



**Upcoming Event >>>**

- Sun 1:** 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open Craft
- Mon 2:** 9:30 Coffee Social/ 10:30 Current Event/ 1:30 Open Puzzle & Games
- Tue 3:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Manicures
- Wed 4:** 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Noddle ball
- Thu 5:** 10:00 Volleyball/ 1:30 Afternoon Crafts
- Fri 6:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 7:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 8:** 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 9:** 9:30 Coffee Social/ 10:30 Curr Events/1:30 Jackpot
- Tue 10:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Racket ball
- Wed 11:** 10:00 Fall Crafts-Snacks/ 1:30 Live Music w/Boddy Darren
- Thu 12:** 10:00 Volleyball/ 1:30 Family Feud/ 2:30 Mind Joggers
- Fri 13:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 14:** 8:00 Rm Visits/ 10:00 Coffee & Chat/ 1:30 Open Crafts
- Sun 15:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 16:** 9:30 Coffee Soc./ 10:30 Curr Events/1:30 Baking w/friends
- Tue 17:** 9:30 One-on-ones/10:30 AM Stretches/ 1:30 Birthday Bash/ 2:00 Trivia
- Wed 18:** 9:30 Coffee Social/ 10:30 Curr Event/ 1:30 Massage/Aroma Therapy
- Thu 19:** 10:00 Volleyball/ 1:30 Spa Day-Foot Soak
- Fri 20:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 21:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 22:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 23:** 9:30 Coffee social/ 10:30 Current Event/1:30 Wine & Canvas
- Tue 24:** 9:30 One-on-ones/10:30 AM Stretches/1:30 Jeopardy
- Wed 25:** 9:30 Coffee Social/10:30 Curr Event/ 1:30 Horseshoes/Ring Toss
- Thu 26:** 10:00 Volleyball/ 1:30 Resident Council/ 2:30 Ice cream soc
- Fri 27:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 28:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 29:** 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open Crafts
- Mon 30:** 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Bingo Sore Movie/Pop corn

**Monday-Friday's Morning Visits 8:30 am**  
**Tuesdays: Color me Calm 6:00 pm**  
**Wednesday: Beauty/Barbershop**  
**Church Service September 11<sup>th</sup> & 25<sup>th</sup> at 3:30 pm**  
**Thursdays: Puzzle & Word Games 6:00 pm**

\*\*\*\*All Activities are subject to change\*\*\*\*

# Newsletter

## Involving the Grandkids in Caring for Elderly Parents

One of the most remarkable and enduring human relationships in our society is between grandparents and their grandkids. The grandchild needs Grandma's or Grandpa's love, caring and sharing.

Your children, at whatever age, may be the most important addition to your caregiving team. Otherwise, they will miss out on sharing, hugging and learning from the elder who really needs them.

### Steps for Including Grandchildren in Elder Care

**Sitting:** Unless your parent needs frequent medication or falls frequently, a teenager can be a fine sitter for his or her grandparent. Entrust them with responsible tasks such as making coffee or tea, pouring juice or water, or serving an earlier-prepared lunch.

**Puzzles:** Solving puzzles is a mutual and enjoyable challenge for both grandparent and grandchild. Crossword and picture puzzles are available in a wide range, from very simple to challenging, so that children of most ages can participate and, teamed with the grandparent, can share in the success of solution.

**Reading to Each Other:** The grandparent can read to the child, particularly descriptive stories that create visions in mind. The grandchild can read to the elder anything from school or, perhaps, a favorite book which makes reading or speaking aloud easier and better for the youth.

**Movie Time:** An alternative is in sharing a periodic or even regular movie time that introduces earlier, classic films.

**Family History Book:** Find your parent's stash of old photos and mementos and place them in a single box or stack. The child can help the grandparent sort the memorabilia while the elder tells the family story, remembering the history, time and people.

**Internet and E-mail:** Don't let geographic distance limit quality time between grandchildren and grandparents. The internet, email, even online videos are great way for the generations to stay connected.

**Travel:** If your parent can travel with assistance, consider an older teen grandchild as his or her travel companion. Cruise travel is ideal, even for an elder in a wheelchair or using a walker or cane.

**Hugs:** This may be a first priority in the relationship of grandparents and grandchildren. Hugs at the start and end of each visit are important for both elder and younger.

Reference: <https://www.agingcare.com/articles/involving-your-kids-in-caring-for-elderly-parents-133410.htm>

# Let's play! Word Scramble: Labor Day



1. BRTEPEMES \_\_\_\_\_
2. NYMDAO \_\_\_\_\_
3. VOANTICA \_\_\_\_\_
4. YCIRTSUE \_\_\_\_\_
5. RKERSOW \_\_\_\_\_
6. IKESRT \_\_\_\_\_
7. ERPDA A \_\_\_\_\_
8. PRATY \_\_\_\_\_
9. BLROA \_\_\_\_\_
10. ICINCP \_\_\_\_\_
11. EVOMT NME \_\_\_\_\_
12. NZGEORIA \_\_\_\_\_
13. RCITFA F \_\_\_\_\_
14. AERDT \_\_\_\_\_
15. OJB \_\_\_\_\_
16. WKNEDEE \_\_\_\_\_
17. RTHSIG \_\_\_\_\_
18. HAOLDIY \_\_\_\_\_
19. SGAEW \_\_\_\_\_



## Employee Birthdays

- Tiffany M., Sep 03
- Kaitlyn V., Sep 05
- Alexandria B., Sep 06
- Sherrie K., Sep 07
- Miranda L. Sep 09



## 2024 Fun & National Holidays!

- ▶ Sep 1 Emma Nutt Day
- ▶ Sep 1 No Rhyme or Reason Day
- ▶ Sep 2 Labor Day
- ▶ Sep 3 World Beard Day
- ▶ Sep 4 Eat an Extra Dessert Day
- ▶ Sep 5 International Charity Day
- ▶ Sep 5 Cheese Pizza Day
- ▶ Sep 6 Read a Book Day
- ▶ Sep 6 Food Bank Day
- ▶ Sep 7 Salami Day
- ▶ Sep 8 Grandparents Day
- ▶ Sep 9 Teddy Bear Day
- ▶ Sep 10 Ants on a Log Day
- ▶ Sep 11 Patriot Day
- ▶ Sep 12 Chocolate Milkshake Day
- ▶ Sep 13 Positive Thinking Day
- ▶ Sep 15 Make a Hat Day
- ▶ Sep 16 Cinnamon Raisin Bread Day
- ▶ Sep 16 World Guacamole Day
- ▶ Sep 17 Country Music Day
- ▶ Sep 18 Cheeseburger Day
- ▶ Sep 19 Butterscotch Pudding Day
- ▶ Sep 21 World Gratitude Day
- ▶ Sep 21 Alzheimer Day
- ▶ Sep 22 Hobbit Day
- ▶ Sep 23 Native American Day
- ▶ Sep 26 Pancake Day
- ▶ Sep 28 Good Neighbor Day
- ▶ Sep 29 Coffee Day
- ▶ Sep 30 Hot Mulled Cider Day

## Meet our Team >>>

Hometown: Bloomington, MN.

Tell us about your Job.

I am the MDS Coordinator. I manage and assess the patient care to ensure quality care. I develop the care plans.

Tell us about your family.

I have been married to my husband, Paul for 3 years. I have 2 children, Megan - 26 and Sam - 24. I have three stepchildren; Emily - 30, Madie - 26; and Michael - 24. I also have a Boxer mix named Hank, a Yorkie named Remi; and a Australian Berne doodle named Ruby.

What are your outside Interests?

I enjoy going to breweries and wineries with my husband. I enjoy cooking food of all kinds; but especially anything on the smoker.

Something not everyone may know about you.

When I was younger, I used to be part of a racing pit crew. It was after one of the races that Tom Cruise (yes, the actor) bought me a drink!

Favorite sport team

Any Wisconsin team!

Lisa K.  
MDS Coordinator



## Testimonial >>>



"I chose Meadowbrook Appleton because it was a convenient location, across from the hospital. The staff were personable, and I built good relationships with everyone. The staff provide good care and were welcoming."

- Joseph D. Resident



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## September also is...

World Alzheimer's Month  
Healthcare Environmental Services  
Week, September 8 - 14, 2024  
National Assisted Living Week,  
September 8-14, 2024.