



KEEPING ACTIVE >>>

Even with all the challenges 2020 has presented us, we are gearing up for the holiday season.

We are preparing different activities for our residents to keep them active and we look forward to lots of FaceTime and Zoom calls to keep in touch with their family and friends.

We are saying prayers of thanks for our families and their support and patience. It has been a hard year, but we always want to remember our thankful.

We are starting with our favorite holiday - Christmas. Our thanks continue along with the anticipation of celebrating the birth of Jesus and Christmas.

We have carolers that are planning to come and do window singing. Our Boy Scout group is making us a beautiful hanging magazine rack for our Special Care Unit.

The Mennonites used to come to the building once a month, but now they have a number that we can call and listen to their beautiful voices.

Watch our church services on television and share the love and gift of Christmas with residents and staff.

Working together to keep the Christmas Spirit alive during this pandemic.

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



Meet our Team >>>

Hometown: Ladysmith, WI

How Long have you worked at Chetek?

Since July 2019.

Tell us about your family?

My husband's name is Josh. We have been married for 20 years. We have 4 children. Josh is a sophomore at UW-Lacrosse majoring in Biology with a pre-med track, Zach is a senior in Highschool, and twins Jake and Bailey who are 11 and in 5th grade.

What is the best part of your job?

I like my job for many different reasons. I enjoy working with the residents. I enjoy working with a good team such as the one we have in Chetek. I enjoy the accounting aspect of the MDS while still be able to fulfill my desire to take care of others.

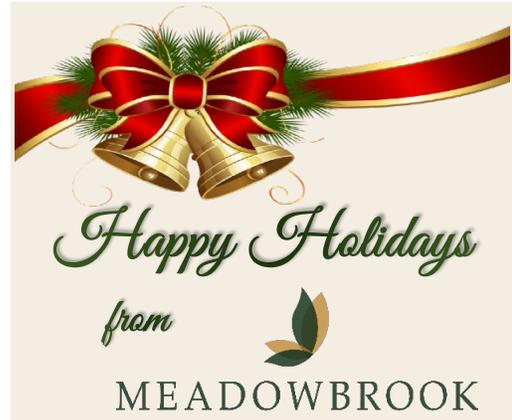
What is something you'd like to accomplish?

I would like to be able to travel more and spend time with my family.

What is your favorite TV show, movies, and Vacation Spot?

My favorite TV show is Greys Anatomy, The Fast and The Furious movies and my favorite vacation spot is Zion National Park in Utah

Sara Jenness
MDS



Employee Birthdays

- Todd Benson, Dec 04
- Sarah Wigchers, Dec 4
- Michelle Richter, Dec 08
- Amber Braden, Dec 11
- Angela Davis, Dec 14
- Carmell Hutzler, Dec 17
- Bethany Braden, Dec 23
- Melissa Scherurs, Dec 28
- Michelle Weihofen, Dec 28



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

"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"

