



MEADOWBROOK  
—CHETEK—

**Upcoming Event >>>**

- Sun 1:** 2:00 Church/ Activity Staff
- Mon 2:** BOGGLE/ 10:00 Dice
- Tue 3:** 10:00 Cribbage/ Outdoors/ 2:00 Bingo
- Wed 4:** PANDA/ 10:00 Baking/ 1:15 Movie of the Week
- Thu 5:** Beauty Shop/Catholic Comm/10:00 Dice/ 2:00 Happy Hr
- Fri 6:** 2:00 Bingo
- Sat 7:** 2:00 Bingo

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- Sun 8:** 2:00 The Refuge Church
  - Mon 9:** BOGGLE/ B/B Order/ 2:00 Therapy Warriors
  - Tue 10:** 10:00 Cribbage/ Outdoors/ 2:00 Bingo
  - Wed 11:** 1:15 Movie of the week/ Wear Read/White/ Blue
  - Thu 12:** Beauty Shop/Catholic Comm/10:00 Dice 2:00 Happy Hr
  - Fri 13:** 10:00 Baking with Chef Ron/ 2:00 Bingo
  - Sat 14:** 2:00 Bingo

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- Sun 15:** 2:00 Faith Baptist Church
  - Mon 16:** BOGGLE/ Barber Shop
  - Tue 17:** 10:00 Cribbage / 2:00 Bingo
  - Wed 18:** 10:00 Baking/ 1:15 Movie of the Week
  - Thu 19:** Beauty Shop/Catholic Comm/10:00 Dice/ 2:00 Happy Hr
  - Fri 20:** 10:00 Communion Service/ 2:00 Bingo
  - Sat 21:** 2:00 Bingo

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- Sun 22:** 2:00 Christ Lutheran Church
  - Mon 23:** BOGGLE/ 2:00 Jack Gorski
  - Tue 24:** 10:00 Cribbage/Outdoors/1:15 Res. Council/ 2:00 Bingo
  - Wed 25:** INSERVICE PANDA 1:15 Movie of the Week/ Family Room
  - Thu 26:** Beauty Shop/Catholic Communion/10:00 Dice/ 2:00 Happy Hr
  - Fri 27:** 10:00 Catholic Mass/ 2:00 Bingo
  - Sat 28:** 2:00 Bingo

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- Sun 29:** 2:00 Church/ Activity Staff
  - Mon 30:** BOGGLE/ Barber Shop/ 2:00 Craft Group

**DAILY:** Morning Greeting, Room Visits, 1:1 with residents – Puzzles/Games/Crafts available in Activity Room  
**MONDAY:** Weekly BOGGLE passed out, 6:00 Games - Family Rm  
**TUESDAY:** We Care Ministries treats and Pastors Letters  
**THURSDAY:** Morning – Catholic Communion weekly  
 Seven Day a week and evening – Puzzles/Games/Crafts available in Activity Room anytime.

\*\*\*Calendar 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. EVOMTNME \_\_\_\_\_
12. NZGEORIA \_\_\_\_\_
13. RCITFAF \_\_\_\_\_
14. AERDT \_\_\_\_\_
15. OJB \_\_\_\_\_
16. WKNEDEE \_\_\_\_\_
17. RTHSIG \_\_\_\_\_
18. HAOLDIY \_\_\_\_\_
19. SGAEW \_\_\_\_\_



### Employee Birthdays

Kristina T., Sep 01  
 Rochelle R., Sep 13  
 Kendall S., Sep 15  
 Jessica M., Sep 25  
 Crystal M., Sep 26  
 Laura W., Sep 30

- ### 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: Rochester, MN

Tell us about your Job.

I work as a CNA and also Social Services Assistant and makes appointments. I assist the Social worker.

Tell us about your family.

I come from a big family, five siblings. Also, I will be getting married in September to my fiancé and will have a wonderful stepson and two puppies.

What are your outside Interests?

I enjoy gardening, reading, relaxing in the sun and crocheting.

Something not everyone may know about you.

I love camping and absolutely hate the cold, but I live in Wisconsin.

Favorite sport team

Cheers for the opposite team in spite of what the family likes, Packers or Vikings

**Melanie L.**  
Social Services  
Assistant/CNA



### September also is...

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



725 Knapp St  
 Chetek, WI 54728  
 Contact us at **715-924-4891**  
[www.meadowbrookchetek.com](http://www.meadowbrookchetek.com)

