



Upcoming Event >>>

- Wed 1:** 9:00 1:1's/ 11:00 Fly Swat balloon/ 1:00 UNO/ 2:30 Craft/Snacks
- Thu 2:** 10:00 Curr Events/11:00 Nails care/ 1:00 Bingo/ 3:00 Craft/Snacks
- Fri 3:** 9:00 College Color Day(wear your favorite apparel)/ 10:30 Danish /Coffee / 11:00 Wii Bowling/ 2:00 Pictionary
- Sat 4:** 9:30 Coffee/ Muffins/ 10:30 Game/ 12:00 1:1's - Natl Beard Day!
- Sun 5:** 9:30 Coffee/cookies/ 10:30 Televised worship Service/ 12:00 1:1's
- Mon 6:** **Labor Day!**
- Tue 7:** 10:00 Curr Events/11:00 Ball Exercise Beats/ 3:00 Bingo
- Wed 8:** 9:00 Coffee/Donuts/ 10:00 Crafts/ 1:00 Rummy Cards/ 3:00 snacks
- Thu 9:** 10:00 Curr Events/12:00 Lunch Order/ 2:00 Wii Bowling/ 4:00 Card games/ 5:00 Crafts pumpkin
- Fri 10:** 10:00 Boggle/ 11:00 1:1's / 2:00-5:00 Movie
- Sat 11:** Relax Day – Natl Make Your Bed Day!
- Sun 12:** Televised worship Service – **Grandparents Day!**
- Mon 13:** 9:00 Curr Event/10:30 Natl Pet Day! / 12:00 1:1's /1:30 Board games/ 3:00 Wii Bowling / snacks/drinks
- Tue 14:** 10:00 Coffee/Donuts/11:00 Nail Rm Visits/ 12:30 Pictionary/ 2:00 Crafts Fall/ 6:00 Movie
- Wed 15:** 9:00 1:1's/ 10:30 Pull the string prize/ 12:30 Council Meeting/ 2:00 Felt Hat Day!
- Thu 16:** 10:00 Curr Event/ 11:00 1:1's /1:00 Paint a rock/3:30 Fiesta Day/ 6:00 Crafts Fall
- Fri 17:** 9:00 VB Balloon/ 10:30 Crafts Bird House/ 1:30-3:30 Movie
- Sat 18:** 9:30 Nail Room Visits/ 10:30 Card games/ 12:00 Crafts
- Sun 19:** 9:30 Coffee/muffin/10:30 TV worship Serv/12:00 Appreciate Wife Day!
- Mon 20:** 9:00 Curr Event/10:30 crafts/11:00 Pizza/ 1:00 Bean Bag Toss Win
- Tue 21:** 10:00 Nail Room Visits/12:30 Mini Golf/ 2:00 craft/ 6:00 Movie
- Wed 22:** 9:00 Coffee/Krigles/ 10:30 Pictionary/ 12:30 Appreciate Staff/ 2:30 Grace Piano
- Thu 23:** 10:00 Curr Events/10:00 Natl Red Head Day/1:00 Wii Bowling/ 3:00 bird house pics/ 6:00 crafts
- Fri 24:** 10:00 Move to the Beat Ex/ 12:30 BD Celebration/ 2:15-4:15 Movie
- Sat 25:** Relax Day – Natl Daughter Day!
- Sun 26:** Televised worship Service – Natl Pancake Day!
- Mon 27:** 9:30 Curr Event/10:00 Res Visits/1:30 Family Pic Day/1:00 Crafts
- Tue 28:** 10:00 Coffee/Pie/12:30 Bingo/2:00 Crafts/ 6:00 Movie
- Wed 29:** 9:30 Ntl Coffee Day/ 11:00 Lunch Order/ 1:00 Craft resident's door
- Thu 30:** 11:00 Curr Events/12:30 Hangman/2:00 Grace Piano/ 6:00 Movie

Newsletter

REMINSCE 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: Appleton, WI

How Long have you worked at Meadowbrook?
I have worked for 1 month.

Tell us about your family?
I have two boys, 10 and 6 years of age. I have a younger sister in Arizona.

What is the best part of your job?
Working with residents.

What is something you would like to accomplish?
Number 1 on my bucket list: Go Skydiving.

What is your favorite Vacation Spot?
My favorite vacation spot is Florida!

Amber Beschta

Lead Housekeeper



Environment Service & Housekeeping Week

Sept. 12-18th



Employee Birthdays

- Tiffany Moonet, Sep 03
- Jacqueline Miner, Sep 14
- Keanu Summers, Sep 18
- Marcia Perkins, Sep 18



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 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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