



MEADOWBROOK

—BLOOMER—

**Upcoming Event >>>**

- Wed 1:** 10:30 Card games/11:00 Inside/Outside/ 2:00 Bean Bag Toss
- Thu 2:** 10:30 Exercise/ 11:00 Manicures/ 2:00 Pop Corn Bingo/ 3:00 Refreshments/ 5:30 Word Search Puzzle
- Fri 3:** 10:00 Curr events/ 11:00 Inside/Outside/ 2:00 Happy Hour/Ref
- Sat 4:** 10:00 Inside/Outside/ 11:00 Card Games/ 1:30 Movie Matinee
- Sun 5:** 10:00 Televised Church Serv
- Mon 6:** 10:30 Card games/ 11:00 Wordsearch/ 1:30 Movie & Popcorn 5:30 Inside/Outside
- Tue 7:** 10:30 Exercise/ 11:00 Reading & Reminiscing/ 2:00 Beer & Crackers
- Wed 8:** 10:30 Gardening/ 11:30 Inside/Outside/ 2:00 Beach Ball Baseball/ 5:30 Inside/Outside
- Thu 9:** 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refresh
- Fri 10:** 11:00 Inside/Outside/ 2:00 Happy Hour/Refreshments
- Sat 11:** 10:00 Inside/Outside/11:00 Card games/ 1:30 Movie Matinee
- Sun 12:** 10:00 Televised Church Serv/ 3:25 Packers vs Bills
- Mon 13:** 10:30 Card game/ 11:00 Inside/Outside/ 2:00 Towel Origami
- Tue 14:** 10:00 Donuts/ 10:30 Noodles exercise/ 2:00 Broom ball/ 5:30 Inside/Outside
- Wed 15:** 10:00 Card games/ 12:00 Cook out/ 3:00 Inside/Outside 1:1
- Thu 16:** 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refreshments
- Fri 17:** 10:00 Curr events/ 11:00 Inside/Outside/ 2:00 Happy Hour
- Sat 18:** 10:00 Inside/Outside/ 11:00 Card games/ 1:30 Movie Matinee
- Sun 19:** 10:00 Televised Church Serv.
- Mon 20:** Wear your Packer Gear! 10:30 Baking Group-Homemade pizza/ 2:00 Packer Party/ 7:15 Packers vs Lions
- Tue 21:** 10:30 Exercise/ 11:00 Card games/2:00 Resident Council
- Wed 22:** 10:30 Dice games/ 11:00 Inside/Outside/ 2:00 Fall craft/ 5:30 Inside/Outside
- Thu 23:** 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refresh
- Fri 24:** 10:00 Curr Event/ 11:00 Inside/Outside/ 2:00 Happy Hour/Ref
- Sat 25:** 10:00 Inside/Outside/ 11:00 Card games/ 1:30 Movie Matinee
- Sun 26:** 10:00 Televised Church Serv/ 7:20 Packers vs 49ers
- Mon 27:** 10:30 Card games/ 11:00 Card Making/ 2:00 Resident BD Party
- Tue 28:** 10:30 Exercise/ 11:00 Inside/Outside/ 1:30 Movie & Popcorn
- Wed 29:** 10:00 Coffee cart/11:00 Card games/ 2:00 Bean Bag Toss/ 5:30 Inside/Outside
- Thu 30:** 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refresh

# Newsletter

## REMINISCENCE THERAPY HELPS SENIORS WITH DEMENTIA

Reminiscing, or sharing memories from the past, is an enjoyable way to connect with someone with Alzheimer's or dementia.

With dementia, people typically lose short-term memory but are often still able to recall older memories.

The goal of reminiscence therapy is to help seniors with dementia feel valued, contented, and peaceful by recalling happy times from their past.

It gives them an opportunity to talk and share something meaningful rather than just listen to others speak.

There's a difference between reminiscing and remembering.

Remembering something specific, even from long ago, can be stressful for someone with dementia because they're likely to feel pressured or angry.

In contrast, when they look at old photographs a pleasant memory floats up and they share it with you, they'll feel good.

### 4 Reminiscence Therapy Activities:

Memories can be associated with different parts of the brain, so it's helpful to try activities that stimulate different senses.

1. Listen to their favorite music - helps people reminisce and relate to emotions and past experiences
2. Look at photos or magazines - that bring back memories are another excellent way to reminisce. Photos of family, friends, and important life events are wonderful choices.
3. Smell familiar scents and taste favorite foods – are another wonderful way to evoke fond memories.
4. Enjoy tactile activities like painting, pottery, or other crafts - Touch can also remind someone of the past. Familiar tactile activities like drawing, painting, pottery, knitting, sewing, or other crafts can spark old memories.



# September Word Search

E E F D M X E R Q P O V I D L J N G P L J C E  
 T W S Y E E V H Z I U S A N E D O Y C J H E Y  
 U Y E A C E R V F L J R U L F M V X G X B W G  
 A R Q D N D E P I R J G P M Z A E W I W K Q D  
 E O O S A C M J O F B F Q L M H T N R O R U P  
 E M O T R E I V Y B A U F A E E E W T R U T R  
 K E Z N B G N R Y C E L Z I W R R I L I U P Q  
 J M L E M U I G A H C P L Z O A I S M E A Z P  
 N M J R E P S B D Z M H M I W R R B G E N L X  
 B F Z A M H C A T T V I T Q S H B E B O R U T  
 Y Q S P E O E V O Q K X Q Z F H G S N O N F C  
 E C R D R N N I I F N I A R B P E Q A E N E Q  
 X I O N P O C I R W S K K I C K T R I W S K N  
 H F B A Y R E S T K H H P V Y Q W C E Z W S W  
 R S I R X X U L A B O R D A Y Z O S T L N I H  
 E L H G U F T E P B Z K A U R F S K S S K W O

ALZHEIMER  
 AWARENESS  
 BRAIN  
 DEMENTIA  
 FALL IS HERE

GRANDPARENTS DAY  
 HONOR  
 LABOR DAY  
 MEMORY  
 PATRIOT DAY



PURPLE RIBBON  
 REMEMBRANCE  
 REMINISCENCE  
 SUMMERS GONE

## Meet our Team >>>

Hometown: Butternut, WI.

How Long have you worked at Bloomer?

I have been working here since June 1, 2021.

Tell us about your family?

My family consists of my Fiancé Lowell (we are getting married 9/11), My oldest daughter Emily is 19, my son Randy is 17 and daughter Gretchen is 15. They all still live at home with us. Between Lowell and I we have 8 kids. We have 3 dogs and 2 cats. I have a sister in Mondovi and brother in Butternut.

What is the best part of your job?

The best part of my job is seeing a resident discharge to home doing better.

What is something you would like to accomplish?

My greatest achievement will be to see all of my kids become successful adults with jobs they love like I do.

What is your favorite TV Show?

My favorite TV show is Ghost Adventures...yes, I believe in ghosts.

Hobbies are fishing and camping!

This job is the one I intend to retire from so you all are stuck with me. I enjoy the coworkers I work with and the residents I care for.

## Tammy Mattke

Director of Nursing



## Environment Service & Housekeeping Week

Sept. 12-18th



## Employee Birthdays

- Deanna Rice, Sep 01
- Eden Lewan, Sep 08
- Tammy Mattke, Sep 09
- Patricia Hollister, Sep 14
- Pamela Durch, Sep 17
- Brittany Frane, Sep 19
- Jeffrey Schillinger, Sep 29



## The Month of September

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar).

## SEPTEMBER CALENDAR

**September 6:** the first Monday in September is **Labor Day**. Also, brings the start of **Rosh Hashanah**, at sundown. It's literally "Head of the Year" in Hebrew, is the beginning of the Jewish new year.

**September 11** is **Patriot Day**, held in honor and remembrance of those who died in the September 11 attacks of 2001.

**September 12** is **Grandparents Day**. Honor your grandparents today and every day!

**September 15** is **Yom Kippur**, means "Day of Atonement" in Hebrew. This is the holiest holiday in the Jewish calendar.

**September 17** is **Constitution Day**. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787

**September 21** is **World Alzheimer's Day** to raise awareness, educate about this disease.

**September 22** marks the start of fall!

**September 29** is **Michaelmas** is an ancient Celtic "Quarter Day" which marked the end of the harvesting season and was steeped in folklore.



1840 Priddy St.  
 Bloomer, WI 54724  
 Contact us at **715-568-2503**  
[www.meadowbrookbloomer.com/](http://www.meadowbrookbloomer.com/)

