



MEADOWBROOK
— APPLETON —



Upcoming Event >>>

- Sun 1:** 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 2:** 9:30 Coffee Social/ 10:30 Curr Events/1:30 Jackpot
- Tue 3:** 9:30 One-on-ones/ 10:30 Stretches/ 1:30 Manicures
- Wed 4:** 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Family Feud/ 2:30 Hot Cocoa Social
- Thu 5:** 10:00 Volleyball/ 1:30 Crafts/ 2:30 Hangman
- Fri 6:** 9:30 One-on-ones/ 10:30 Stretches/ 1:30 Bingo
- Sat 7:** 8:00 Rm Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 8:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 9:** 9:30 Coffee Soc./ 10:30 Curr Events/1:30 Jackpot
- Tue 10:** 9:30 One-on-ones/10:30 Stretches/ 1:30 Racquet Ball
- Wed 11:** 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Family Feud/ 2:30 Hot Cocoa Social
- Thu 12:** 10:00 Volleyball/ 1:30 Crafts/ 2:30 Trivia
- Fri 13:** 9:30 One-on-ones/ 10:30 Stretches/ 1:30 Bingo
- Sat 14:** 8:00 Rm Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 15:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 16:** 9:30 Coffee social/ 10:30 Current Event/1:30 Jackpot
- Tue 17:** 9:30 One-on-ones/10:30 Stretches/1:30 Racquet Ball
- Wed 18:** 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Family Feud/ 2:30 Hot Cocoa Social
- Thu 19:** 10:00 Volleyball/ 2:30 B-day Bash/ 4:00 Christmas Party
- Fri 20:** 9:30 One-on-ones/ 10:30 Stretches/ 1:30 Bingo
- Sat 21:** 8:00 Rm Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 22:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Craft
- Mon 23:** 9:30 Coffee Soc./ 10:30 Curr Events/ 1:30 Jackpot
- Tue 24:** 9:30 One-on-ones/ 10:30 Stretches/ 1:30 Racquet Ball
- Wed 25:** 9:30 Coffee Social/ 10:30 Christmas Movie/ 1:30 Family Feud
- Thu 26:** 10:00 Coffee & Chat/ 1:30 Crafts/ 2:30 Trivia
- Fri 27:** 9:30 One-on-ones/ 10:30 Stretches/ 1:30 Bingo
- Sat 28:** 8:00 Rm Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 29:** 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts
- Mon 30:** 9:30 Coffee Social/ 10:30 Curr Events/1:30 Jackpot
- Tue 31:** 9:30 One-on-ones/ 1:30 Racquet Ball/ 2:00 New Years

**Monday-Friday's Morning Visits 8:30 am
Snack Pass Daily at 3:30 pm**

****All 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 Reminisc

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



Let's play!

Word Scramble: **HOLIDAYS**



1. HYAPP _____
2. SYHLODIA _____
3. NWTEIR _____
4. SNEPTRSE _____
5. TAANS _____
6. VESLE _____
7. EHGLIS _____
8. ERTE _____
9. SMORNTNEA _____
10. OSWN _____
11. ERECEMDB _____
12. CINRGH _____
13. FMLYIA _____
14. STIHGL _____
15. IRDEEREN _____
16. SCAMHSTRI _____
17. UAHKNAKH _____



Employee Birthdays

- Claudia N., Dec 03
- Patti O., Dec 14
- Karina R., Dec 14
- Monica N., Dec 29
- Kaitlyn P., Dec 31
- Kristina R., Dec 31



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 Jane Addams 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: Rosendale, WI.

Tell us about your Job.

I have worked at Meadowbrook as a CNA for 2 years! I enjoy caring for the residents and working with my amazing coworkers.

Tell us about your family.

I have a younger brother, and two cats named Bogie & Ollie.

What are your outside Interests?

I am currently in nursing school and will graduate in May with my BSN! In my free time, I like to spend time with my friends.

Something not everyone may know about you.

I am a plant mom! I have a lot of plants in my home and enjoy caring for them.

Favorite sport team

Green Bay Packers!

Alex B.
CNA



Testimonial >>>



"My stay was good. The CNAs are really nice and helpful. I would recommend Meadowbrook. It was really good care and I feel much better leaving than how I came. Staff were very kind and welcoming. I got to my full potential from the care I received." - Caroline A. - Resident



1335 S. Oneida St.
Appleton, WI 54915
Contact us at **920-731-6646**
www.meadowbrookappleton.com/

