



MEADOWBROOK
—CHETEK—



Upcoming Event >>>

- Sun 1:** 2:00 Faith Baptist Church
- Mon 2:** BOGGLE/ Christmas Decorating/ 2:00 Tee Up
- Tue 3:** Christmas Decorating/ 10:00 Cookie Frosting Decorating
- Wed 4:** Inservice/ 10:00 Christmas Card Event/ 1:15 Movie
- Thu 5:** Beauty Shop/ **9 AM – 3 PM Christmas Fair Activity**
- Fri 6:** 2:00 Bingo/ 6:30 Boy Scouts
- Sat 7:** 2:00 Bingo

- Sun 8:** 2:00 Activity Staff
- Mon 9:** BOGGLE/ B/B Barber Shop/ 10:00 Cookie Frosting
- Tue 10:** 10:00 Cookie Frosting/ 2:00 Christmas Tea
- Wed 11:** 2:00 Parker Hannifin Christmas Bingo
- Thu 12:** Beauty Shop/ B/B Lunch / 2:00 Happy Hour
- Fri 13:** 11:30 – 122:30 Harp Dinning Rm/ 2:00 Bingo
- Sat 14:** 2:00 Bingo, Red Cedar Church Bible Study Group

- Sun 15:** 2:00 Activity Staff
- Mon 16:** 10:00 Res. Serv Hot Choco to Staff/ 2:00 Lefse Making
- Tue 17:** 10:00 Cribbage/ 2:00 Christmas Bingo
- Wed 18:** **10:00 UNIT ONE Party/** 1:30 Movie of the Week
- Thu 19:** Beauty Shop/ 2:00 Happy Hour
- Fri 20:** 10:00 Monthly Communion/ 2:00 **Christmas Party**
- Sat 21:** 2:00 Christmas Bingo

- Sun 22:** 2:00 Activity Staff
- Mon 23:** BOGGLE/ Barber Shop/ 1:15 Resident Council/ 2:00 Bingo
- Tue 24:** 10:00 Games/ 2:00 Hot Chocolate Reminisc
- Wed 25:** **MERRY CHRISTMAS/** 10:00 Chetek Lutheran Church
- Thu 26:** Beauty Shop/ 10:00 Dice/ 2:00 Happy Hour
- Fri 27:** 2:00 Christmas Bingo
- Sat 28:** 2:00 Bingo

- Sun 29:** 2:00 Christ Lutheran Church
- Mon 30:** BOGGLE/ 2:00 Brown Bag Auction
- Tue 31:** 10:00 Cribbage/ 2:00 **NEW YEAR PARTY**

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

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



Reference: <https://caringseniorservice.com/blog/9-reasons-why-reminiscing-can-benefit-seniors/>

Let's play!
Word Scramble: HAPPY HOLIDAYS

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

Meet our Team >>>

Hometown: Prairie Farm, WI

Tell us about your Job.

I am a laundry aide.

Tell us about your family.

I have one older sister, 1 younger brother, 2 daughters and 2 grandsons.

What are your outside Interests?

I love walking, baking, spending time with family are very important to me. My grandbabies are my world.

Something not everyone may know about you.

I was a CNA for 33 years.

Favorite sport team.

Of course, the Badgers, Packers and whoever plays the Vikings LOL.

Candi H.
 Laundry Aide



Employee Birthdays

- | | |
|---------------------|-------------------|
| Michelle R., Dec 08 | Jade D., Dec 24 |
| Aisha I., Dec 11 | Pheng X., Dec 28 |
| Sara M., Dec 11 | Joseph H., Dec 30 |
| Angela D., Dec 14 | |
| Eric O., Dec 20 | |
| Harlie S., Dec 21 | |
| Bethany B., Dec 23 | |



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



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