



Upcoming Event >>>

- Sat 1:** 11:00 Card games/ 2:00 In Room Visits / **Happy New Year!**
- Sun 2:** 10:00 Televised Church Serv/ 7:20 Packers vs Vikings
- Mon 3:** 10:30 Coffee Cart/ De-Deck the Halls! / 5:30 In Room Visits
- Tue 4:** 10:30 Exercises/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Wed 5:** 10:30 Coffee Cart/ 11:00 Card Games/ 1:30 Movie & Popcorn
- Thu 6:** 10:30 Manicures/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Fri 7:** 10:30 Coffee Cart/ In Room Activities
- Sat 8:** 11:00 Card games/ 2:00 In Room Visits

- Sun 9:** 10:00 Televised Church Serv/ 12:00 Packers vs Lions
- Mon 10:** 10:30 Hot Cocoa Cart/ 11:00 Card Games/ 2:00 Winter Puppy Chow/ 5:30 In Room Visits
- Tue 11:** 10:30 Exercises/11:00 Card Games/2:00 Bingo/ 3:00 Refresh
- Wed 12:** 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Table Bowling/ 3:00 Refreshments
- Thu 13:** 10:30 Manicures/11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Fri 14:** 10:30 Coffee Cart/ In Room Activities
- Sat 15:** 11:00 Card games/ 2:00 In Room Visits/ 3:00 Snack cart

- Sun 16:** 10:00 Televised Church Serv
- Mon 17:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Popsicle snowman/ 3:00 refreshments/ 5:30 In Room Visits
- Tue 18:** 10:30 Exercise/ 2:00 Card Games/ 2:00 Bingo/ 3:00 Refreshments/ **Happy Maintenance Day!**
- Wed 19:** 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Popcorn cart
- Thu 20:** 10:30 Manicures/11:00 Card Games/2:00 Bingo/3:00 Cheese Plate/Refreshments
- Fri 21:** 10:30 Coffee Cart/ 2:00 Homemade granola bar/ In Rm Activ
- Sat 22:** 11:00 Card games/ 2:00 In Room Visits

- Jan 23 - Jan 2 Activity Professional Week**
- Sun 23:** 10:00 Televised Church Serv
- Mon 24:** 10:30 Coffee Cart/ 11:00 Card Games/2:00 Peanut Butter Cookies/ 5:30 In Room Visits
- Tue 25:** 10:30 Exercises/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh
- Wed 26:** 10:30 Coffee Cart/11:00 Card Games/1:30 Movie&Popcorn
- Thu 27:** 10:30 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Refresh
- Fri 28:** 10:30 Coffee Cart/ In Room Activities
- Sat 29:** 11:00 Card games/ 2:00 In Room Visits/ 3:00 Snack cart

- Sun 30:** 10:00 Televised Church Serv
- Mon 31:** 10:30 Hot Chocolate cart/ 11:00 Card Games/2:00 Resident Council

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

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

Newsletter

Healthy New Year's Resolution for Seniors

Happy New Year! And there's no better time to start on your wellness goals. The American Geriatrics Society's Health in Aging Foundation recommends these healthy New Year's resolutions for older adults to help achieve their goal of becoming and staying healthy.

- 1. Eat Healthier:** In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta.
- 2. Be Active:** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis. In fact, many of these conditions get better with mild to moderate physical activity.
- 3. Visit your Healthcare provider:** As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit, you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations.
- 4. Kick your bad habits:** One of the most popular new year's resolutions for seniors involves quitting smoking and/or drinking. These habits have some serious health issues attached to them.
- 5. Prevent a Fall:** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.
- 6. Use your Brain:** The more you use your mind, the better it will work. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like, reading, writing, and trying a new hobby that can help you ward off a decline in mental health.
- 7. Get Enough Sleep:** It's important to get enough sleep to feel your best. Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.
- 8. Consider Dietary Supplements and/or a Multivitamin:** Consult your healthcare provider regarding any supplements or vitamins that you would benefit from.
- 9. Speak Up About Your Mental Health:** About 1 in 5 older adults suffer from depression or anxiety. Some signs of depression are ongoing feelings of sadness, fatigue, changes in appetite, or losing the desire to do things that you enjoy.

Wishing you a healthy and happy 2022!

123 Sudoku Puzzle Level Easy

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

Meet our Team >>>

Hometown: St. Paul, MI.

How Long have you worked at Meadowbrook?

I have been working here for 1 month.

Tell us about your family?

3 siblings, dad, grandparents, and 2-year-old son named Ineko.

Outside Interest?

Traveling, reading, going to concerts

What is your favorite Sport Team?

It is Minnesota Vikings

Savannah Doten

Cook



MEADOWBROOK
2022
Happy New Year



May the new year bless you
with Health, Wealth, and
Happiness

Employee Birthdays

Jeane Lunemann, Jan 21

Michelle Phillipps, Jan 26

Kristen Fowler, Jan 31

Happy Birthday

The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

The Romans often made promises to Janus and exchanged good wishes

JANUARY CALENDAR

- **January 1 is New Year's Day.** Time to you write the new resolutions.
- **January 5** brings **Twelfth Night**, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration.
- **January 6 is Epiphany.** According to the New Testament's Gospels, on this date the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus.
- **January 17 is Benjamin Franklin's birthday.** He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture.
- **January 17 is also Martin Luther King Jr. Day** (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.!



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