



HAPPY BIRTHDAY VI!



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Sat 1: 10:00 Halloween Decorating/ 1:30 Frosting Cookies

Sun 2: 11:00 Polka Time Ch 10.1/ 8:30 Packers vs Patriots

Mon 3: 9:30 Halloween Decorating/ 2:00 Jackpot

Tue 4: 9:30 Manicures/ 2:00 Bingo

Wed 5: 9:30 Lutheran devotions/ 2:00 Current Events

Thu 6: 10:00 Communion/ 1:30 Music with Scott

Fri 7: 9:30 Selfie Smiles/ 2:00 Bingo/ 6:00 1:1 Visits

Sat 8: 9:30 Let's Color/ 2:00 7-Stinks

Sun 9: 11:00 Polka Time Ch 10.1/ 8:30 Packers vs Giants

Mon 10: 9:30 What I am? 2:00 Jackpot/ 6:00 1:1 Visits

Tue 11: 9:30 Manicures/ 1:30 Eye Glass Cleaning with Sue

Wed 12: 10:00 Catholic Mass/ 2:00 Big Bag Toss

Thu 13: 10:00 Rosary/ 2:00 Bingo/ 6:00 Fall Craft Prep

Fri 14: 9:30 Fall Craft/ 2:00 LRC Dice

Sat 15: 10:00 Packer Predictions/ 1:30 Bingo

Sun 16: 12:00 Packers vs Jets/ 2:30 Mennonite Singers

Mon 17: 9:30 Sing Along/ 2:00 Jackpot/ 6:00 1:1 Visits

Tue 18: 9:30 Manicures/ 2:00 Bingo

Wed 19: 9:30 Lutheran Devotions/ 2:00 What's Different?

Thu 20: 10:00 Communion/ 2:00 Cover-Up/ 6:00 1:1 Visits

Fri 21: 10:00 Resident Council/ 2:00 Bingo

Sat 22: 9:30 Reding Circle/ 2:00 Bean Bag

Sun 23: 12:00 Packers vs Washington

Mon 24: 9:30 Witch Hunt/ 2:00 Jackpot/ 6:00 1:1 Visits

Tue 25: 9:30 Manicures/ 2:00 Bingo

Wed 26: 9:30 Halloween Reminisce/ 1:30 Halloween Movie & Popcorn

Thu 27: 10:00 Rosary/ 2:00 Birthday Bingo/ 6:00 1:1 Visits

Fri 28: 9:30 Halloween Trivia/2:00 Halloween Exercise Game

Sat 29: 9:30 Pumpkin Judging/ 1:30 Birthday Board

Sun 30: 11:00 Polka Time Ch 10.1/ 7:20 Packers vs Buffalo

Mon 31: 9:30 Halloween Dress-Up/ 2:00 Spooky Party/ Music w/Goldeen **Happy Halloween!**

5AM - 9AM Good day Wisconsin Ch 11 / Resident shopping
Thursday / Mail Delivered Daily

Barber on Tuesday / Beautician to be determined
Packer Predictions the Day before the Game

Morning Walks M-W-F / Noodle Ball Tues-Thurs-Sat

Newsletter

The Importance of Socializing for Seniors

Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically, and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense.

Older adults with a fulfilling social life tend to avoid many of the physical, cognitive, and emotional difficulties that seniors who are isolated encounter. There are a number of important ways that socialization can improve senior health:

- **Reduced stress.** Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.
- **Longer lifespan.** High levels of socialization in seniors help increase longevity.
- **More fitness.** Older adults with diverse social supports are more likely to exercise regularly, which leads to a host of physical, mental, and cognitive benefits.
- **Reduced risk of depression.** Consistent socialization reduces the likelihood that seniors will experience the depression caused by isolation and loneliness.
- **Less anxiety.** Similarly, senior socialization reduces levels of anxiety as well.
- **Greater self-esteem.** Socialization helps seniors maintain their self-esteem and sense of worth.

Just as importantly, socialization can provide a tremendous boost to a senior's cognitive health as well. Positive social interactions on a consistent basis help keep seniors stimulated, mentally sharp and intellectually engaged.

For many older adults, continued socialization doesn't happen on its own. Strategies, commitment and diligence are often required. Here are some Social Activities for Seniors:

- Exercise classes and walking groups
- Happy hours and group outings
- Regular phone calls and video conferences with friends and family
- Bingo
- Card games
- Billiards, darts and other parlor games



123 Sudoku Puzzle Level Medium

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



Employee Birthdays

Jerilyn S., October 01
 Jennifer S., October 10
 Katie H., October 12
 Jacqueline R., October 13
 Jennifer K., October 18
 Alecia H., October 22
 Jacklynn D., October 24
 Christa S., October 27



HaPpy BiRthDay OCTOBER Born

- 1. Charming.** October borns are charismatic, and they possess the ability to win everyone's hearts with their charming attitude.
- 2. They are Romantic.** They will go to the ends of the earth to prove their feelings and show how much it means to them. So, it's best not to play with their feelings because they are genuine.
- 3. They are Emotionally Stable.** They do not go around showing their anger or worries to other people. They prefer to stay calm, do not argue and will try their best not to make a scene.
- 4. They are Calm.** Connected to the previous point, this is another feature of October borns. It is hard to see them lose their temper.
- 5. Optimistic.** They have a lot of enthusiasm for everything. When it comes to achieving their goals, even failure cannot stop them.
- 6. They are Focus on the Goals.** When they think of doing something, they will keep going until they achieve their goals. And because of their positive attitude, they never give up.
- 7. They are Solution Providers.** Although they mostly seem quiet, they have answers to everything. And if they say something, there is a huge chance that they're right.
- 8. They tend to spend a lot of money.** They are very smart people, but when it comes to money, they can be a little careless.
- 9. They are Warm-hearted.** They're kind, friendly, hospitable and caring people. They put others' needs first before meeting theirs and as we said before, they do not compromise on this.
- 10. They are Careless.** They are the ones that prefer to live in the moment rather than stress over the future. Of course, they have plans and are ambitious, but they like to deal with situations as they come.

Meet our Team >>>

Tell us about your Job?

Laundry, making sure clothes are clean and delivered to the correct person.

Tell us about your family?

Dad Rick, Mom April who works here, Brother Vance, 2 daughters Electa & Juniper plus a bonus daughter Audrey, Girlfriend Bree and a son on the way.

What are your outside Interests?

Skateboarding, BMX, and just hanging out.

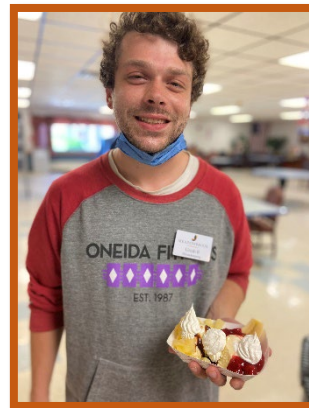
Something not everyone may know about you

one, but I have a favorite BMX biker- Stevie Churchill!

Favorite sport team

Green Bay Packers.

Uriah B
Laundry



Testimonial >>>



"I chose Meadowbrook because I work here. All the staff were helpful, they went above and beyond to make me feel comfortable and made sure my personal choices were met." **Jean K. - Resident**



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Contact us at **920-848-3272**

www.meadowbrookocontofalls.com



<https://www.dazzling.news/a3397/10-traits-october-borns-are-known-for-1>