



MEADOWBROOK

— BLOOMER —



Upcoming Event >>>

Sun 1: Staff assist w/ TVs/Assorted games, puzzles, books, magazines

Mon 2: 9:30 Mail Pass/ 10:00 Boggle/ 1:30 Pokeno

Tue 3: 9:30 Mail Pass/ 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles in AR

Wed 4: 9:30 Mail Pass/ 10:30 Fun & Fitness/ 11:00 Name that Line/ 1:30 Music w/Rich

Thu 5: 9:30 Mail Pass/ 10:00 Manicures/ 1:30 Bingo/ 5:30 Christmas Coloring in AR

Fri 6: 9:30 Mail Pass/ 10:30 Sunshine Cart/ 1:30 Piano Music w/Carol

Sat 7: Staff assist w/ TVs/Assorted games, puzzles, books, magazines

Sun 8: Staff assist w/ TVs/Assorted games, puzzles, books, magazines

Mon 9: 9:30 Mail Pass/ 10:00 Boggle/1:30 Christmas Crafts

Tue 10: 9:30 Mail Pass/ 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles-AR

Wed 11: 9:30 Mail Pass/ 10:30 Fun & Fitness/ 11:00 Word Games/ 1:30 Christmas Tea & Harp Music w/ Bethany

Thu 12: 9:30 Mail Pass/ 9:30 Beauty Salon/ 10:00 Manicures/ 1:30 Bingo/ 3:30 Girl Scouts Visit w/Cards

Fri 13: 9:30 Mail Pass/ 10:30 Sunshine Cart/ 1:30 Music w/Amy/ 2:00 Reminisce "Christmas"

Sat 14: Staff assist w/ TVs/Assorted games, puzzles, books, magazines

Sun 15: Assorted games, puzzles, books, magazines/7:20 Packer Game

Mon 16: 9:30 Mail Pass/ 10:00 Boggle/ 1:30 Christmas Crafts

Tue 17: 9:30 Mail Pass/ 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles - AR

Wed 18: 9:30 Mail Pass/ 10:30 Fun & Fitness/ 11:00 Finish Lyrics/ 1:30 Resident Council/ 2:00 Mystery Bag Dice Game

Thu 19: 9:30 Mail Pass/ 10:00 BE Kids Sing/ 1:30 Bingo/ 5:30 Christmas Coloring AR

Fri 20: 9:30 Mail Pass/ 10:00 Manicures/ 1:30 Xmas Movie & Popcorn

Sat 21: Staff assist w/ TVs/Assorted games, puzzles, books, magazines

Sun 22: Staff assist w/TVs/Assorted games, puzzles, books, magazines

Mon 23: 9:30 Mail Pass/ 9:30 Beauty Salon/ 10:00 Boggle/ 1:30 Christmas Party & Music w/ Deborah

Tue 24: 9:30 Mail Pass/ 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles - AR

Wed 25: Merry Christmas

Thu 26: 9:30 Mail Pass/ 10:00 Manicures/ 1:30 Bingo/ 5:30 Games

Fri 27: 9:30 Mail Pass/ 10:30 Sunshine Cart/ 1:30 Pokeno

Sat 28: Staff assist w/ TVs/Assorted games, puzzles, books, magazines

Sun 29: Assorted games, puzzles, books, magazine/12:00 Packer Game

Mon 30: 9:30 Mail Pass/ 10:00 Boggle/ 1:30 Music w/Amy/ 5:30 Puzzles in AR

Tue 31: 9:30 Mail Pass/ 11:00 Worship/ 1:30 Gift Bingo

**** Activities are Subject to Change****

Newsletter

Reasons Why Reminiscing Can Benefit Seniors

Reminiscence relies on helping individuals remember experiences through sight, sound, taste, touch, or smell. It can include activities like looking at pictures, singing a song, or discussing an event. These memories can help seniors with Alzheimer's or dementia boost their mood and reduce agitation.

Here are some additional reasons why reminiscing with a senior is a beneficial tool to use:

- 1 Preserves Family History: Often, many family members do not know much about the lives of their elderly loved ones. Seniors who recount their experiences can pass on valuable memories to future generations. Plus, reminiscing about days gone by can bring families closer together.
- 2 Helps Improve Coping Skills: Memories play a significant role in our mental well-being. Good memories can be especially helpful for developing healthy coping skills. Seniors who leverage reminiscing show improved coping skills and more positive outlooks on life.
- 3 Reduces Symptoms of Depression: While it might seem counter-intuitive to dwell on the past, reminiscence can have a positive impact on mental health. Reminiscence therapy is often used for patients with dementia and depression.
- 4 Promotes Physical Health: Memories can evoke a physical response, especially when individuals talk about their memories. For example, if you talk about the passing of a loved one, you may start to cry as you remember the loss. However, relaxing or happy memories may reduce stress, a major contributor to health problems. So by better controlling stress, seniors can help promote their overall health.
- 5 Works Through Unresolved Conflicts: Looking back on old conflicts can help seniors find closure. Reminiscing can help individuals process and express emotions related to a particular conflict, releasing pent-up feelings.

How to Help Seniors Reminisce

- Flip through old pictures & albums
- Reference their favorite movies
- Relive holiday traditions
- Play music that is special to them
- Use objects to reminisce



Let's play! Word Scramble: **HAPPY HOLIDAYS**

1. HYAPP _____
2. SYHLODIA _____
3. NWTEIR _____
4. SNEPTRSE _____
5. TAANS _____
6. VESLE _____
7. EHGLIS _____
8. ERTE _____
9. SMORNTNEA _____
10. OSWN _____
11. ERECEDMB _____
12. CINRGH _____
13. FMLYIA _____
14. STIHGL _____
15. IRDEEREN _____
16. SCAMHSTRI _____
17. UAHKNAKH _____



Employee Birthdays

- Brianna W., Dec 2
- Richelle G., Dec 04
- Lisa S. Dec 04
- Christi W., Dec 12
- Mary S., Dec 14
- Amanda H., Dec 31



2024 Fun & National Holidays!

- ▶ Dec 1 Eat a Red Apple Day
- ▶ Dec 2 Fritter Day
- ▶ Dec 3 Make a Gift Day
- ▶ Dec 4 Cookie Day
- ▶ Dec 4 Santa's List Day
- ▶ Dec 6 Saint Nicholas Day
- ▶ Dec 7 Letter Writing Day
- ▶ Dec 7 Pearl Harbor Remembrance
- ▶ Dec 8 Brownie Day
- ▶ Dec 9 Christmas Card Day
- ▶ Dec 10 Dewey Decimal System Day
- ▶ Dec 10 Worldwide Candle Lighting Day
- ▶ Dec 11 Noodle Ring Day
- ▶ Dec 12 Gingerbread House Day
- ▶ Dec 13 Hot Cocoa Day
- ▶ Dec 14 Official Lost and Found Day
- ▶ Dec 14 Monkey Day
- ▶ Dec 19 Hard Candy Day
- ▶ Dec 20 Underdog Day
- ▶ Dec 20 Sangria Day
- ▶ Dec 20 Ugly Sweater Day
- ▶ Dec 21 Winter Solstice
- ▶ Dec 22 Date Nut Bread Day
- ▶ Dec 23 Christmas Movie Day
- ▶ Dec 24 Eggnog Day
- ▶ Dec 25 Grav Mass Day
- ▶ Dec 25 Christmas Day
- ▶ Dec 25 Hanukkah
- ▶ Dec 26 Candy Cane Day
- ▶ Dec 26 Thank You Note Day
- ▶ Dec 27 No Interruptions Day
- ▶ Dec 28 Card Playing Day
- ▶ Dec 29 Pepper Pot Day
- ▶ Dec 30 Bicarbonate of Soda Day
- ▶ Dec 31 Make Up Your Mind Day

Meet our Team >>>

Tell us about your Job.

I am currently an RA on the RCAC. I have been a CNA for over 20 years. I really enjoy helping people.

Tell us about your family.

I am married. I have 4 children. I am from North Carolina, but I have lived in Wisconsin for 12 years.

What are your outside Interests?

I love to travel. I enjoy crafts and gardening. My passion is volunteering for animal shelters. I love karaoke. I also love going to state parks.

Something not everyone may know about you.

I have family in Italy and Brazil. I am learning French and Italian. I am 3rd generation to the United States. I am quiet, but outgoing once you get to know me.

Favorite sport team.

Crimson Tide Football and Maple Leafs Toronto Hockey.

Tina F.
Resident Assistant



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