



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Tue 1: 9:30 Deck the Halls/ 1:1 visits/mail delivery / 1:30 Bingo

Wed 2: 9:30 Deck the Halls/ 1:1 visits/mail delivery/ 1:30 writing Christmas Card

Thu 3: 9:30 Deck the Halls/ 1:1 visits/mail delivery/ 1:30 Bingo

Fri 4 : 9:30 Catholic dev / 1:1 visits/mail delivery/ 1:30 Reminisce

Sat 5: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Sun 6: 3:25 Packers Vs Eagles - CBS

Mon 7: 9:30 writing Christmas Card/ 1:1 visits/mail delivery/ 1:30 Jackpot

Tue 8: 9:30 Lutheran dev/ 1:1 visits/mail delivery/1:30 Bingo

Wed 9: 9:30 Chair Exercise/ 1:1 visits/mail delivery/1:30 Laughter is the Best Medicine

Thu 10: 9:30 Manicures / 1:1 visits/mail delivery/ 1:30 Bingo

Fri 11: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Wrapping

Sat 12: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Sun 13: 12:00 Packers Vs Lions - Fox

Mon 14: 9:30 Christmas Craft/ 1:1 visit/mail delivery/ 1:30 Jackpot

Tue 15: 9:30 Christmas Craft/ 1:1 visits/mail delivery / 1:30 Bingo

Wed 16 : 9:30 Manicures/1:1visit/mail delivery/ 1:30 Chair Exercise

Thu 17: 9:30 frosting cookies/ 1:1 visit/mail delivery/ 1:30 wrapping

Fri 18: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Bingo

Sat 19: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Mon 21: 9:30 Christmas Trivia/1:1 visit/mail delivery/1:30 Bingo

Tue 22: 9:30 Lutheran dev /1:1 visit/mail delivery/1:30 Christmas gifts and snacks

Wed 23: 9:30 Christmas favorite memories/1:1 visits/mail delivery/ 1:30 Jackpot

Thu 24: 9:30 Christmas reminisce/1:1 visit/mail delivery/1:30 Bingo

Fri 25: **MERRY CHRISTMAS!**

Sat 26: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Sun 27: 7:20 Packers Vs Titans - NBC

Mon 28: 9:30 Christian dev/ 1:1 visits/mail delivery/ 1:30 Jackpot

Tue 29: 9:30 Resident Council/ 1:1 visits/mail delivery / 1:30 Bingo

Wed 30: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 New Year reminisce

Thu 31: 9:30 Birthday board/ 1:1 visits/mail delivery/ 1:30 New Year Bingo with drinks and snacks

Newsletter

Tips to prevent holiday stress and depression



Stress and depression can ruin your holidays and hurt your health. You may feel stressed, sad, or anxious because your holiday plans may look different during the COVID-19 pandemic. But with some practical tips - courtesy of Mayo Clinic - you can minimize the stress that accompanies the holidays.

- 1. Acknowledge your feelings.** If you can't be with loved ones these holidays, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.
- 2. Reach out.** If you feel lonely or isolated, may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Even though your holiday plans may look different this year, you can find ways to celebrate.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
- 5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
- 9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you can find peace and joy during the holidays.

December Word Search

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

CELEBRATE
 CHRISTMAS TREE
 COLD
 GIFTS
 GINGERBREAD

GREETINGS
 HOLIDAYS
 HOT CHOCOLATE
 LIGHTS
 ORNAMENTS

REINDEER
 SANTA CLAUS
 SNOWMAN
 WINTER



Employee Birthdays

- Danielle Kelly, Dec 06
- Lisa Habberley, Dec 08
- Sherry Imig, Dec 12
- James Reindl, Dec 14
- Joanne Wirtz, Dec 17
- Lavada Wielgos, Dec 18



Traits of People Born in December

People born in this month have a generous heart. It won't be wrong to say that they are last but not the least. So, if you know any December born people then it's a sign of having positivity around.

The qualities that the December born people have are simple yet attractive. In fact, these people help you think wisely and choose the correct one always. Apart from this, the December born people have many more qualities. These characteristics make them the purest soul on this planet earth.

1. Honest
2. Being organized
3. Spiritual way of living
4. Staying grounded
5. Strong-headed and determined
6. Helpful nature
7. They are fortunate enough
8. Highly Energetic
9. Intellectuals
10. Understanding behavior

Meet our Team >>>

Hometown: Oconomowoc, WI

How Long have you worked at Oconto Falls?

I've worked here for 8 years.

Tell us about your family?

I'm married and has 7 sons and 15 grandchildren

What is the best part of your job?

The best part is the people I work with.

What is something you'd like to accomplish?

I would like to buy a house.

What is your favorite TV Show, movie or Vacation Spot?

My favorite TV Shows are Chicago PD, Fire, and Med, or any other police or law shows, and my favorite movie is Pretty Woman. Bagley Rapids is my favorite spot vacation.

Shirley Sutrick Cook



100 E Highland Drive
 Oconto Falls, WI 54154
 Contact us at **920-848-3272**
www.meadowbrookcoontofalls.com



A CMS 4 Star Facility

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"Dear Santa: I've been good all year. OK, maybe most of the time.... Well, perhaps once in a while... Oh, never mind, I'll buy my own presents this year"