



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

Sun 1: Daily Funny/ 10:30 Coffee & Donut Holes/ 1:30 Prize Bingo/ 3:25 Green Bay Packers vs MN Vikings

Mon 2: Assorted Games in AR /Weekly BOGGLE starts

Tue 3: 10:45 Worship/ 10:45 Prize Bingo/ 3-5:30 Room-Room Manicures

Wed 4: 9:00 Noon Beauty Shoppe/ 10:30 Balloons & Pool Noodles/ 3:00 Trivia Group

Thu 5: Turn in completed Boggle/ 1:30 Prize Bingo / Evening Roo-Room Visits

Fri 6: 10:30 Group Simon Says/ 1:00 Movie: Grumpy Old Men

Sat 7: Assorted games/puzzles/ Book Nook in AR

Sun 8: Assorted games/puzzles/ Book Nook in AR/ Green Bay Packer vs Detroit TBD

Mon 9: Weekly BOGGLE/10:30 Piano Music in AR

Tue 10: 10:45 Worship/ 1:30 Prize Bingo/ 3-5:30 Potting Plants in AR

Wed 11: 10:30 Balloons & Pool Noodles/ 3:00 Resident/ Staff Monthly Birthday Party/ Evening Room-Room Visits

Thu 12: Turn in completed Boggle/ 1:30 Prize Bingo/ Evening Room-Room Visits

Fri 13: 10:30 Group: Solo cup stacking game/ Short Story Reading in AR

Sat 14: Daily Funny/10:30 Word Games/ 1:00 Crafting in AR

Sun 15: Daily Funny/ Morning Room Visits/ 1:30 Prize Bingo in AR

Mon 16: Weekly BOGGLE/ 10:30 Piano Music in AR

Tue 17: 10:45 Worship/ 1:30 Prize Bingo/ 3-5:30 Room-Room Manicures

Wed 18: 10:30 Balloons & Pool Noodles/ After Dinner Flavor of the month Ice cream cart

Thu 19: Turn in completed Boggle/ 1:30 Prize Bingo/ 3:30 Snowman Race in AR

Fri 20: 10:30 Group: TBD/ 1:00 Movie: Resident choice

Sat 21: Assorted games/puzzles/ Book Nook in AR

Sun 22: Assorted games/puzzles/ Book Nook in AR

Mon 23: Weekly BOGGLE/ 10:30 Piano Music in AR

Tue 24: 10:45 Worship/ 1:30 Prize Bingo/ 3-5:30 Crafting in AR

Wed 25: 10:30 Resident Council/ 3-6 Room-Room Visits

Thu 26: Turn in completed Boggle/ 1:30 Prize Bingo/ 5:30 Pretzel and Pop cart

Fri 27: 10:30 Group: Baking Chocolate cake

Sat 28: Daily Funny/10:30 Coffee & Donut Holes Social/ 1:00 Craft in AR

Sun 29: Daily Funny/ 10:30 Word Games/ 1:30 Prize Bingo in AR

Mon 30: Weekly BOGGLE/ 10:30 Piano Music in AR

Tue 31: 10:45 Worship/ 1:30 Prize Bingo/ 5:30 Puffcorn and Pop cart.

M-F: Daily Funny and Breakfast Banter
Book Nook always available in Activity Room (AR)

**** Calendars are subject to change****

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

Izibel T., January 16



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 >>>

Hometown: Wilmington, NC.

Tell us about your Job

MDS/IP- Working with staff and residents to ensure all are able to stay healthy while staying at our facility.

Tell us about your family

My Husband- Phil, we have 4 kids Abbie 10, Natalie 8, Matthew 5, Walleye 2 and two dogs Shelby and Margo.

What are your outside Interests?

I love to be on the water fishing. Muskies are my favorite. Hiking and camping are a close second.

Something not everyone may know about you

I played basketball for 12 years and competed in state for track and field multiple times.

Favorite sport team

Bloomer Blackhawks for my kiddos 😊.

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