



MEADOWBROOK

—BLACK RIVER FALLS—

**Upcoming Event >>>**

- Wed 1:** 10:30 1-1 visits/ 2:00 Outdoor visits/ 3:00 Refreshments
- Thu 2:** 10:30 1-1 visits/ 2:00 Manicures/3:00 Refreshments/ 4:30 Shake 10
- Fri 3:** 10:30 1-1 visits/2:00 Pokemo / 3:00 Refreshments
- Sat 4:** 5:00 Lawrence Welk Ch. 12/ 6:10 Brewers Vs STL
- Sun 5:** Church Services Ch. 65/ 1:10 Brewers Vs STL
- Mon 6:** **Labor Day!** NO Bingo
- Tue 7:** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Refreshments/ 7:05 Crew vs Phillies
- Wed 8:** 10:30 1-1 visits/ 2:00 Outdoor visits/3:00 Refreshments
- Thu 9:** 10:30 1-1 visits 2:00 Basketball/ 3:00 Refreshments/ 4:30 cards
- Fri 10:** 10:30 1-1 visit/ 2:00 Trivia 9-11/ 3:00 Refreshments
- Sat 11:** 5:00 Lawrence Welk Ch. 12/ 5:10 Brewers Vs STL
- Sun 12:** Church Services Ch. 65/ 3:25 Packers Vs Saints - Fox
- Mon 13:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments
- Tue 14:** 10:30 1-1 visit/ 2:00 Manicures/ 3:00 Donuts/ 6:05 Crew vs Tigers
- Wed 15:** 10:30 1-1 visits/2:00 Outdoor visits/ 3:00 Refreshments
- Thu 16:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Refreshments/ 4:30 Stack the Cups
- Fri 17:** 10:30 1-1 visits/ 2:00 Cover Up/ 3:00 Refreshments
- Sat 18:** 5:00 Lawrence Welk Ch. 12/ 5:10 Brewers Vs Cubs
- Sun 19:** Morning Church Ch. 65/ 1:10 Brewers Vs Cubs
- Mon 20:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Pizza/7:15 Pack Vs Lion
- Tue 21:** 10:30 1-1 visits/ 2:00 Hangman/ 3:00 Donuts/ 6:40 Brewers Vs STL
- Wed 22:** 10:30 1-1 visits/ 2:00 Outdoor visits/ 3:00 Refreshments
- Thu 23:** 10:30 1-1 visits/ 2:00 Resident Council/ 3:00 Refreshments/ 4:30 Balloon VB
- Fri 24:** 10:30 1-1 visit/ 2:00 Shuffleboard/ 3:00 Refreshments
- Sat 25:** 5:00 Lawrence Welk Ch 12/ 6:10 Brewers Vs STL
- Sun 26:** Church Services Ch 65 / 7:20 Packers Vs SF - NBC
- Mon 27:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments
- Tue 28:** 10:30 1-1visits/2:00 BD Party/ 6:45 Brewers Vs STL
- Wed 29:** 10:30 1-1 visits/ 2:00 Outdoor visits/ 3:00 Refreshments
- Thu 30:** 10:30 1-1 visits/ 2:00 Manicures/3:00 Refreshments/ 4:30 Fly Ball

# 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



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: Neillsville, WI.

How Long have you worked at Meadowbrook?

I have worked at Meadowbrook for the past 3 months as Dietary Cook.

Tell us about your family?

I was born and raised in the Neillsville area, I'm the oldest of six, I have 4 brothers and 1 sister. My Dad and Step-Mom are both deaf, so I've known sign language my whole life.

What is the best part of your job?

I love seeing the residents every day, even doing the little things to help them, or even just stop and have a short conversation with them makes my day.

What is something you would like to accomplish?

One day I'd like to actually have a career in some form of the Healthcare.

What is your favorite Vacation Spot?

In my spare time I love to go hiking at Wildcat Mound, the view at the top is amazing, it is so beautiful and peaceful out there!

## Winter Glinski

Dietary Cook



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[www.meadowbrookbrf.com](http://www.meadowbrookbrf.com)



Environment Service &  
Housekeeping Week  
Sept. 12-18th

Drew E.  
Devery H.  
Tina M.  
Judy E.



## Employee Birthdays

- Nancy Mason, Sep 02
- Kelly Heath, Sep 13
- Aavrie Westedt, Sep 14
- Katie Heck, Sep 15
- Tina Mckin, Sep 18
- Terry Rosenberg, Sep 29



## 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.