



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

- Wed 1:** 10:30 Coffee Cart/ In Room Activities
- Thu 2:** 10:30 Manicures/ In Room Activities
- Fri 3:** 10:30 Coffee Cart/ In Room Activities
- Sat 4:** 11:00 Card games/ 2:00 In Room Visits

- Sun 5:** 10:00 Televised Church Serv
- Mon 6:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 St Nicholas Day Stockings/ 5:30 In Room Visits
- Tue 7:** 10:30 Exercises/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Wed 8:** 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 In Room Activities Basket
- Thu 9:** 10:30 Manicures/ 11:00 Card Games/ 2:00 Christmas Cards
- Fri 10:** 10:30 Coffee Cart/ 1:30 Christmas Movie & Popcorn
- Sat 11:** 11:00 Card games/ 2:00 In Room Visits

- Sun 12:** 10:00 Televised Church Serv/ 7:20 Packers vs Bears
- Mon 13:** 10:30 Hot Cocoa Cart/ 11:00 Card Games/ 2:00 Candy Cane Ornaments/ Natl Hot Cocoa Day!
- Tue 14:** 10:30 Exercises/11:00 Card Games/2:00 Bingo/ 3:00 Refresh
- Wed 15:** 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Popcorn cart/ 5:30 In Room Visits
- Thu 16:** 10:30 Manicures/11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Fri 17:** 10:30 Coffee Cart/ In Room Activities/ Ugly Sweater Day!
- Sat 18:** 11:00 Card games/ 2:00 In Room Visits

- Sun 19:** 10:00 Televised Church Serv/ 12:00 Packers vs Ravens
- Mon 20:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Swirl Ornaments/ 5:30 In Room Visits
- Tue 21:** 10:30 Exercise/ 2:00 Card Games-Bahumbug Day! 1:30 A Christmas Carol Movie& Popcorn
- Wed 22:** 10:00 Christmas Sing-a-Long Program/ 2:00 Card Games
- Thu 23:** 10:30 Manicures/11:00 Card Games/2:00 Bingo/3:00 Refresh
- Fri 24:** **CHRISTMAS EVE DAY!** Secret Santa Party
- Sat 25:** **MERRY CHRISTMAS** /3:30 Packers Vs Browns

- Sun 26:** 10:00 Televised Church Serv
- Mon 27:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Resident Council/ 5:30 In Room Visits
- Tue 28:** 10:30 Exercises/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Wed 29:** 10:30 Coffee Cart/11:00 Card Games/2:00 Resident BD Party
- Thu 30:** 10:30 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Refresh
- Fri 31:** 10:30 Coffee Cart/ 2:00 New Year Eve Envelopes

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

**** Calendars are subject to change****

Newsletter

Take Care of YOU and Seniors this Winter

Use these tips to prepare yourself and older adults for the winter season:

- **Dress for warmth:** Cold temperatures can lead to frostbite and hypothermia, a condition in which the body temperature drops too low. Older adults are advised to wear warm socks, a thick coat, a hat, gloves, and a scarf if heading outdoors. In very cold temperatures, they should cover all exposed skin and wear a scarf to cover their mouths. If you confirm with a thermometer that an older person's temperature has dropped below 95 degrees, seek medical assistance immediately.
- **Fight winter blues:** The weather and COVID can make it difficult to be together physically, this can bring feelings of loneliness and isolation. To help avoid these problems, family members can check on older people as often as possible; a short, daily phone call can make a big difference, too.
- **Check the car:** Driving in winter can be dangerous. Get your car checked before winter comes. Check the oil, tires, battery, and windshield wipers.
- **Prepare for power outages:** Winter storms can cause power outages. Make sure you have easy access to flashlights and a battery-operated radio in case the power goes out. Store warm blankets. Prolonged power outages can spoil the food in your refrigerator and freezer, so keep a supply of non-perishable foods on hand that can be eaten cold.
- **Eat a varied diet:** Because people spend more time indoors and are able to eat a smaller variety of foods, nutritional deficits, especially vitamin D can be a problem. He recommends that older people consume foods fortified with vitamin D, such as milk, cereals, and seafood options such as tuna and salmon.
- **Prevent carbon monoxide poisoning:** Using a fireplace, gas heater, or lanterns can lead to carbon monoxide poisoning. Ensure the safety of your home by checking the batteries in your carbon monoxide detector and buy an updated one if you need it.
- **Keep moving:** Daily stretching, chair yoga, and walking outside when dry are ways to stay active and are good for both your physical health and your emotional well-being.



Winter certainly presents challenges for older adults, but with a little planning and awareness, they'll stay healthy and experience the joys of spring soon enough.

Resource: www.care.com

December Word Search

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

BLIZZARD
 CANDY CANE
 FLURRIES
 FREEZING
 GINGERBREAD

HOT CHOCOLATE
 JINGLE BELL
 NORTH POLE
 ORNAMENTS
 POINSETTIA

REINDEER
 SNOWMAN



Meet our Team >>>

Hometown: Prairie Farm, WI.

How Long have you worked at Meadowbrook?

I have been working here for 5 days.

Tell us about your family?

I have 3 children, 1 boy- 2 girls. I have 7 grandchildren.

What is the best part of your job?

It is working with the residents, talking with them, listening to their story's

What is something you would like to accomplish?

My goals are to do the best job I'm able, to help the staff with giving the best care possible to the residents.

What is your favorite TV Show or Movie?

Grays Anatomy is my favorite TV Show, my favorite movies are: Since it's around Christmas time and The Grinch that stole Christmas.

What is your favorite Vacation Spot?

It is Rock Dam or Fort Myers Florida

Lisa Sorenson
 Social Services Director



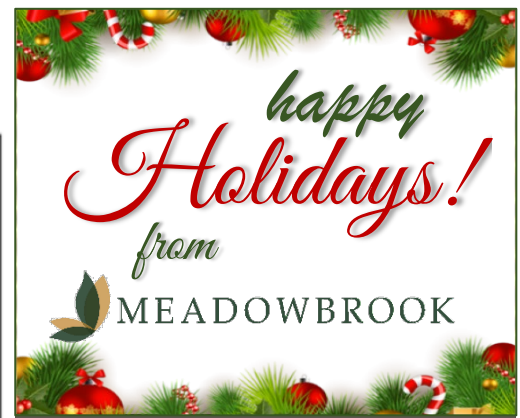
The Month of December

December is the 12th month (and last month) in our modern-day Gregorian calendar. However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin word decem, meaning "ten."

The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the subsequent Julian calendar, two days were added to December, making it 31 days long.

DECEMBER CALENDAR

- **December 6** is **Saint Nicholas Day**. St. Nicholas, the patron saint of children, inspires traditions around the world from hunts for presents to stockings or shoes filled with sweets.
- **December 7** is National Pearl Harbor Remembrance Day.
- **December 13** is **St. Lucia's Day**, which has long been associated with festivals of light.
- **December 15** is **Bill of Rights Day**, to honors the ratification of the first ten amendments to the U.S. Constitution, which occurred on December 15, 1791
- **December 21** is the **Winter Solstice**
- **December 25** is **Christmas Day**, a Christian holiday commemorating the birth of Jesus Christ.
- **December 26** the **first day of Kwanzaa**.
- On the last evening of the year, **December 31**, kiss the person you hope to keep kissing!



Employee Birthdays

Shandra Sommers, Dec 11

Mary Sekola, Dec 14

Amanda James, Dec 17

Lori Bush, Dec 24

Heather Holden, Dec 28

Amanda Hausch, Dec 31



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

www.meadowbrookbloomer.com/

