



MEADOWBROOK
—CHETEK—

We honor all of our veterans on November 11th.

Upcoming Event >>>

- Wed 1:** Beauty Shop/ 2:00 Christmas Tree Decorating
- Thu 2:** 2:00 Christmas Tree Decorating
- Fri 3:** 10:00 Fun Cart / 2:00 VFW Bingo
- Sat 4:** Morning SCU, games, conversations, Fun cart
- Sun 5:** 2:00 Church/ Activity Staff
- Mon 6:** Weekly BOGGLE/ 2:00 Christmas card event
- Tue 7:** Pastor Letter-Treat/ 2:00 Bingo in Dining Room
- Wed 8:** Beauty Shop / 1:00 Movie/ Popcorn
- Thu 9:** 10:00-3:00 Christmas Shopping & X-mas Boutique
- Fri 10:** 10:00 Fun Cart/ 2:00 Bingo
- Sat 11:** Morning SCU, games, conversations, Fun cart
- Sun 12:** 2:00 The Refuge
- Mon 13:** Weekly BOGGLE/ 2:00 Dice Game
- Tue 14:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 15:** Beauty Shop/ 1:00 Movie/ Root Beer Floats
- Thu 16:** SCU Christmas Party/ 2:00 Brown Bag Auction
- Fri 17:** 10:00 Communion service/ 2:00 Bingo
- Sat 18:** Morning SCU, games, conversations, Fun cart
- Sun 19:** 2:00 Faith Baptist Church
- Mon 20:** Weekly BOGGLE/ 2:00 Christmas Tea
- Tue 21:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 22:** Beauty Shop/ 1:00 Movie/ Popcorn
- Thu 23:** Christmas Puzzles/ 2:00 Christmas Party
- Fri 24:** 10:00 Fun cart / 2:00 Bingo
- Sat 25:** Morning SCU, games, conversations, Fun cart
- Sun 26:** 2:00 Christ Lutheran Church
- Mon 27:** Weekly BOGGLE/ 2:00 Pizza Party
- Tue 28:** 10:00 Mass / Pastor Letter-Treat/ 2:00 Bingo
- Wed 29:** Beauty Shop / 1:00 Movie/ Popcorn
- Thu 30:** 6:00 Movie
- Fri 31:** Fun Cart/2:00 Bingo/6:30-8:00 **New Year Eve Party**

There will be events not on the calendar that will come up unexpectedly.
Calendar is subject to change

Newsletter

Take Care of YOU and Seniors this Winter

Use these tips to prepare yourself and older adults for the winter season:

1. **Dress for warmth:** Cold temperatures can lead to frostbite and hypothermia, a condition in which the body temperature drops too low. Older adults are advised to wear warm socks, a thick coat, a hat, gloves, and a scarf if heading outdoors. In very cold temperatures, they should cover all exposed skin and wear a scarf to cover their mouths.
2. If you confirm with a thermometer that an older person's temperature has dropped below 95 degrees, seek medical assistance immediately.
3. **Fight winter blues:** The weather and COVID can make it difficult to be together physically, this can bring feelings of loneliness and isolation. To help avoid these problems, family members can check on older people as often as possible; a short, daily phone call can make a big difference, too.
4. **Check the car:** Driving in winter can be dangerous. Get your car checked before winter comes. Check the oil, tires, battery, and windshield wipers.
5. **Prepare for power outages:** Winter storms can cause power outages. Make sure you have easy access to flashlights and a battery-operated radio in case the power goes out. Store warm blankets. Prolonged power outages can spoil the food in your refrigerator and freezer, so keep a supply of non-perishable foods on hand that can be eaten cold.
6. **Eat a varied diet:** Because people spend more time indoors and are able to eat a smaller variety of foods, nutritional deficits, especially vitamin D can be a problem. He recommends that older people consume foods fortified with vitamin D, such as milk, cereals, and seafood options such as tuna and salmon.
7. **Prevent carbon monoxide poisoning:** Using a fireplace, gas heater, or lanterns can lead to carbon monoxide poisoning. Ensure the safety of your home by checking the batteries in your carbon monoxide detector and buy an updated one if you need it.
8. **Keep moving:** Daily stretching, chair yoga, and walking outside when dry are ways to stay active and are good for both your physical health and your emotional well-being.



Winter certainly presents challenges for older adults, but with a little planning and awareness, they'll stay healthy and experience the joys of spring soon enough.

December Word Search

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

BLIZZARD
 CANDY CANE
 FLURRIES
 FREEZING
 GINGERBREAD

HOT CHOCOLATE
 JINGLE BELL
 NORTH POLE
 ORNAMENTS
 POINSETTIA

REINDEER
 SNOWMAN



Meet our Team >>>

Hometown: Hillsdale, WI

How Long have you worked at Meadowbrook?
 I've worked here since 2014.

Tell us about your family?

I am married to my husband Brian and have two stepchildren all grown up. Jeryd is 25 and Jori is 23. I have two dogs, Ranger and Lucy.

What is the best part of your job?

I love to see the residents happy with great food that is prepared for them. I know their like and I enjoy making desserts and food they enjoy.

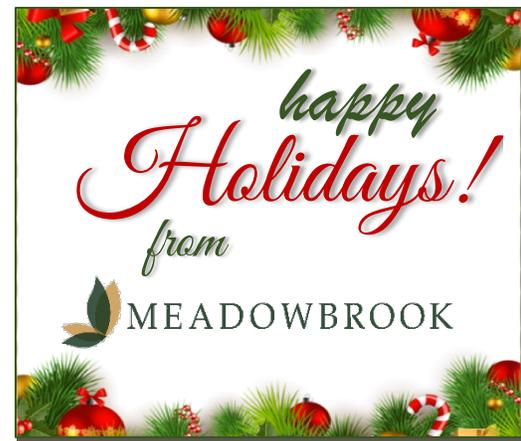
What is something you would like to accomplish?

I would like to accomplish my dream of one day having a catering business.

What is your favorite Vacation Spot?

I enjoy spending time with my husband at Hayward which is a fun tourist town a couple hours north or keep going right up to the Duluth Superior Great Lakes area.

Bethany Braden
 Cook



happy
Holidays!
 from



MEADOWBROOK

Employee Birthdays

Michelle Richter, Dec 08
 Aisha Ingberg, Dec 11
 Angela Davis, Dec 14
 Carmell Hutzler, Dec 17
 Bethany Braden, Dec 23
 Melissa Scherurs, Dec 28

The Month of December

December is the 12th month (and last month) in our modern-day Gregorian calendar. However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin word decem, meaning "ten."

The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the subsequent Julian calendar, two days were added to December, making it 31 days long.

DECEMBER CALENDAR

December 6 is Saint Nicholas Day. St. Nicholas, the patron saint of children, inspires traditions around the world from hunts for presents to stockings or shoes filled with sweets.

December 7 is National Pearl Harbor Remembrance Day.

December 13 is St. Lucia's Day, which has long been associated with festivals of light.

December 15 is Bill of Rights Day, to honors the ratification of the first ten amendments to the U.S. Constitution, which occurred on December 15, 1791

December 21 is the Winter Solstice

December 25 is Christmas Day, a Christian holiday commemorating the birth of Jesus Christ.

December 26 the first day of Kwanzaa.

On the last evening of the year, **December 31,** kiss the person you hope to keep kissing!



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