



MEADOWBROOK  
—BLACK RIVER FALLS—

Upcoming Event >>>

- Sun 1:** 9:15 Church Service/ 3:25 Packers vs Vikings/ *Happy New Year!*
- Mon 2:** 10:00 AM Visits/ 2:00 Bingo/ Snack cart after
- Tue 3:** 10:30 Dice LRC/ 2:00 Music & Munchies
- Wed 4:** 10:30 Stix Kix Music/ 2:00 Trivia Games w/ Galore & Prizes! 3:00 Snacks/ **Trivia Day!**
- Thu 5:** 10:00 AM Chats/ 1:00 Resident Council/ 2:00 Bingo/ Snacks Cart after
- Fri 6:** 10:30 Stix Kix Music/ 2:00 Movie & Popcorn
- Sat 7:** 1:00 Badgers at Illinois
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- Sun 8:** 9:15 Church/ Packers vs Lions - TBD
- Mon 9:** 10:00 AM Visits/ 2:00 Bingo/ Snack Cart after
- Tue 10:** 10:30 Stix Kix Music/ 2:00 Music & Munchies
- Wed 11:** 10:30 AM Chats/ 1:30 Surprise Crafts/ 3:00 Church Service/ Snack Cart after
- Thu 12:** 10:30 Cards & Tea/ 2:00 Bingo/ Snack Cart after/ **Tea Day!**
- Fri 13:** 10:30 Stix Kix Music/ 2:00 Pop Up Game and Snacks
- Sat 14:** 5:30 Badgers at Indian Noon
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- Sun 15:** 9:15 Church Serv
- Mon 16:** 10:00 AM Visits/2:00 Bingo/ Snack Cart after/ **MLKJ Day!**
- Tue 17:** 10:30 Stix Kix Music/2:00 Ryan's Crazy Karaoke/ Snack cart
- Wed 18:** 10:30 AM Chats/ 2:00 All Community Bowling/ Snack Cart after
- Thu 19:** 10:30 Cards/Dice/Yahtzee/ 2:00 Bingo/ Snack Cart after/ **Popcorn Day!**
- Fri 20:** 10:30 Stix Kix Music/ 2:00 Movie & Cheese Popcorn/ **Cheese Day!**
- Sat 21:** 11:00 Badgers at NW
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- Sun 22:** 9:15 Church Serv/ 3:00 Gospel Singers/ **Polka Dot Day!**
- Mon 23:** 10:30 AM Chats/ Snack Cart after/ **Pie Day!**
- Tue 24:** 10:30 Stix Kix Music/ 2:00 Colman's Hootin Nanny
- Wed 25:** 10:00 AM Chats/ 1:30 Manicures/ 3:00 Church Serv/ Snack Cart after
- Thu 26:** 10:30 Left Right Center/ 2:00 Bingo/ Snack Cart after
- Fri 27:** 10:30 Stix Kix Music/ 2:00 Pop Up Game!
- Sat 28:** 2:00 Badgers vs Illinois
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- Sun 29:** 9:15 Church Service/ **Puzzle Day!**
- Mon 30:** 10:30 AM Visits/ 2:00 Bingo/ Snack cart after
- Tue 31:** 10:30 Stix Kix Music/ All Day Hot Chocolate/ Cart & Games

Activities are subject to change - perhaps for the better! Evening events take place on Tues & Thurs at 5:30 in the front room. Tuesdays games. Thursdays vintage television shows.

# 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.

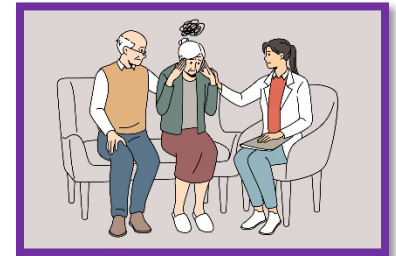
### Sundowning symptoms

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

Rhonda L., January 01  
 Winter G., January 10  
 Patsy D., January 14  
 Jocelyn B., January 28



## 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: Black River Falls, WI

Tell us about your Job?

I started here in June 2022. The best part about my job is bringing smiles to all the residents while serving them their meals, and hearing their stories make me smile in return.

Tell us about your family

I have 2 sisters and 2 brothers

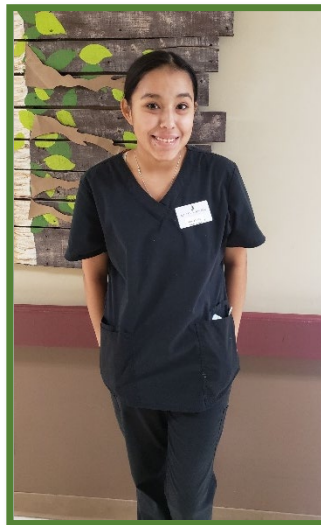
What are your outside Interests?

I really enjoy dancing and spending time with my family.

Something not everyone may know about you

I attend Black River Falls High School where I participate in dance, choir and the art department.

**Chenille F.**  
Dietary Aide



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