



Upcoming Event >>>

Sat 1: 2:00 Games w/Peggy/ 5:00 Lawrence Welk

Sun 2: 9:15 Church/ 10:00 Movie/ 12:00 Packer Game/Self led act.

Mon 3: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social tm/ 6:00 Movie

Tue 4: 10:00 Bean Bags/ 2:00 Trivia/ 3:00 Social time

Wed 5: 10:00 6-5-4/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church

Thu 6: 9:00 Catholic Serv./ 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time/3:15 Bible study

Fri 7: 10:00 Pokeno/ 2:00 Bean Bags/ 3:00 Social time/ 5:15 Dice

Sat 8: 2:00 Games w/Peggy/ 5:00 Lawrence Welk/ TBD Badger

Sun 9: 9:15 Church/ 10:00 Movie/ Self led activity

Mon 10: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social tm/ 7:15 Packer

Tue 11: 11:15 Veterans Program/ 2:00 Karaoke/ 3:00 Social time

Wed 12: 10:00 Baking/ 1:30 Games w/Linda/3:00 Church-Social tm

Thu 13: 10:00 AM Exercises/ 2:00 Bingo/ 2:45 Social time/ 3:15 Bible Study

Fri 14: 10:00 Artful Hr/1:30 Wally & Guys/Monthly Birthday Party!

Sat 15: 2:00 Games w/Peggy/ 5:00 Lawrence Welk/ TBD Badger

Sun 16: 9:15 Church/ 10:00 Movie/ 12:00 Packer Game/ 3:00 Gospel Singers/ Self Led Activity

Mon 17: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social tm/ 6:00 Dice

Tue 18: 10:00 Name that Tune/2:00 Manicures/ 3:00 Social time

Wed 19: 10:00 Table Bowling/ 1:30 Games w/Linda/ 3:0 Social tm/ 3:00 Church

Thu 20: 9:00 Catholic Serv./ 10:00 AM Exercises/2:00 Guess the Phrase/3:00 Social time/3:00 Bible Study

Fri 21: 10:00 Board Games/2:00 St. Croix (Bingo) /3:00 Social time/ 5:15 UNO

Sat 22: 2:00 Games w/Peggy/ 5:00 Lawrence Welk/ TBD Badgers

Sun 23: 9:15 Church/ 10:00 Movie/ 12:00 Packers/Self led activity

Mon 24: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social tm/ 6:00 Dice

Tue 25: 10:00 Crafts/ 2:00 Shuffleboard

Wed 26: 10:00 Pokeno/ 1:30 Games w/Linda/ 3:00 Social time

Thu 27: 10:00 Dice/ 2:00 Bingo/ 7:15 Packers

Fri 28: 10:00 Artful Hour/ 2:00 Resident Council/ 5:15 UNO

Sat 29: 2:00 Games w/Peggy/ 5:00 Lawrence Welk/ TBD Badgers

Sun 30: 9:15 Church/ 10:00 Movie/ Self led Activity

Snack and refreshments are served M-F between 2:30-3:00 pm
Wednesdays are beauty shop day. See Lyndsey or Joyce to set up an appointment.

*Puzzles, board games and activity sheets are always available for self led activity. Free movie options are set up on the lounge tv.

***Activities are subject to change ***

Newsletter

What are 10 early signs of dementia?

Dementia affects people differently. But there are common early warning signs to watch for. Looking for patterns of these behaviors may help you identify signs your parent may have dementia.

- Memory loss:** If your loved one is repeating themselves or increasingly in need of aids such as sticky notes to help remember things, it could be an early symptom of dementia. Repeatedly forgetting the names of familiar friends and family may also be a sign of dementia.
- Difficulty problem solving:** If your family member is having trouble problem solving or planning ahead, it could mean their executive functioning abilities are deteriorating. You might notice your loved one struggling to follow recipes they've enjoyed cooking for years.
- Trouble with familiar tasks:** This could include challenges with household chores, at work, or during leisure activities. Also, If they are struggling to use their cell phone, drive around town, or go shopping.
- Confusion with time or place:** If your loved one has trouble with the time or place of events, it could be an early symptom of dementia. Forgetting the date, month, time of year, or important events may be a red flag.
- Challenges with visual images and balance:** Dementia also affects people physically. Early physical signs of dementia include difficulty with balance or judging distances, sleeping issues, forgetting to eat, and wandering.
- Problems with speech and writing:** Dementia affects how a person speaks and understands language, making it difficult for them to find the right words. They may also have trouble following conversations.
- Misplacing items:** After a person with dementia loses something, they may be unable to retrace their steps to find it. Or they might put items in unusual places, such as placing kitchen utensils in bedroom dressers.
- Poor judgment:** Your loved one may begin to mismanage finances, neglect their hygiene, fall victim to repeated scams, or improperly care for a pet.
- Withdrawal from activities:** Dementia can make it difficult for your relative to participate in activities they once enjoyed. As a result, they might avoid these situations to keep from drawing attention to memory lapses.
- Mood and personality changes:** Sudden changes in your family member could become fearful, paranoid, suspicious, depressed, or anxious. Increased anger could also be a warning sign of dementia.

References: <https://www.agingcare.com/articles/alzheimers-disease-dementia-warning-signs-144253.htm>



Let's play! Word Scramble: November

1. LAHKUTNF _____
2. RDUOSG _____
3. ESRATVH _____
4. ILPSMRGI _____
5. UMNATU _____
6. ECOENILT _____
7. EEVSAL _____
8. OFBLOALT _____
9. PTULYHMO ORKC _____
10. ONIUPOCACR _____
11. USINPKPM _____
12. RNVTESEA YDA _____
13. OHCARDR _____

Meet our Team >>>

Hometown: Winona, MN

Background: I Became an RN in 2000 & worked as a DON for 17.5 years.

Tell us about your family.

I've been married to my husband Tim for 31 years. We have one dog named Jenny and lots of rescue cats.

What are your outside Interests?

I love watching football, I'm a true blue Vikings fan! I love the outdoors, reading and playing the piano.

What is the best part of your job?

Making a difference in the lives for the residents.

One thing that would surprise people.

I originally went to college to be a probation officer.

Sally W.
RN



Testimonial >>>



"It was hard for me to decide to come here. It was hard the first few days, but I made new friends and met great staff. I was willing to get help when I wasn't being stubborn. Thanks to the staff and everyone at Meadowbrook BRF." - **Amanda S. - Resident**



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Employee Birthdays

Joyce D., Nov 01

Cameron B., Nov 02

Miranda H., Nov 08

Madison K., Nov 20

Salena S., Nov 25

Tanya W., Nov 27



2025 Fun & National Holidays!

- Nov 1 Dia de los Muertos
- Nov 2 Zero Tasking Day
- Nov 2 Deviled Eggs Day
- Nov 3 Sandwich Day
- Nov 4 Candy Bar Day
- Nov 5 Doughnut Day
- Nov 6 Nacho Day
- Nov 7 Jersey Day
- Nov 8 Cappuccino Day
- Nov 10 Vanilla Cupcake Day
- Nov 11 Veteran Day
- Nov 12 Origami Day
- Nov 13 Happy Hour Day
- Nov 14 Chicken Soup Day
- Nov 15 World Kindness Day
- Nov 16 Spicy Guacamole Day
- Nov 17 Pickle Day
- Nov 18 PJ Gay
- Nov 19 Fast Food Day
- Nov 20 Soda Pop Day
- Nov 21 National Absurdity Day
- Nov 22 World Hello Day
- Nov 23 Go For a Ride Day
- Nov 24 Fibonacci Day
- Nov 25 Espresso Day
- Nov 26 Your Unique Talent Day
- Nov 27 Shopping Reminder Day
- Nov 28 Parfait Day
- Nov 29 Cake Day
- Nov 30 Happy Thanksgiving!
- Nov 30 Black Friday!
- Nov 30 Red Planet Day
- Nov 30 Computer Security Day

Also, November is...

National Diabetes Month
Alzheimer's Disease Awareness Month
National Home Care and Hospice Month