



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>> *Happy New Year*

Fri 1: New Year's Day!

Sat 2: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Mon 4: 9:30 Reminiscence/ 1:1 visits/mail delivery/ 1:30 Jackpot

Tue 5: 9:30 Lutheran dev/ 1:1 visits/mail delivery/1:30 Bingo

Wed 6: 9:30 Chair Exercise/ 1:1 visits/mail delivery/1:30 Music & Memory

Thu 7: 9:30 Manicures / 1:1 visits/mail delivery/ 1:30 Bingo

Fri 8: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Sensory Rides

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

Mon 11: 9:30 Winter Craft/ 1:1 visit/mail delivery/ 1:30 Jackpot

Tue 12: 9:30 Winter Craft/ 1:1 visits/mail delivery / 1:30 Bingo

Wed 13: 9:30 Manicures/1:1visit/mail delivery/ 1:30 Reminiscence

Thu 14: 9:30 AM Stretch/ 1:1 visit/mail delivery/ 1:30 Bingo

Fri 15: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Music & Memory

Sat 16: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Mon 18: 9:30 Reminiscence/ 1:1 visit/mail delivery/ 1:30 Jackpot

Tue 19: 9:30 Lutheran dev/ 1:1 visit/mail delivery/ 1:30 Bingo

Wed 20: 9:30 Chair exercises/ 1:1 visits/mail delivery/ 1:30 Music & Memory

Thu 21: 9:30 Manicures/ 1:1 visit/mail delivery/ 1:30 Bingo

Fri 22: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Reminiscence

Sat 23: 9:30 Family / 1:1 visits/mail delivery / 1:30 Family

Mon 25: 9:30 Music & Memory/ 1:1 visits/mail delivery/ 1:30

Jackpot

Tue 26: 9:30 Resident Council/ 1:1 visits/mail delivery / 1:30 Hot

Chocolate Cart

Wed 27: 9:30 Manicures/ 1:1 visits/mail delivery/ 1:30 Sensory

Rides

Thu 28: 9:30 AM Stretch/ 1:1 visits/mail delivery/ 1:30 Bingo

Fri 29: 9:30 Catholic dev / 1:1 visits/mail delivery/ 1:30 Bingo

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

Newsletter

New Year's Resolution for Seniors

Who said that New Year's Resolutions are only for young people? They can also be for seniors. It's an excellent opportunity to start fresh and establish new habits, take stock of their lives, and decide what they would like to change. They could be big and/or small changes, the important thing is to make the decision to change them.

We know that it's difficult to change some habits in older adults; however, it's never too late to try to create a healthier and happier lifestyle.

If you consider some of these tips, courtesy of Medical Alert Advice, you are more likely to be successful in your resolutions.

- *Don't try to go it alone. Share your goals with a friend or relative that will hold you accountable. If you are in senior living, share it with others you live with to see if they will participate too. Everything is better with a friend and they can help you stay accountable!*
- *Set goals that are manageable and achievable in terms of your time and finances.*
- *Chart your progress on a calendar or have a visual photo of your goal handy.*
- *Give yourself some credit for small victories throughout the process and don't be hard on yourself if you have a set-back.*
- *Don't give up too easily. On average, it takes 66 days to form a new habit.*

Additionally, think small and give yourself a break, as needed.

Hope these tips help you keep your New Year's resolutions and make some long-term changes in your life. We wish you much success and a happy new year 2021.



January Word Search

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

BEGINNING
 CALENDAR
 COLDEST
 FIREWORKS
 FIRST MONTH

FROZEN
 JANUARY
 MLK DAY
 NEW YEAR DAY
 RESOLUTION

SHOVEL
 SNOW
 TRIVIA DAY

Meet our Team >>>

Hometown: Oak Creek, Mi

How Long have you worked at Oconto Falls?

I've worked here for 3 1/2 years.

Tell us about your family?

I'm married with 3 sons and Grand Puppies and Kitties

What is the best part of your job?

The best part is the residents and their stories.

What is something you'd like to accomplish?

I would like to travel abroad... Germany or any European country.

What is your favorite movie?

My favorite movie is Underworld Evolution (vampire).

Jean Fiedler

CNA



Healthy New Year 2021

Employee Birthdays

- Tracey Caldie, Jan 07
- Lisa LaBine, Jan 10
- Donna Harris, Jan 11
- Patricia Blackhall, Jan 30



Unbelievable Personality Traits Of People Born In January

January born are fun-loving people who speak their minds. Their optimism is contagious, and their energy is infectious. Here are seven traits that prove how they are special in their own way and have a unique place in our lives.:

1. They have an amazing sense of humor
2. They are an inspiration to people
3. They are bold, alert, and independent
4. They are young at hearts but have an old soul
5. They are not too expressive and open about their feelings
6. When they are bored, they act weird.
7. They have a different point of view in life



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"Your present circumstances don't determine where you can go. They merely determine where you start."
 — Nido Qubein