G A H C P L Z O A I S M E A Z P
 N M J R E P S B D Z M H M I W R R B G E N L X
 B F Z A M H C A T T V I T Q S H B E B O R U T
 Y Q S P E O E V O Q K X Q Z F H G S N O N F C
 E C R D R N N I I F N I A R B P E Q A E N E Q
 X I O N P O C I R W S K K I C K T R I W S K N
 H F B A Y R E S T K H H P V Y Q W C E Z W S W
 R S I R X X U L A B O R D A Y Z O S T L N I H
 E L H G U F T E P B Z K A U R F S K S S K W O

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: Mikana, WI

How Long have you worked at Meadowbrook?

I've worked in this building for 6 Years.

Tell us about your family?

I have a son Gordon and my sister Pam lives in Rice Lake. My other sister Mary and her husband David still live in Mikana. I have a lab Daisy and a chihuahua names Oxnard.

What is the best part of your job?

My amazing and crazy coworkers. My residents are always inspiring me with their bravery and insight to what life is throwing at them.

What is something you would like to accomplish?

To learn something new every day, until the day I die, and then learn something new that day.

What is your favorite TV Show? Or Movie? Or Vacation Spot

Big Bang Theory. Any movie about James Bond. As far as vacation spot, I've been to many places, but my favorite is curled up with the dogs, a bowl of popcorn and a good movie on Hulu.

Rita Hensel

CNA



Shirley helping make a baby shower cake

Employee Birthdays

- Janelle Wheeler, Sep 12
- Heather Kruse, Sep 15
- Kendall Siemers, Sep 15



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.



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