



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

- Sun 1:** Natl Bloody Mary Day!
- Mon 2:** 10:30 Social Group Bloody Mary Bar/ 1:30 Wacky Wordies/ 7:15 Monday Night Football
- Tue 3:** 10:30 Wii Games/ 1:30 Bingo
- Wed 4:** 10:00 Therapy Group/ 1:30 Trivia/ 7:30 Movie Night
- Thu 5:** 10:30 Bird Craft/ 1:00 Bird Movie: Fly Away Home
- Fri 6:** 10:30 Group Mad Libs/ 1:30 Movie & Popcorn
- Sat 7:** Board Games in Activity Room /7:30 Movie Night

- Sun 8:** Sunday Football in Living Room
- Mon 9:** 10:30 Newspaper & Current Event/ 1:30 Group Mad Libs/ 7:15 Monday Night Football
- Tue 10:** 10:30 Nerf Gun Poker/ 1:30 Yum Box
- Wed 11:** 10:00 Therapy Group/ 1:30 Bingo/ 7:30 Movie Night
- Thu 12:** 10:30 Donut Social Hr/ 1:00 Activity Sheets
- Fri 13:** 10:30 Rubber Duck Game/ 1:30 Movie & Popcorn
- Sat 14:** Wii Games/ 7:30 Movie Night

- Sun 15:** 10:30 Bagel Social Hour
- Mon 16:** 10:30 Coloring Hour for Contest/ 1:30 Trivia on MLKJ/ 7:15 Monday Night Football
- Tue 17:** 10:30 Wii Games/ 1:30 Bingo
- Wed 18:** 10:00 Therapy Group/ 1:30 Winnie the Pooh Hr/ 7:30 Movie Night
- Thu 19:** 10:30 Popcorn Social Hr/ 1:00 Newspaper/ Current events
- Fri 20:** 10:30 Cheese Social Hr/ 1:30 Movie & Popcorn
- Sat 21:** Board Games in Activity Room /7:30 Movie Night

- Sun 22:** Sunday Football in Living Room
- Mon 23:** 10:30 Blackjack & Pie/ 1:30 Bingo/ 7:15 Night Football
- Tue 24:** 10:30 Peanut Butter Treats Social Hr/ 1:30 Resident Council
- Wed 25:** 10:00 Therapy Group/ 1:30 Roulette/ 7:30 Movie Night
- Thu 26:** 10:30 Casino Escape Room/ 2:00 Cribbage Group
- Fri 27:** 10:30 Cake Social Hr/ 1:30 Movie (21) & Popcorn
- Sat 28:** National Blueberry Pancake Day!

- Sun 29:** Puzzle in AR
- Mon 30:** 10:30 Trivia Hr/ 1:30 Escape Room/ 7:15 Night Football
- Tue 31:** 10:30 Hot Chocolate social HR/ 12:30 Resident BDay Party!

Daily Activity: 5 AM – 9 AM Good Day Wisconsin in Living Rm. Mail will be delivered daily by Whitney. Snack/Hydration Station 3:30 Daily M-F along with daily Exercise. Activities may change, look for changes on the Hallway Calendar.

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.

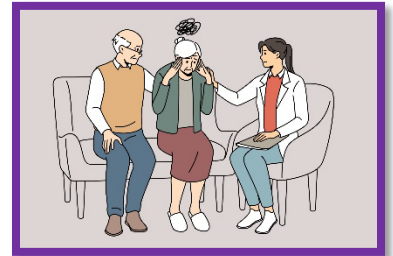
Sundowning symptoms

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.

Refence: <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		



Employee Birthdays

Kelly S., January 02
 Jasmin G., January 03
 Susan N., January 07
 Mike L., January 29



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.

Meet our Team >>>

Merredith G
Nurse



Hometown: Neenah, WI

How long have you been working at Meadowbrook?

I've been working here for 6 months.

Tell us about your family?

I have 3 kids and one of them is autistic.

What is something you would like to achieve?

I would like to get my Masters.



1335 S Oneida St
 Appleton, WI 54915
 Contact us at **920-731-6646**
www.meadowbrookappleton.com/



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