



MEADOWBROOK  
— APPLETON —



## Upcoming Event >>>

**Sat 1:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 2:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 3:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:30 Snack Cart

**Tue 4:** 10:00 Store Bingo / 2:00 Crafting / 5:30 Puzzles

**Wed 5:** 8:00 1-1 Visits/ 10:00 Color me calm/ 1:00 Nails/ 3:00 Music In

**Thu 6:** 10:00 Volleyball/ 12:00 Resident shopping/ 4:00 Local news

**Fri 7:** 10:00 Bingo/ 1:00 Live Music / 4:00 Movie Night

**Sat 8:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 9:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 10:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:30 Snack Cart

**Tue 11:** 10:00 Hot Drink Pass/ 2:00 Crafting / 5:30 Puzzles

**Wed 12:** 8:00 1-1 Visits/ 10:00 Color me calm/ 1:00 Nails/ 3:00 Music In

**Thu 13:** 10:00 Volleyball/ 12:00 Resident shopping/ 4:00 Local news

**Fri 14:** 10:00 Boggle/ 2:30 Bingo / 4:00 Movie Night

**Sat 15:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 16:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 17:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:30 Snack Cart

**Tue 18:** 10:00 Store Bingo / 2:00 Crafting / 5:30 Puzzles

**Wed 19:** 8:00 1-1 Visits/ 10:00 Color me calm/ 1:00 Nails/ 3:00 Music In

**Thu 20:** 10:00 Volleyball/ 12:00 Resident shopping/ 4:00 Local news

**Fri 21:** 10:00 Boggle/ 2:30 Bingo / 4:00 Movie Night

**Sat 22:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 23:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 24:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:30 Snack Cart

**Tue 25:** 10:00 Hot Drink Pass/ 2:00 Crafting / 5:30 Puzzles

**Wed 26:** 8:00 1-1 Visits/ 10:00 Color me calm/ 1:00 Nails/ 3:00 Music In

**Thu 27:** 10:00 Volleyball/ 12:00 Resident shopping/ 4:00 Local news

**Fri 28:** 10:00 Boggle/ 2:30 Bingo / 4:00 Movie Night

**Sat 29:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 30:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

### ALL ACTIVITIES SUBJECT TO CHANGE

**DAILY ACTIVITIES:** 8 AM VISITS, 3 PM SNACK PASS.  
RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO  
KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

# 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 \_\_\_\_\_



## Employee Birthdays

Reese E., Nov 02

Theresa S., Nov 25

Mason G., Nov 03

Beth M., Nov 04

Jill W., Nov 13

Chloe D., Nov 21

Natalie H., Nov 21



## 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 11 Origami Day
- ▶ Nov 12 Happy Hour Day
- ▶ Nov 12 Chicken Soup Day
- ▶ Nov 13 World Kindness Day
- ▶ Nov 14 Spicy Guacamole Day
- ▶ Nov 14 Pickle Day
- ▶ Nov 14 PJ Gay
- ▶ Nov 16 Fast Food Day
- ▶ Nov 19 Soda Pop Day
- ▶ Nov 20 National Absurdity Day
- ▶ Nov 21 World Hello Day
- ▶ Nov 22 Go For a Ride Day
- ▶ Nov 23 Fibonacci Day
- ▶ Nov 23 Espresso Day
- ▶ Nov 24 Your Unique Talent Day
- ▶ Nov 25 Shopping Reminder Day
- ▶ Nov 25 Parfait Day
- ▶ Nov 26 Cake Day
- ▶ Nov 27 **Happy Thanksgiving!**
- ▶ Nov 28 **Black Friday!**
- ▶ Nov 28 Red Planet Day
- ▶ Nov 30 Computer Security Day

## Meet our Team >>>

Hometown: Galesburg, IL.

Tell us about your Job.

It's very engaging and everyone here is great to be around. I enjoy working with food and learning to cook.

Tell us about your family.

They are all quirky and positive.

What are your outside Interests?

I love working out and soccer and traveling new places.

Something not everyone may know about you.

I went to Alwood High.

Favorite sport team

Packers!

*Cire F.  
Dietary*



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## Also, November is...

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