



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Wed 1: 9:30 Manicures/ 2:00 Chair Exercises/ 6:00 Reminisc

Thu 2: 9:30 Catholic Communion/ 2:00 Bingo

Fri 3: 9:30 Decorating / 2:00 Christmas Crafts

Sat 4: 1:1 visits / Craft cont.

Mon 6: 9:30 Laughter the best medicine/ 2:00 Jackpot/ 6:00 1:1 visit

Tue 7: 9:30 Lutheran devotions/ 2:00 Bingo

Wed 8: 9:30 Manicures/ 2:00 Bean Bag Toss

Thu 9: 10:00 Rosary/ 2:00 Writing Christmas cards

Fri 10: 9:30 Christmas Ornament craft/ 2:00 Bingo/ 6:00 Music & Memory

Sat 11: 1:1 visits/ Craft cont.

Sun 12: 7:20 Packers Vs Bears / Gingerbread House Day!

Mon 13: 9:30 Gift wrapping/ Hot cocoa bar/ 2:00 Jackpot

Tue 14: 9:30 Lutheran Dev/ 2:00 Bingo/ Christmas Socks

Wed 15: 9:30 Manicures/ 2:00 Reminisc/ Christmas Shirt

Thu 16: 10:00 Cath Communion/ 2:00 Bingo/ Ugly Sweater

Fri 17: 9:30 Christmas Reading circle/ 2:00 Music & Memory/ Jingle Bells

Sat 18: 1:1 visits/ Favorite PJs

Sun 19: 12:00 Packers Vs Ravens/ Plaid Day!

Mon 20: 9:30 Christmas Reading Circle/ 2:00 Jackpot/ Christmas hat

Tue 21: 9:30 Decorating cookies/2:00 Bingo/Wear **Blue/White**

Wed 22: 9:30 Manicures/ 2:00 Christmas Trivia/ X-mas Shirt

Thu 23: 10:00 Rosary/ 2:00 Christmas Party/ Elf Day/Wear **GREEN**

Fri 24: 9:30 Night Before Christmas/ 2:00 Bingo w/ Egg Nog/ Santa dress/**RED**

Sat 25: MERRY CHRISTMAS! / 3:30 Packers Vs Browns

Mon 27: 10:00 Resident Council/ 2:00 Jackpot/ 6:00 Reading circle

Tue 28: 9:30 Lutheran Dev/ 2:00 Bingo

Wed 29: 9:30 Manicures/ 2:00 New Year Trivia

Thu 30: 10:00 Communion/ 2:00 Bingo/ 6:00 Birthday Board

Fri 31: 9:30 New Year Resolution/ 2:00 New Year Party

****Resident Shopping on Thursdays****

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

Newsletter

Take Care of YOU and Seniors this Winter

Use these tips to prepare yourself and older adults for the winter season:

- Dress for warmth:** Cold temperatures can lead to frostbite and hypothermia, a condition in which the body temperature drops too low. Older adults are advised to wear warm socks, a thick coat, a hat, gloves, and a scarf if heading outdoors. In very cold temperatures, they should cover all exposed skin and wear a scarf to cover their mouths.
- If you confirm with a thermometer that an older person's temperature has dropped below 95 degrees, seek medical assistance immediately.
- Fight winter blues:** The weather and COVID can make it difficult to be together physically, this can bring feelings of loneliness and isolation. To help avoid these problems, family members can check on older people as often as possible; a short, daily phone call can make a big difference, too.
- Check the car:** Driving in winter can be dangerous. Get your car checked before winter comes. Check the oil, tires, battery, and windshield wipers.
- Prepare for power outages:** Winter storms can cause power outages. Make sure you have easy access to flashlights and a battery-operated radio in case the power goes out. Store warm blankets. Prolonged power outages can spoil the food in your refrigerator and freezer, so keep a supply of non-perishable foods on hand that can be eaten cold.
- Eat a varied diet:** Because people spend more time indoors and are able to eat a smaller variety of foods, nutritional deficits, especially vitamin D can be a problem. He recommends that older people consume foods fortified with vitamin D, such as milk, cereals, and seafood options such as tuna and salmon.
- Prevent carbon monoxide poisoning:** Using a fireplace, gas heater, or lanterns can lead to carbon monoxide poisoning. Ensure the safety of your home by checking the batteries in your carbon monoxide detector and buy an updated one if you need it.
- Keep moving:** Daily stretching, chair yoga, and walking outside when dry are ways to stay active and are good for both your physical health and your emotional well-being.



Winter certainly presents challenges for older adults, but with a little planning and awareness, they'll stay healthy and experience the joys of spring soon enough.

Resource: www.care.com

December Word Search

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

BLIZZARD
 CANDY CANE
 FLURRIES
 FREEZING
 GINGERBREAD

HOT CHOCOLATE
 JINGLE BELL
 NORTH POLE
 ORNAMENTS
 POINSETTIA

REINDEER
 SNOWMAN



Meet our Team >>>

Hometown: Canton, IL

How Long have you worked at Meadowbrook?
 Since March 1, 2021

Tell us about your family?

I've been married for 30 years, I have a 40-year-old daughter, 3 granddaughters oldest one going to school to be a vet, brother and sister that live in IL.

What is the best part of your job?

People I get to meet

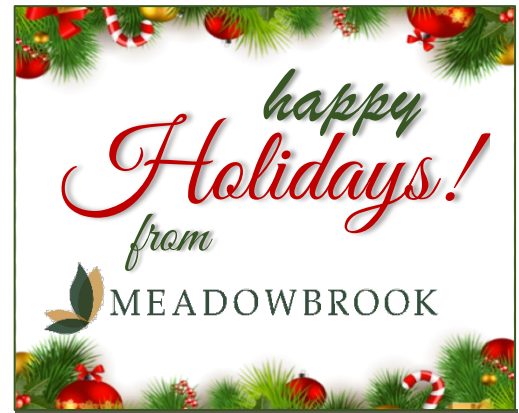
What is something you'd like to accomplish?

Resident satisfaction.

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

My favorite TV Shows is Big Bang Theory, my favorite Movie is Phantom of the Opera, and vacation spots is Liverpool, IL

Sandi Schneider Administrator



Employee Birthdays

Olivia Steffens, Dec 03
 Danielle Kelly, Dec 06
 Shayla Eparvier, Dec 06
 Lisa Habberley, Dec 08
 Sherry Imig, Dec 12
 Penny Berken, Dec 12
 Joanne Wirtz, Dec 17
 Lavada Wielgus, Dec 18
 Jason Henne, Dec 29

The Month of December

December is the 12th month (and last month) in our modern-day Gregorian calendar. However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin word decem, meaning "ten."

The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the subsequent Julian calendar, two days were added to December, making it 31 days long.

DECEMBER CALENDAR

December 6 is Saint Nicholas Day. St. Nicholas, the patron saint of children, inspires traditions around the world from hunts for presents to stockings or shoes filled with sweets.

December 7 is National Pearl Harbor Remembrance Day.

December 13 is St. Lucia's Day, which has long been associated with festivals of light.

December 15 is Bill of Rights Day, to honors the ratification of the first ten amendments to the U.S. Constitution, which occurred on December 15, 1791

December 21 is the Winter Solstice

December 25 is Christmas Day, a Christian holiday commemorating the birth of Jesus Christ.

December 26 the first day of Kwanzaa.

On the last evening of the year, **December 31,** kiss the person you hope to keep kissing!



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