

Tue 1: 10:30 Advent/ 11:30 Board Games/ 1:00 & 6:00 Inside/Outside
1:1/ 3:30 Hot Cocoa craft

Wed 2: 10:30 Advent/ 11:00 & 3:30 Cello Concert/ 1:00 & 6:00
Inside/Outside 1:1/ 4:00 Pen pals

Thu 3: 10:30 Manicures/ 11:30 Poinsettia origami/ 2:00 Hallway Bingo/
3:30 & 6:00 Inside/Outside 1:1/ 4:00 Christmas wreath

Fri 4: 10:30 & 6:00 Inside/Outside 1:1/ 11:30 Cardio Drumming/ 2:00
Hallway Bingo/ 3:30 Card Games/ 4:00 Resident Choice

Sat 5: 10&1 Inside/Outside 1:1/11:00 CardGame/1:30 Pinecone painting

Sun 6: 10:00 Church Service/ 11:00 Inside/Outside 1:1

Mon 7: 10:30 snowglobes/ 11:30 Card Games/ 1:00 & 6:00
Inside/Outside 1:1/ 3:30 Bead Candy Cane

Tue 8: 10:30 Ginger House/ 11:30 Board Games/ 1:00 & 6:00
Inside/Outside 1:1/ 3:30 Paper plate elf

Wed 9: 10:30 Reindeer hat/ 11:00 & 3:30 Cello Concert/ 1:00 & 6:00
Inside/Outside 1:1/ 4:00 Pen pals

Thu 10: 10:30 Manicures/ 11:30 craft stick Santa/ 2:00 Hallway Bingo/
3:30 & 6:00 Inside/Outside 1:1/ 4:00 XMAS Secret Santa Egg

Fri 11: 10:30 & 6:00 Inside/Outside 1:1/ 11:30 Resident Council/ 2:00
Hallway Bingo/ 3:30 Card Games/ 4:00 Resident Choice

Sat 12: 10&1 Inside/Outside/11:00 CardGame/1:30 XMAS Secret Santa

Sun 13: 10:00 Church Service/ 11:00 Inside/Outside 1:1

Mon 14: 10:30 Q-tip Tree/ 11:30 Card Games/ 1:00 & 6:00 Outside 1:1/
3:30 Cookies decorating

Tue 15: 10:30 Popsicle Stick Snowflake/ 11:30 Board Games/ 1:00 &
6:00 Inside/Outside 1:1/ 3:30 Holly Garland

Wed 16: 10:30 Paper Carolers/ 11:00 & 3:30 Cello Concert/ 1:00 & 6:00
Inside/Outside 1:1/ 4:00 Pen pals

Thu 17: 10:30 Manicures/ 11:30 Swirl Ornament/ 2:00 Hallway Bingo/
3:30 & 6:00 Inside/Outside 1:1/ 4:00 Santa Slime

Fri 18: 10:30 & 6:00 Inside/Outside 1:1/ 11:30 Cardio Drumming/ 2:00
Hallway Bingo/ 3:30 Card Games/ 4:00 Resident choice

Sat 19: 10&1 Inside/Outside 1:1/ 11:00 Card Games

Sun 20: 10:00 Church Service/ 11:00 Inside/Outside 1:1

Mon 21: 10:30 Resident choice/ 11:30 Card Games/ 1:00 & 6:00
Inside/Outside 1:1/ 3:30 Cookies decorating

Tue 22: 10:30 All I want for XMAS/ 11:30 Board game/ 1:00 & 6:00
Inside/Outside 1:1/ 3:30 Glass ornaments

Wed 23: 10:30 XMAS Cards/ 11:00 & 3:30 Cello Concert/ 1:00 & 6:00
Inside/Outside 1:1/ 4:00 Pen pals

Thu 24: 10:30 Manicures/ 11:30 Secret Santa reveal/ 2:00 Hallway
Bingo/ 3:30 Meal Tickets/ 4:00 Caroling/ **Christmas Eve festivities**

Fri 25: 10:30 **Christmas Eve festivities**/ 4:00 12 Days of Christmas

Sat 26: 10&1 Inside/Outside/11:00 CardGame/1:30 12Days of
Christmas

Sun 27: 10:00 Church Service/ 11:00 Inside/Outside 1:1

Mon 28: 10:30 Word Search/ 11:30 Card Games/ 1:00 & 6:00
Inside/Outside 1:1/ 3:30 12 Days of Christmas

Tue 29: 10:30 12 Days of Christmas/ 11:30 Board Games/ 1:00 & 6:00
Inside/Outside 1:1/ 3:30 New Year Wand

Wed 30: 10:30 12 Days of Christmas/ 11:00 & 3:30 Cello Concert/ 1:00
& 6:00 Inside/Outside 1:1/ 4:00 Pen pals

Thu 31: 10:30 Manicure/11:30 12DaysofChristmas/2:00 NYEHandprint

Every day at 9:30 Exercise / Monday-Friday at 6:30 Meal Menus



MEADOWBROOK

—BLOOMER—

Newsletter

Tips to prevent holiday stress and depression



Stress and depression can ruin your holidays and hurt your health. You may feel stressed, sad, or anxious because your holiday plans may look different during the COVID-19 pandemic. But with some practical tips - courtesy of Mayo Clinic - you can minimize the stress that accompanies the holidays.

- 1. Acknowledge your feelings.** If you can't be with loved ones these holidays, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.
- 2. Reach out.** If you feel lonely or isolated, may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Even though your holiday plans may look different this year, you can find ways to celebrate.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
- 5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
- 9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you can find peace and joy during the holidays.

December Word Search



CELEBRATE
CHRISTMAS TREE
COLD
GIFTS
GINGERBREAD

GREETINGS
HOLIDAYS
HOT CHOCOLATE
LIGHTS
ORNAMENTS

REINDEER
SANTA CLAUS
SNOWMAN
WINTER



Employee Birthdays

- Danielle North, Dec 07
- Mary Sekola, Dec 14
- Anna Henck, Dec 17
- Amanda Hausch, Dec 31



Traits of People Born in December

People born in this month have a generous heart. It won't be wrong to say that they are last but not the least. So, if you know any December born people then it's a sign of having positivity around.

The qualities that the December born people have are simple yet attractive. In fact, these people help you think wisely and choose the correct one always. Apart from this, the December born people have many more qualities. These characteristics make them the purest soul on this planet earth.

1. Honest
2. Being organized
3. Spiritual way of living
4. Staying grounded
5. Strong-headed and determined
6. Helpful nature
7. They are fortunate enough
8. Highly Energetic
9. Intellectuals
10. Understanding behavior

Meet our Team >>>

Hometown: Kaukauna, WI

How Long have you worked at Synergy Senior Care?

I've worked since 12/1/2019.

Tell us about your family

I have a husband, 2 daughters Leah and Tracey; son-in-law Josh 4 grandchildren; Kylie, Aiden, Quinn and Greyson; 2 yorkie dogs Lola and Harley. We all live close to one another which I love so I can see my grandchildren often!

What is the best part of your job?

Phone conversations with the residents and family members, you really get to know them. I love working with the elderly!

What is your favorite TV Show?

I do not like flying, however, I have gone to Mexico a few times and love it there.

Barb Vander Velden

Account Receivable Director
(Corporate)



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"Dear Santa: I've been good all year. OK, maybe most of the time.... Well, perhaps once in a while... Oh, never mind, I'll buy my own presents this year"