



MEADOWBROOK
—CHETEK—

Farmers Market Day - The Velcro Dart Game

Upcoming Event >>>

Mon 1: Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 NY vs Chiefs

Tue 2: Pastor Letter-Treat/ 2:00 Bingo

Wed 3: Beauty Shop Open/ Panda Truck / 1:00 Movie

Thu 4: 10:00 Games/ 2:00 Boggle Party/ 6:00 Movie

Fri 5: 10:00 Fun Cart / 2:00 VFW Bingo

Sat 6: Morning SCU, games, conversations, Fun cart

Sun 7: 2:00 Freedom Community Church

Mon 8: Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 Bears vs Steelers

Tue 9: Pastor Letter-Treat/ 2:00 Bingo

Wed 10: Beauty Shop Open/ Panda Truck / 1:00 Movie

Thu 11: 10:00 Games/ 2:00 Veteran Day Program/ 6:00 Movie

Fri 12: 10:00 Fun Cart/ 2:00 Bingo

Sat 13: Morning SCU, games, conversations, Fun cart

Sun 14: 2:00 Chetek/Dovre Lutheran Church

Mon 15: Weekly BOGGLE/ 2:00 LCR Dice/ 7:15 Rams/49ers

Tue 16: Pastor Letter-Treat/ 2:00 Bingo

Wed 17: Beauty Shop Open/ Panda Truck / 1:00 Movie

Thu 18: 10:00 Yahtzee/ 2:00 Brown Bag Auction/ 6:00 Movie

Fri 19: 10:00 Fun Cart/ 2:00 Bingo

Sat 20: Morning SCU, games, conversations, Fun cart

Sun 21: Chetek United Methodist Church

Mon 22: Weekly BOGGLE/ 1:00 Resident Council/ 2:00 LCR Dice/ 7:15 Giants vs Buccaneer's

Tue 23: Pastor Letter-Treat/ 2:00 Bingo

Wed 24: Beauty Shop/Panda Truck/ 2:00 Celebrate Thanksgiving

Thu 25: Happy Thanksgiving!

Fri 26: 10:00 Fun cart / 2:00 Thanksgiving Bingo

Sat 27: Morning SCU, games, conversations, Fun cart

Sun 28: Activity Staff

Mon 29: Weekly BOGGLE/ 2:00 Pizza Party/ 7:15 Seahawks vs Washington

Tue 30: Pastor Letter-Treat/ 2:00 Bingo

8:00 Breakfast Banter

Calendar is subject to change



Newsletter

Signs and Symptoms of Diabetes in Elderly Adults

Diabetes is a chronic metabolic disorder that interferes with how the body uses glucose (sugar) for growth, repair, and energy. That process is regulated by a hormone called insulin that's produced by the pancreas. When performing optimally, the pancreas releases just the right amount of insulin to facilitate the transport of glucose from the blood into the body's cells.

There are 2 chronic types of diabetes:

Type 1: This rarer form of diabetes occurs when the body's own immune system starts targeting the insulin-producing cells in the pancreas. The resulting damage causes the pancreas to release little or no insulin, which is why type 1 diabetics must take insulin daily to survive.

Type 2: Most diabetics are type 2, elderly and/or overweight. In type 2 diabetics, the pancreas produces plenty of glucose, but for some reason it's not used efficiently- a condition known as insulin resistance. As blood sugar levels rise, a patient usually experiences symptoms. However, some type 2 diabetics remain asymptomatic and don't realize they have it until much later.

To avoid severe diabetes complications, help your older adult make lifestyle choices that keep blood sugar at healthy levels:

- **Diet.** Eating a healthier diet will benefit older adults.
- **Medication reminders.** Whether it's insulin for type 1 or oral medications that otherwise control blood glucose levels, keeping medication compliant is important.
- **Exercise.** Exercising 3 to 5 times a week helps normalize glucose levels and shed excess pounds, so encourage seniors to do so.
- **Glucose monitoring.** Encourage them to use a blood sugar monitor to track accurate blood glucose levels each day and take notes on how diet, exercise, and stress affect them over time.
- **Lifestyle changes.** Smoking, eating sugary foods, and drinking alcohol and soda are harmful to someone with diabetes. Encourage your loved one to kick those bad habits to the curb.



Resources: <https://www.homechoicelhomecare.com/senior-issues/adults/>

November Word Search



BLESSED
 BLUE RIBBON
 CRANBERRY
 DIABETES MONTH
 DINNER

FAMILY
 HANUKKAH
 LIFESTYLE
 MAYFLOWERS
 PARADE

REMEMBRANCE
 THANKFUL
 THANKS VETERANS



Here's some of our furry visitors

Employee Birthdays

Lorie Mullis, Nov 07
 Taylor Kessinger, Nov 07
 Julia Leisz, Nov 16
 Brenda Thomson, Nov 21
 Julie Rupnow, Nov 25



The Month of November

November derives from the Latin root *novem* - meaning "nine," because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. The word *November* was first recorded before the year 1000!

NOVEMBER CALENDAR

- **November 1** is **All Saints' Day**. This is the day when all the saints are honored
- **November 2** is **Election Day** (U.S.). Don't forget to vote in state and federal elections! Every vote counts.
- **November 4** is **Diwali**, an annual festival of lights celebrating the triumph of good over evil.
- **November 7** at 2 A.M. is the end of **Daylight-Saving Time**. Set your clocks back one hour on Saturday night at bedtime!
- **November 11** is **Veterans Day** (U.S.) and **Remembrance Day** (Canada).
- **November 19** is **Discovery of Puerto Rico Day**.
- November 25 is **Thanksgiving Day** (U.S.).
- **November 28** marks the start of **Hanukkah**, at sundown. It is an eight-day winter "festival of lights," which begins each year on the 25th day of the Jewish month of Kislev.
- **November 28** is also the **First Sunday of Advent**.

Meet our Team >>>

Hometown: Chetek, WI

How Long have you worked at Meadowbrook?
 I've worked here for 2 Years.

Tell us about your family?

I am married to my husband Dean and have five children, Isabella, Bradley, Weston, Jeremiah and Victoria.

What is the best part of your job?

The best part of my job is visiting with the residents and coworkers. "I love making people feel loved."

What is something you would like to accomplish?

I would like to run a holistic health business and live off the grid.

What is your favorite Vacation Spot?

We love hunting, fishing, and exploring the Wisconsin State Parks as a family.

Jenn Harder

LPN



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