



MEADOWBROOK

— OCONTO FALLS —

**Upcoming Event >>>**

**Sat 1:** *Happy New Year!*

**Sun 2:** 7:20 Packers vs Lions

**Mon 3:** 9:30 Room Exercises / 2:00 Jackpot

**Tue 4:** 9:30 Trivia / 2:00 Bingo / Natl Trivia Day!

**Wed 5:** 9:30 Manicures/ 2:00 Reading Circle

**Thu 6:** 10:00 Catholic Communion/ 2:00 Music & Memory

**Fri 7:** 9:30 Reminisce/ 2:00 Bingo

**Sat 8:** 1:1 visits

**Sun 9:** 7:20 Packers vs Vikings

**Mon 10:** 9:30 Laughter is the Best Medicine/ 2:00 Jackpot

**Tue 11:** 9:30 Lutheran Dev/ 2:00 Bingo/ 6:00 Reading

**Wed 12:** 9:30 Manicures/ 2:00 Reading Circle

**Thu 13:** 10:00 Rosary/ 2:00 Bingo

**Fri 14:** 10:00 Sensory Group/ 2:00 Climb the Mountain

**Sat 15:** 1:1 visits

**Mon 17:** 9:30 Grocery Game/ 2:00 Jackpot/ 6:00 Reading

**Tue 18:** 10:00 Resident Council/ 2:00 Jackpot/

**Maintenance Day!**

**Wed 19:** 9:30 Manicures/ 2:00 Chair Exercises/ Nat Popcorn Day!

**Thu 20:** 10:00 Cath Communion/ 2:00 Dice/ 6:00 Craft setup

**Fri 21:** 9:30 Snow Globe Craft/ 2:00 Bingo

**Sat 22:** 1:1 Visits / 10:00 Craft cont.

**Jan 23 - Jan 29 Activity Professional Week**

**Mon 24:** 10:00 Trivia/ 2:00 Jackpot

**Tue 25:** 9:30 Lutheran Dev/ 2:00 Bingo/ 6:00 Reminisce

**Wed 26:** 9:30 Manicures/ 2:00 Reading Circle

**Thu 27:** 10:00 Rosary/ 2:00 Bingo/ 6:00 Craft setup

**Fri 28:** 10:00 Valentine Craft/ 2:00 L-R-C dice

**Sat 29:** 1:1 visits / Craft cont./ Nat Puzzle Day!

**Mon 31:** 9:30 B-Day Board/ 2:00 Jackpot/ Hot Chocolate Day!

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

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

# Newsletter

## Healthy New Year's Resolution for Seniors

Happy New Year! And there's no better time to start on your wellness goals. The American Geriatrics Society's Health in Aging Foundation recommends these healthy New Year's resolutions for older adults to help achieve their goal of becoming and staying healthy.

- 1. Eat Healthier:** In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta.
- 2. Be Active:** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis. In fact, many of these conditions get better with mild to moderate physical activity.
- 3. Visit your Healthcare provider:** As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit, you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations.
- 4. Kick your bad habits:** One of the most popular new year's resolutions for seniors involves quitting smoking and/or drinking. These habits have some serious health issues attached to them.
- 5. Prevent a Fall:** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.
- 6. Use your Brain:** The more you use your mind, the better it will work. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like, reading, writing, and trying a new hobby that can help you ward off a decline in mental health.
- 7. Get Enough Sleep:** It's important to get enough sleep to feel your best. Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.
- 8. Consider Dietary Supplements and/or a Multivitamin:** Consult your healthcare provider regarding any supplements or vitamins that you would benefit from.
- 9. Speak Up About Your Mental Health:** About 1 in 5 older adults suffer from depression or anxiety. Some signs of depression are ongoing feelings of sadness, fatigue, changes in appetite, or losing the desire to do things that you enjoy.

Wishing you a healthy and happy 2022!



# Sudoku Puzzle Level Easy

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

## Meet our Team >>>

Hometown: Boundel, WI

Tell us about your Job?

My job includes doing activities, crafts, spending time with our residents.

Tell us about your family?

I'm 18, I have 5 sisters. 2 that work with me at the facility.

What are your outside Interests?

Crafts, cosmetology, shopping.

Something not everyone may know about you

I love all music.

## Trinity Hogan

Activity Aide



May the new year bless you with Health, Wealth, and Happiness

## Employee Birthdays

Trinity Hogan, Jan 01  
 Tracey Caldie, Jan 07  
 Donna Harris, Jan 11  
 Teah Bersch, Jan 14  
 Patricia Blackhall, Jan 30

## Happy Birthday

## The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

The Romans often made promises to Janus and exchanged good wishes

## JANUARY CALENDAR

- January 1 is New Year's Day.** Time to you write the new resolutions.
- January 5** brings **Twelfth Night**, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration.
- January 6 is Epiphany.** According to the New Testament's Gospels, on this date the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus.
- January 17 is Benjamin Franklin's birthday.** He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture.
- January 17** is also **Martin Luther King Jr. Day** (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.!



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