

Upcoming Event >>>

Fri 1: 10:30 & 6:00 Inside/Outside 1:1/ 11:30 2020 reflections/ 2:00 Hallway Bingo/ 3:30 12 Days of Christmas

Sat 2: 10&4 Inside/Outside 1:1/11:00 Card Game/1:30 12 Days of Xmas

Sun 3: 10:00 Church Service/ 11:00 Inside/Outside 1:1

Mon 4: 10:30 2021 Goals/ 11:30 Card Games/ 1:00 Inside/Outside 1:1/ 3:30 12 Days of Christmas

Tue 5: 10:30 Cardinal craft/ 11:30 Board Games/ 1:00 Inside/Outside 1:1/ 3:30 12 Days of Christmas

Wed 6: 10:30 Filter snowman/ 11:00 & 3:30 Cello Concert/ 1:00 Inside/Outside 1:1/ 4:00 Morning craft

Thu 7: 10:30 Manicures/ 11:30 watercolor winter/ 2:00 Hallway Bingo/ 3:30 Inside/Outside 1:1/ 4:00 Morning craft

Fri 8: 10:30 Inside/Outside 1:1/ 11:30 paper mitten/ 2:00 Hallway Bingo/ 3:30 Resident Choice

Sat 9: 10:00 Marshmallow igloo/11:00 card games/2:00 Morning

Sun 10: 10:00 Church Service/ 11:00 Inside/Outside 1:1/1:30 TY notes

Mon 11: 10:30 Dolly snowflakes/ 11:30 Card Games/ 1:00 Outside 1:1/ 3:30 Hot Toddy hour

Tue 12: 10:30 winter felt sweater/ 11:30 Board Games/ 1:00 Inside/Outside 1:1/ 3:30 Morning craft

Wed 13: 10:30 handprint penguin/ 11:00 & 3:30 Cello Concert/ 1:00 Inside/Outside 1:1/ 4:00 Morning craft

Thu 14: 10:30 Manicures/ 11:30 watercolor winter/ 2:00 Hallway Bingo/ 3:30 Inside/Outside 1:1/ 4:00 Morning craft

Fri 15: 10:30 Inside/Outside 1:1/ 11:30 Word search/ 2:00 Hallway Bingo/ 3:30 Resident council

Sat 16: 10&4 Inside/Outside 1:1/11:00 CardGame/2:00 YouTube concert

Sun 17: 10:00 Church Serv/11:00 Inside/Outside 1:1/Winter word search

Mon 18: 10:30 Polar bear painting/ 11:30 Card Games/ 1:00 Inside/Outside 1:1/ 3:30 Morning craft

Tue 19: 10:30 fingerprint fairy light/ 11:30 Board game/ 1:00 Inside/Outside 1:1/ 3:30 Morning craft

Wed 20: 10:30 Snowy Owl craft/ 11:00 & 3:30 Cello Concert/ 1:00 Inside/Outside 1:1/ 4:00 Morning craft

Thu 21: 10:30 Manicures/ 11:30 icicle drip painting/ 2:00 Hallway Bingo/ 3:00 Morning craft

Fri 22: 10:30 Inside/Outside 1:1/ 11:30 paper lantern/ 2:00 Hallway Bingo/ 3:30 Morning craft

Sat 23: 10&4 Inside/Outside/11:00 CardGame/2:00 YouTube concert

Sun 24: 10:00 Church Service/ 11:00 Inside/Outside 1:1/1:30 madlibs

Mon 25: 10:30 Resident choice/ 11:30 Card Games/ 1:00 Inside/Outside 1:1/ 3:30 winter puppy chow

Tue 26: 10:30 Memory Lane/ 11:30 Board Games/ 1:00 Inside/Outside 1:1/ 3:30 Morning craft

Wed 27: 10:30 beading craft/ 11:00 & 3:30 Cello Concert/ 1:00 Inside/Outside 1:1/ 4:00 Pen pals

Thu 28: 10:30 Manicure/11:30 Full Moon Ty/ 3:30 Morning craft

Fri 29: 10:30 Inside/Outside 1:1/ 11:30 Reading/ 2:00 Hallway Bingo/ 3:30 Card Games/ 4:00 Resident Choice

Sat 30: 10&1 Inside/Outside 1:1/11:00 CardGame/2:00 YouTube concert

Sun 31: 10:00 Church Service/ 11:00 Inside/Outside 1:1/1:30 Pen Pals

JANUARY 2021



MEADOWBROOK

—BLOOMER—

Newsletter

New Year's Resolution for Seniors

Who said that New Year's Resolutions are only for young people? They can also be for seniors. It's an excellent opportunity to start fresh and establish new habits, take stock of their lives, and decide what they would like to change. They could be big and/or small changes, the important thing is to make the decision to change them.

We know that it's difficult to change some habits in older adults; however, it's never too late to try to create a healthier and happier lifestyle.

If you consider some of these tips, courtesy of Medical Alert Advice, you are more likely to be successful in your resolutions.

- *Don't try to go it alone. Share your goals with a friend or relative that will hold you accountable. If you are in senior living, share it with others you live with to see if they will participate too. Everything is better with a friend and they can help you stay accountable!*
- *Set goals that are manageable and achievable in terms of your time and finances.*
- *Chart your progress on a calendar or have a visual photo of your goal handy.*
- *Give yourself some credit for small victories throughout the process and don't be hard on yourself if you have a set-back.*
- *Don't give up too easily. On average, it takes 66 days to form a new habit.*

Additionally, think small and give yourself a break, as needed.

Hope these tips help you keep your New Year's resolutions and make some long-term changes in your life. We wish you much success.



January Word Search

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

BEGINNING
 CALENDAR
 COLDEST
 FIREWORKS
 FIRST MONTH

FROZEN
 JANUARY
 MLK DAY
 NEW YEAR DAY
 RESOLUTION

SHOVEL
 SNOW
 TRIVIA DAY

Meet our Team >>>

Hometown: Bloomer, WI

How Long have you worked at Bloomer?

For 5 years and 4 months.

Tell us about you

I have a son and a daughter. 15 year old grandson from my daughter and 7 year old grandson from my son. Married to my husband now for 8 years, Dan. Husband loves to hunt and fish so does my son. I also like hunting and fishing. Really enjoy bird watching, hanging out with girlfriends, playing cards and road trips, also enjoy crafts, currently working on decorative shutters. Love my time alone when it is quiet where I can read, do crossword puzzles, and watch SVU.

What is the best part of your job?

Love the residents, love my hours. I really enjoy the RCAC especially the 1:1 time I get with them. My residents are my number one.

What is something you would like to accomplish?

When I finally get to retire, I want to be able to go when I want to and do what I want to. Just be comfortable with life, I am getting there!

What is your favorite vacation spot?

We have a cabin in the woods about 20 miles from home favorite place to be and my gardening.

Pam Durch
 RCAC



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Healthy New Year

2021 

Employee Birthdays

- Raechel Fanetti, Jan 05
- Renee Kerckhove, Jan 10
- Jordyn Strom, Jan 12
- Jeane Lunemann, Jan 21
- Kristen Fowler, Jan 31



Unbelievable Personality Traits Of People Born In January

January born are fun-loving people who speak their minds. Their optimism is contagious, and their energy is infectious. Here are seven traits that prove how they are special in their own way and have a unique place in our lives.:

1. They have an amazing sense of humor
2. They are an inspiration to people
3. They are bold, alert, and independent
4. They are young at hearts but have an old soul
5. They are not too expressive and open about their feelings
6. When they are bored, they act weird.
7. They have a different point of view in life

"Your present circumstances don't determine where you can go. They merely determine where you start."

— Nido Qubein