



Making sunflowers - Cucumber from our garden



MEADOWBROOK
—CHETEK—

Upcoming Event >>>

- Fri 1:** Fun cart / 2:00 VFW Bingo
- Sat 2:** Morning SCU, Afternoon games, conversations, Fun cart
- Sun 3:** 2:00 Faith Baptist
- Mon 4:** Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 Raiders-Chargers
- Tue 5:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 6:** Beauty Shop Open/ Panda Truck / 1:00 Movie
- Thu 7:** 10:00 Yatzee/ 2:00 Garden Club/ 6:00 Movie
- Fri 8:** Fun Cart / 2:00 Bingo
- Sat 9:** Morning SCU, Afternoon games, conversations, Fun cart
- Sun 10:** 2:00 Christ Church – Natl Pastor Appreciation Day!
- Mon 11:** Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 Colts-Ravens – **Columbus Day!**
- Tue 12:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 13:** Beauty Shop Open/ Panda Truck / 1:00 Movie
- Thu 14:** 10:00 Catapulting Frogs/ 2:00 Pizza Party/ 6:00 Movie
- Fri 15:** 10:00 Monthly Communion/ 2:00 Bingo
- Sat 16:** Morning SCU, Afternoon games, conversations, Fun cart
- Sun 17:** Prairie Lake Covenant Church
- Mon 18:** Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 Bills-Titans – Natl Chocolate Cupcake Day!
- Tue 19:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 20:** Beauty Shop Open/ Panda Truck / 1:00 Movie
- Thu 21:** 10:00 Yahtzee/ 2:00 Garden Club/ 6:00 Movie
- Fri 22:** Fun Cart/ 2:00 Bingo
- Sat 23:** Morning SCU, Afternoon games, conversations, Fun cart
- Sun 24:** Advent Christian Church
- Mon 25:** 10:30 Resident Council/ Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 Saints-Seahawks
- Tue 26:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 27:** Beauty Shop Open/ Panda Truck / 1:00 Movie
- Thu 28:** 10:00 Yatzee/ 2:00 Brown Bag Auction / 6:00 Movie
- Fri 29:** Fun cart / 2:00 Halloween Bingo Party
- Sat 30:** Morning SCU, Afternoon games, conversations, Fun cart
- Sun 31:** Activity Staff Halloween / **HAPPY HALLOWEEN!**

8:00 Breakfast Banter and Room Visits

Calendar is subject to change

Newsletter

What's the difference between COVID-19 and the flu?

COVID-19 and the flu are both contagious respiratory diseases caused by viruses. COVID-19 is caused by the SARS-CoV-2 virus, while the flu is caused by influenza A and B viruses. These viruses spread in similar ways.

COVID-19 and the flu cause similar symptoms. The diseases can also cause no symptoms or mild or severe symptoms. Because of the similarities, it can be hard to diagnose which condition you have based on symptoms alone. Testing may be done to see if you have COVID-19 or the flu. You can also have both diseases at the same time. However, there are some differences.

Symptom or sign	COVID-19	Flu
<i>Cough</i>	Usually (dry)	Usually
<i>Muscle aches</i>	Usually	Usually
<i>Tiredness</i>	Usually	Usually
<i>Sore Throat</i>	Usually	Usually
<i>Runny or stuffy nose</i>	Usually	Usually
<i>Fever</i>	Usually	Usually-not always
<i>Nausea or vomiting</i>	Sometimes	Sometimes (more common in children)
<i>Diarrhea</i>	Sometimes	Sometimes (more common in children)
<i>Shortness of breath or difficult breathing</i>	Usually	Usually
<i>New loss of taste or smell</i>	Usually (early – often without a runny or stuffy nose)	Rarely

COVID-19 symptoms generally appear two to 14 days after exposure to SARS-CoV-2. Flu symptoms usually appear about one to four days after exposure to an influenza virus.

While there is only one antiviral treatment for COVID-19, there are several antiviral drugs that can be used to treat the flu. Also, you can get an annual flu vaccine to help reduce your risk of the flu. The flu vaccine can also reduce the severity of the flu and the risk of serious complications.

References: <https://www.mayoclinic.org/>

October Word Search



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

AUTUMN
 BREAST CANCER
 COLUMBUS DAY
 COSTUME
 HALLOWEEN

HARVEST
 HAUNTED HOUSE
 INDIGENOUS
 JACK O' LANTERN
 PINK RIBBON

SKELETON
 STRONG
 TRICK OR TREAT



Meet our Team >>>

Hometown: Cameron, WI

How Long have you worked at Meadowbrook?
 I've worked here for 7 Years.

Tell us about your family?
 I have a daughter and a son, 12 great grands and 4 stepchildren.

What is the best part of your job?
 Best part of my job is getting to talk to and enjoy the residents.

What is something you would like to accomplish?
 I would like to accomplish many more trips to Jamaica with my five sisters.

What is your favorite TV Show and Vacation Spot?
 My favorite TV show is Chicago PD, and my favorite vacation spot is the south shore of beautiful Lake Superior.

Sandy Scheall Housekeeper



Employee Birthdays

- Melody Schaaf, Oct 02
- Caitlin Survilla, Oct 06
- Roberta McKee, Oct 10
- Nicholas Leahy, Oct 17
- Anna Siems, Oct 18
- Rita Hensel, Oct 24
- Sandra Lambert, Oct 26
- Ashley Pierce, Oct 29

The Month of October

This month's name stems from Latin *octo*, "eight," because this was the eighth month of the early Roman calendar. When the Romans converted to a 12-month calendar, the name October stuck despite that fact that it's now the 10th month!

OCTOBER CALENDAR

- **October 11** is a busy day, with three holidays packed into it:
Canadian Thanksgiving. This holiday shares many similarities with its American equivalent **Columbus Day (U.S.)**, a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia.
Indigenous Peoples' Day (U.S.)—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States.
- **October 18** is **St. Luke's Little Summer.** This is a date steeped in folklore. Traditionally, around Saint Luke's feast day, there is a period brief period of calm, dry weather.
- **October 24** is **United Nations Day**, which aims to bring awareness to the work of the United Nations across the world.
- **October 31** is **Halloween.** Traditionally called "All Hallows' Eve," is celebrated on the evening before the Christian holy day of All Saints Day (November 1).

Breast Cancer Awareness Month in October is a time to come together to raise awareness, promote education, screening and early detection.



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