



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

- Tue 1:** 9:30 Thankful Tree/ 2:00 Bingo/ 6:00 1:1 Visits
- Wed 2:** 9:30 Lutheran devotions/ 2:00 Manicures
- Thu 3:** 9:30 Thankful Tree/ 10:00 Communion/ 2:00 Jackpot
- Fri 4:** 9:30 Candy Trivia/ 2:00 Bingo/ Natl Candy Day!
- Sat 5:** 9:30 Donut Coffee Social/ 2:00 Bean Nag Toss/ Donut Day!

- Sun 6:** 12:00 Packers vs Lions
- Mon 7:** 9:30 Sing Along/ 2:00 Jackpot/ 6:00 1:1 Visits
- Tue 8:** 9:30 Manicures/ 1:30 Eye Glass Cleaning with Sue
- Wed 9:** 9:30 Music & Memory/ 2:00 Grocery Game
- Thu 10:** 10:00 Rosary/ 2:00 Bingo/ 6:00 1:1 Visits/ Vanilla Cupcake Day!
- Fri 11:** 9:30 Reminisce / 2:00 Bingo/ **Veteran's Day!**
- Sat 12:** 9:30 Noodles Ball/ 1:30 Hallmark Movie

- Sun 13:** 3:25 Packers vs Cowboys/ World Kindness Day!
- Mon 14:** 9:30 Lutheran Dev./ 2:00 Veterans Program/ PJ Day!
- Tue 15:** 9:30 Manicures/ 2:00 Bingo/ 6:00 1:1 Visits
- Wed 16:** 9:30 Catholic Mass/ 2:00 What's Different?
- Thu 17:** 9:30 Reading circle/ 2:00 Bingo/ 7:15 Packers vs Titans
- Fri 18:** 10:00 Resident Council/ 2:00 Button Craft
- Sat 19:** 9:30 Noodles Ball/ 2:00 No Cards

- Sun 20:** 2:30 Mennonite Singers
- Mon 21:** 9:30 Penny Ante/ 2:00 Jackpot
- Tue 22:** 9:30 Manicures/ 2:00 Cover-Up/ 6:00 1:1 Visits
- Wed 23:** 9:30 Thanksgiving reading circle/ 2:00 Who am I
- Thu 24:** **Happy Thanksgiving!**
- Fri 25:** 9:30 Black Friday Reminisce/ 2:00 7-Stinks
- Sat 26:** 9:30 Christmas Decorating

- Sun 27:** 7:20 Packers vs Eagles
- Mon 28:** 9:30 Lutheran Devotions/ 2:00 Music w/Goldeen
- Tue 29:** 9:30 Manicures/ 2:00 Bingo/ Giving Tuesday!
- Wed 30:** 9:30 Birthday Board/ 2:00 LCR Dice

Newsletter

COLD AND FLU PREVENTION TIPS FOR SENIORS

Cold and flu season is upon us again. In addition, Covid-19 will still be circulating in our communities.

We have 10 tips for avoiding the flu and in case you or your older adult gets sick.

Note: The tips below focus on cold and flu prevention tips. To reduce the risk of contracting Covid-19, follow CDC guidelines.

1. **Get the flu vaccine:** Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important for seniors. **Note:** For the 2022-2023 flu season, many health experts recommend getting a flu shot before the end of October.
2. **Wash or sanitize hands thoroughly and often:** Frequently hand washing with regular soap is an effective way to get rid of cold and flu germs. If you can't get to soap and water often enough, use hand sanitizer with at least 60% alcohol to kill cold and flu germs.
3. **Exercise regularly:** Moderate exercise boosts the immune system and could reduce risk of a cold by a third.
4. **Avoid touching the eyes, nose, and mouth:** We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body.
5. **Clean the environment to eliminate germs:** Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning. Pay special attention to germ hot spots like doorknobs, light switches, and kitchen and bathroom counters.
6. **Sanitize your mobile devices:** Something that many people forget is how dirty and germ-filled their mobile device is. Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.
7. **Stay away from people who are sick:** It might sound obvious, but it's worth repeating: keep your distance from people who are sick.
8. **Avoid crowds and unnecessary travel:** Try to avoid being in large groups of people, especially in poorly ventilated spaces. That increases the chance of catching a cold or flu from an infected person.
9. **Drink plenty of liquids:** Staying hydrated with plenty of liquids, especially plain water, or hot tea, can help the body better fight off germs.
10. **Get added Vitamin C and protein through nutritious foods:** Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick. It's best to get it through food, but a 200 mg supplement also works. But first, check with the doctor to be sure that the supplement would be safe for your older adult.



References: <https://dailycaring.com/16-cold-and-flu-prevention-tips-for-seniors-and-caregivers/>

5AM - 9AM Good Day Wisconsin Ch 11 / Resident shopping on 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



Sudoku Puzzle Level Hard

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

Meet our Team >>>

Ariel
CNA



Hometown: Lena, WI

Tell us about your Job?

CNA, I'm taking care of our residents.

Tell us about your family?

They are crazy and fun loving. I have 1 brother.

What are your outside Interests?

I love driving sight-seeing, nature walks.

Something not everyone may know about you

I like knitting blankets.

Favorite sport team

Green Bay Packers.



Employee Birthdays

April B., Nov 02

Robin F., Nov 04

Peggy W., Nov 06

Sue H., Nov 11

Heather E., Nov 12

Edward H., Nov 12

Terri D., Nov 14

Kaitlin K., Nov 25

Mandi S., Nov 21

Yori M., Nov 26



HaPpy BiRthDay NOVEMBER Born

- They are Calm and Collected.** People born in November are usually calm and can control their emotions unless they are provoked. They will try their best not to have an outburst.
- They are Often Mistaken.** They don't hurt anyone intentionally, and if they do, they were not aware of doing so. Unfortunately, they are often being misunderstood for their words or actions.
- They have their own Rules.** They are different from others, especially in this case. They don't care what others do! They have their own and unique way of doing things.
- They are Loyal.** They are the most loyal people you will ever meet. When it comes to relationships, they will never let you down.
- They are Fair to Everyone.** They see everyone as individuals who have the right to do whatever they want.
- They are Hardworking.** They are not the people for procrastination. They prefer to do things on time without any delay because if they make a mistake or get stuck, they will have enough time to change it.
- They Need Their Space.** They often prefer to keep their feelings to themselves. They don't like people knowing about their deepest secrets, fearing they will be judged.
- They are Attractive.** They just can't help but look attractive. Without even trying they attract attention like bees to honey.
- They are Unique.** They are so unique that it's hard to find someone like them. What makes them different is that they do things their own way.
- They are too Stubborn.** They they will only believe what they think is right. Sometimes they are too stubborn to accept that they can be wrong too.



100 E Highland Drive

Oconto Falls, WI 54154

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

www.meadowbrookocontofalls.com



<https://www.dazzling.news/a1265/10-things-to-expect-when-in-a-relationship-with-a-november-born>