



Apple Orchard brought inside to our center



MEADOWBROOK

— BLOOMER —

Upcoming Event >>>

- Mon 1: 10:30 Coffee Cart/ In Room Activities
- Tue 2: 10:30 Coffee Cart/ In Room Activities
- Wed 3: 10:30 Coffee Cart/ In Room Activities
- Thu 4: 10:30 Coffee Cart/ In Room Activities
- Fri 5: 10:30 Coffee Cart/ In Room Activities
- Sat 6: 11:00 Card games/ 1:30 Movie Matinee

- Sun 7: 10:00 Televised Church Serv/ 3:25 Packers vs Chiefs
- Mon 8: 10:30 Coffee Cart/ In Room Activities
- Tue 9: 10:30 Coffee Cart/ In Room Activities
- Wed 10: 10:30 Coffee Cart/ In Room Activities
- Thu 11: 10:30 Coffee Cart/ In Room Activities/
HAPPY VETERAN'S DAY!
- Fri 12: 10:30 Coffee Cart/ In Room Activities
- Sat 13: 11:00 Card games/ 1:30 Movie Matinee

- Sun 14: 10:00 Televised Church Serv/ 3:25 Packers vs Seattle
- Mon 15: 10:30 Card games/2:00 Thankful pumpkins/ 5:30 Rm Visits
- Tue 16: 10:30 Exercise/ 2:00 Card Games
- Wed 17: 10:30 Card games / 2:00 Baking Group/ 3:00 Refreshments
- Thu 18: 10:30 Exercise/ 11:00 Manicures/ 2:00 Bingo/ 3:00 Refresh
- Fri 19: 10:00 Current Event/ 11:00 Card games/ 2:00 Happy Hour/Refreshments
- Sat 20: 11:00 Card games/ 1:30 Movie Matinee

- Sun 21: 10:00 Televised Church Serv/ 12:00 Packers vs Vikings
- Mon 22: 10:30 Card games/ 2:00 Resident Council/ 3:00 refreshments/ 5:30 Room Visits
- Tue 23: 10:30 Exercise/ 2:00 Center Piece craft/ 3:00 Refreshments
- Wed 24: 10:00 Card games/ 1:30 A Charlie Brown Thanksgiving Movie & Popcorns / 3:00 Refreshments
- Thu 25: **HAPPY THANKSGIVING!**
- Fri 26: 10:00 Current Event/ 11:00 Card games/ 2:00 Happy Hour/Refreshments
- Sat 27: 11:00 Card Games/ 1:30 Movie Matinee

- Sun 28: 10:00 Televised Church Serv/ 3:25 Packers vs Rams
- Mon 29: 10:30 Card games/ 2:00 Reading & Reminiscing/ 3:00 Refreshments
- Tue 30: 10:30 Exercise/ 2:00 Day of Giving

Activities offered Daily: 1:1 Visits/ Sensory Programs/ Music & Memory iPod/ Newspaper Pass Out

** Calendars are subject to change**



Newsletter

Signs and Symptoms of Diabetes in Elderly Adults

Diabetes is a chronic metabolic disorder that interferes with how the body uses glucose (sugar) for growth, repair, and energy. That process is regulated by a hormone called insulin that's produced by the pancreas. When performing optimally, the pancreas releases just the right amount of insulin to facilitate the transport of glucose from the blood into the body's cells.

There are 2 chronic types of diabetes:

Type 1: This rarer form of diabetes occurs when the body's own immune system starts targeting the insulin-producing cells in the pancreas. The resulting damage causes the pancreas to release little or no insulin, which is why type 1 diabetics must take insulin daily to survive.

Type 2: Most diabetics are type 2, elderly and/or overweight. In type 2 diabetics, the pancreas produces plenty of glucose, but for some reason it's not used efficiently- a condition known as insulin resistance. As blood sugar levels rise, a patient usually experiences symptoms. However, some type 2 diabetics remain asymptomatic and don't realize they have it until much later.

To avoid severe diabetes complications, help your older adult make lifestyle choices that keep blood sugar at healthy levels:

- **Diet.** Eating a healthier diet will benefit older adults.
- **Medication reminders.** Whether it's insulin for type 1 or oral medications that otherwise control blood glucose levels, keeping medication compliant is important.
- **Exercise.** Exercising 3 to 5 times a week helps normalize glucose levels and shed excess pounds, so encourage seniors to do so.
- **Glucose monitoring.** Encourage them to use a blood sugar monitor to track accurate blood glucose levels each day and take notes on how diet, exercise, and stress affect them over time.
- **Lifestyle changes.** Smoking, eating sugary foods, and drinking alcohol and soda are harmful to someone with diabetes. Encourage your loved one to kick those bad habits to the curb.



Resources: <https://www.homechoicelhomecare.com/senior-issues/adults/>

November Word Search



BLESSED
 BLUE RIBBON
 CRANBERRY
 DIABETES MONTH
 DINNER

FAMILY
 HANUKKAH
 LIFESTYLE
 MAYFLOWERS
 PARADE

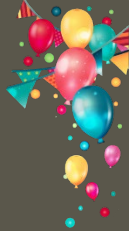


REMEMBRANCE
 THANKFUL
 THANKS VETERANS



Employee Birthdays

Kaily Bowe, Nov 09



The Month of November

November derives from the Latin root *novem* - meaning "nine," because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. The word *November* was first recorded before the year 1000!

NOVEMBER CALENDAR

- **November 1** is **All Saints' Day**. This is the day when all the saints are honored
- **November 2** is **Election Day** (U.S.). Don't forget to vote in state and federal elections! Every vote counts.
- **November 4** is **Diwali**, an annual festival of lights celebrating the triumph of good over evil.
- **November 7** at 2 A.M. is the end of **Daylight-Saving Time**. Set your clocks back one hour on Saturday night at bedtime!
- **November 11** is **Veterans Day** (U.S.) and **Remembrance Day** (Canada).
- **November 19** is **Discovery of Puerto Rico Day**.
- November 25 is **Thanksgiving Day** (U.S.).
- **November 28** marks the start of **Hanukkah**, at sundown. It is an eight-day winter "festival of lights," which begins each year on the 25th day of the Jewish month of Kislev.
- **November 28** is also the **First Sunday of Advent**.

Meet our Team >>>

Hometown: Prairie Farm, WI.

How Long have you worked at Meadowbrook?

I have been working here for 7 weeks now.

Tell us about your family?

I have a daughter Amanda, with her two daughters Dezera 14 yr and Freya 2 yr. My son Christopher, his wife Hilary and their son Osric (Ozzy) 2 1/2 yr. My parents John & Shirley and three sisters. I love spending time with my children and the grandchildren! Moving to Bloomer has allowed me to see more of them, that has been a great result of starting work here.

What is the best part of your job?

I like helping the residents get their phone calls and seeing the smiles. My work is ever changing with the needs of the day, which keep me busy, and I enjoy that.

What is something you would like to accomplish?

My goal is to have a vacation on a tropical island! Covid has definitely put that on hold though.

What is your favorite TV Show or Movie?

I like watching a variety of shows/movies, since it's October I've been stuck on the horror ones. Young Frankenstein, Hocus Pocus, 13 Ghosts, and Vincent Price oldies are some of my favorites. But I like books the most, with suspense and murder are the top ones there.

Michelle Phillipps

Medical Records



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Contact us at **715-568-2503**

www.meadowbrookbloomer.com/



Even if you stumble, you are still moving forward -

Victor Kiam