



Upcoming Event >>>

Mon 1: 9:30 Thankful Leaves/ 2:00 Jackpot

Tue 2: 9:30 Lutheran devotions/ 2:00 Bingo

Wed 3: Stress Awareness Day! Independent Activities

Thu 4: 10:00 Manicures/ 2:00 Bingo/ 6:00 Music & Memory

Fri 5: National Jersey Day!

Sat 6: 1:1 visits

Sun 7: 3:25 Packers Vs Chiefs

Mon 8: 9:30 Tongue Twister/ 2:00 Bingo

Tue 9: 9:30 Lutheran devotions/ 2:00 Bingo

Wed 10: Independent Activities

Thu 11: 9:30 Manicures/ 2:00 Bingo/ **Veteran's Day!**

Fri 12: 9:30 Reminisce/ 2:00 Natl Happy Hours Day!

Sat 13: 1:1 visits

Sun 14: 3:25 Packers Vs Seahawks

Mon 15: 10:00 Balloon VB/ 2:00 Jackpot

Tue 16: 9:30 Laughter is the best medicine/ 2:00 Jackpot/ 6:00 Sensorial Walk

Wed 17: 9:30 Catholic devotion/ 2:00 Reading Circle

Thu 18: 9:30 Manicures/ 2:00 Bingo/ 6:00 Music & Memory

Fri 19: 9:30 Christmas Ornaments crafts/ 2:00 Climb the Mountain (dice)

Sat 20: Craft continue/ 1:1 visits

Sun 21: 12:00 Packers Vs Vikings

Mon 22: 10:00 Thanksgiving Reading Circle/ 2:00 Jackpot/ 6:00 Music & Memory

Tue 23: 9:30 Lutheran devotions/ 2:00 Bingo

Wed 24: 9:30 Catholic dev/ 2:00 Thanksgiving Trivia

Thu 25: **HAPPY THANKSGIVING!**

Fri 26: 9:30 Thanksgiving Reminisce/ 2:00 Hall walks

Sat 27: 1:1 visits

Sun 28: 3:25 Packers Vs Rams

Mon 29: 9:30 Resident Council/ 2:00 Jackpot/ 6:00 Music & Memory

Tue 30: 9:30 BD board craft/ 2:00 Celebrating Nov BD

**** Activities Subject to change ****

*** Mail delivered daily* Packer predictions every Friday***

Newsletter

Signs and Symptoms of Diabetes in Elderly Adults

Diabetes is a chronic metabolic disorder that interferes with how the body uses glucose (sugar) for growth, repair, and energy. That process is regulated by a hormone called insulin that's produced by the pancreas. When performing optimally, the pancreas releases just the right amount of insulin to facilitate the transport of glucose from the blood into the body's cells.

There are 2 chronic types of diabetes:

Type 1: This rarer form of diabetes occurs when the body's own immune system starts targeting the insulin-producing cells in the pancreas. The resulting damage causes the pancreas to release little or no insulin, which is why type 1 diabetics must take insulin daily to survive.

Type 2: Most diabetics are type 2, elderly and/or overweight. In type 2 diabetics, the pancreas produces plenty of glucose, but for some reason it's not used efficiently- a condition known as insulin resistance. As blood sugar levels rise, a patient usually experiences symptoms. However, some type 2 diabetics remain asymptomatic and don't realize they have it until much later.

To avoid severe diabetes complications, help your older adult make lifestyle choices that keep blood sugar at healthy levels:

- **Diet.** Eating a healthier diet will benefit older adults.
- **Medication reminders.** Whether it's insulin for type 1 or oral medications that otherwise control blood glucose levels, keeping medication compliant is important.
- **Exercise.** Exercising 3 to 5 times a week helps normalize glucose levels and shed excess pounds, so encourage seniors to do so.
- **Glucose monitoring.** Encourage them to use a blood sugar monitor to track accurate blood glucose levels each day and take notes on how diet, exercise, and stress affect them over time.
- **Lifestyle changes.** Smoking, eating sugary foods, and drinking alcohol and soda are harmful to someone with diabetes. Encourage your loved one to kick those bad habits to the curb.



Resources: <https://www.homechoicehomecare.com/senior-issues/adults/>

November Word Search



BLESSED
 BLUE RIBBON
 CRANBERRY
 DIABETES MONTH
 DINNER

FAMILY
 HANUKKAH
 LIFESTYLE
 MAYFLOWERS
 PARADE



REMEMBRANCE
 THANKFUL
 THANKS VETERANS



Employee Birthdays

April Bakos, Nov 02
 Robin Fonder, Nov 04
 Peggy Woodke, Nov 06
 Tina Deneys, Nov 10
 Sue Herning, Nov 11
 Terri Davis, Nov 14
 Mandi Sexton, Nov 21



The Month of November

November derives from the Latin root *novem* - meaning "nine," because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. The word *November* was first recorded before the year 1000!

NOVEMBER CALENDAR

- **November 1** is **All Saints' Day**. This is the day when all the saints are honored
- **November 2** is **Election Day** (U.S.). Don't forget to vote in state and federal elections! Every vote counts.
- **November 4** is **Diwali**, an annual festival of lights celebrating the triumph of good over evil.
- **November 7** at 2 A.M. is the end of **Daylight-Saving Time**. Set your clocks back one hour on Saturday night at bedtime!
- **November 11** is **Veterans Day** (U.S.) and **Remembrance Day** (Canada).
- **November 19** is **Discovery of Puerto Rico Day**.
- November 25 is **Thanksgiving Day** (U.S.).
- **November 28** marks the start of **Hanukkah**, at sundown. It is an eight-day winter "festival of lights," which begins each year on the 25th day of the Jewish month of Kislev.
- **November 28** is also the **First Sunday of Advent**.

Meet our Team >>>

Hometown: New London, WI

Tell us about your family?

5 kids, 3 grandkids, lots of Aunts and Uncles, and my Jerry(boyfriend).

What is something you'd like to accomplish?

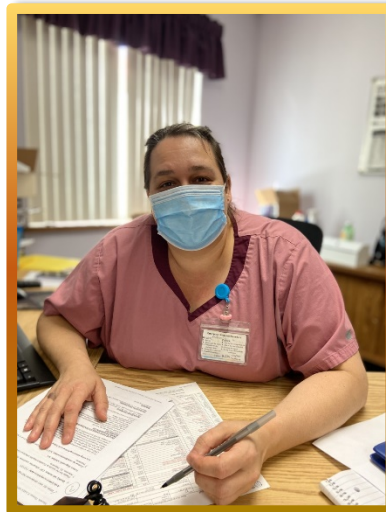
To see all of the United States, I love the mountains.

What is your favorite TV Show, or Movie or Vacation spot?

My favorite TV Shows is Criminal Minds, My favorite Movie is Star Wars and vacation spots are mountains, hiking, waterfalls

Missy M

RN/ Charge Nurse



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

www.meadowbrookofocntofalls.com

