



MEADOWBROOK

—BLACK RIVER FALLS—



Upcoming Event >>>

Sun 1: 9:15 Church/ Self Led Activity
Mon 2: 10:00 Christmas Deco/ 2:00 Bingo/ 3:00 Social time
Tue 3: 10:00 & 2:00 Christmas Decorating/ 3:00 Social time
Wed 4: 10:00 Cup Pong/ 1:30 Games w/Linda/ 3:00 Social time
Thu 5: 10:00 UNO/ 2:00 Bingo/ 3:00 Social time/ 7:15 Packers
Fri 6: 10:00 Dice/ 2:00 Bean Bag/ 3:00 Social time/ 6:30 Bucks
Sat 7: 2:00 Self Led Act/ 5:00 Lawrence Welk

Sun 8: 9:15 Church/ Self led Activity/ 7:20 Bucks
Mon 9: 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time
Tue 10: 10:00 Holiday Crafts/ 2:00 Snowball Fight/ 3:00 Social time
Wed 11: 10:00 Resid. Council/00 Games w/Linda/ 2:30 Hot Choco Bar/ 3:00 Church
Thu 12: 10:00 Christmas Cards/ 2:00 Bingo/ 3:00 Social time
Fri 13: 10:15 Christmas Concert/ 2:00 Wheel of Fortune/ 3:00 Social time
Sat 14: 2:00 Self Led Act./ 5:00 Lawrence Welk

Sun 15: 9:15 Church/ Self Led Act./ 7:20 Packers
Mon 16: 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time
Tue 17: 10:00 Bracelet Making/ 1:30 Wally & Friends-Birthday Party
Wed 18: 10:00 Cookies Making/ 2:00 Game w/Linda/ 2:30 Popcorn/ 3:00 Church
Thu 19: 9:00 Catholic visits/ 10:00 Bingo/ 1:30 Kids Concert/ 3:00 Social time
Fri 20: 10:00 Shuffleboard/ 2:00 Hangman / 3:00 Social time
Sat 21: 2:00 Self Led Act./5:00 Lawrence Welk

Sun 22: 9:15 Church/ 1:00 **Christmas Party**
Mon 23: 10:00 AM Exercises / 2:00 Bingo/ 3:00 Social time/ 7:15 Packers
Tue 24: 10:00 Christmas Movie/ 2:00 Manicures/ 3:30 Social time/ **Christmas Eve**
Wed 25: **Merry Christmas**
Thu 26: 10:00 UNO/ 2:00 Bingo/ 3:00 Social time/ 7:00 Bucks
Fri 27: 10:00 Trivia/ 2:00 Dice / 3:00 Social time
Sat 28: 2:00 Self Led Act./ 5:00 Lawrence Welk/ 7:00 Bucks

Sun 29: 9:15 Church/ Self Led Act./ 12:00 Packers
Mon 30: 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time
Tue 31: 10:00 Pokeno/ 1:30 New Year Party w/Colman/ 2:00 Bucks

Snack and refreshments are served M-F between 2:30-3.

Evening Activities are self led resident choice. Movies, Wii, board games, activity sheets.

*****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 Reminiscence

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



Reference: <https://caringseniorservice.com/blog/9-reasons-why-reminiscing-can-benefit-seniors/>

Let's play!

Word Scramble: **HOLIDAYS**

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

Victoria G., Dec 07

Cheyenne C., Dec 14

Ashley J., Dec 16

Kiley T., Dec 16

Shawn C., Dec 25



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 >>>

Hometown: Cory, IL

Background

I have lived in Wisconsin since 1984, moved to Tennessee and lived there from 2015-2023, always lived in the country not in town.

Tell us about your family.

I have three children, a son and two daughters, and three Grandchildren, along with two Cats and a bunch of chickens.

What are your outside Interests?

I love Art, gardening, and woodworking.

What is one thing about you that would surprise people?

I am a builder and have built three "She Sheds."

What is your favorite vacation spot?

The Smoky Mountains.

Sandy H.

Resident Assistant CBRF



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