



MEADOWBROOK

—CHETEK—

KEEPING ACTIVE >>>

It was a little different Holiday seasons, but all of our residents and staff really enjoyed it at Meadowbrook.

Residents made holiday crafts for their families and other residents. We also had our Christmas Fair where residents shop for their families and friends, it was usually done in our activity room with vendors, but this year we had the activities staff carry our cart from room to room with Christmas gifts so that they chose what to buy for their families, some items were free. All packages were wrapped by staff and mailed to families; some were picked up by families.

Our trees are beautiful. We added a Remembrance Tree this year for all our Meadowbrook family that have left us this past year.



Our Christmas tea arrived; Christmas carolers were at our windows singing our favorites. Santa Claus visited us on the 23rd and brought gifts and joys for all. Department heads sang Christmas carols in the hallways and delivered little goodie bags to residents.

It has been a year of great pain and loss, but this beautiful holiday season reminds the goodness of our Lord and we are excited to celebrate his birth once again and remember the JOY of his goodness.

WE CHOOSE JOY.

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: Spooner, WI

How Long have you worked at Chetek?

I've been working for 35 years. 23 years in Medical Records, 12 as a CNA and now I have joined the Activity Departments.

Tell us about your family?

I have been married to my husband for 33 years. We have three children all married and they made my grandma to four beautiful granddaughters.

What is the best part of your job?

The best part of my job is the residents, conversations, smiles and hugs.

What is something you'd like to accomplish?

Work a few more years and staying healthy to enjoy retirement.

What is your favorite Vacation Spot?

I have enjoyed a trip to Sweden and visiting relatives and learning some genealogy of her family and her roots.

Bev Waterhouse Activities Aide



Employee Birthdays

- Rebecca York, January 07
- Tammy Kringle, January 11
- Christine Mazzuca, January 20
- Jennifer Bohl, January 25



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



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