



OCTOBER 2022



MEADOWBROOK  
—CHETEK—



## Upcoming Event >>>

**Sat 1:** Room Visits/ Menu/ Morning on SCU / 2:00 Bingo

**Sun 2:** 2:00 Faith Baptist Church

**Mon 3:** Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room

**Tue 4:** Room Visits/ Pastor Letters-Treats/ 2:00 Bingo

**Wed 5:** Room Visits/Beauty Shop Open/1:15 Movie

**Thu 6:** 10:00 LCR Dice/ 2:00 Pizza Party/ 6:00 Movie

**Fri 7:** Room Visits/Menu / 2:00 VFW AUX Bingo

**Sat 8:** Room Visits/ Menu /Morning on SCU / 2:00 Bingo

**Sun 9:** 2:00 Christ Lutheran Church

**Mon 10:** Weekly BOGGLE/ 2:00 Balloon/Noodle- Exercise/ 6:00 Assort. Games in Family Room

**Tue 11:** Room Visits/Menus/ Pastor Letters-Treats/ 2:00 Bingo

**Wed 12:** Room Visits/Beauty Shop Open PANDA/1:15 Movie

**Thu 13:** 10:00 Baking Grp/ 2:00 Yahtzee/ 6:00 Movie

**Fri 14:** Room Visits/Menus / 2:00 Bingo

**Sat 15:** Room Visits/Menu /Morning on SCU / 2:00 Bingo

**Sun 16:** 2:00 Activity Staff

**Mon 17:** Weekly BOGGLE/2:00 Dick Kinke/6:00 Assort. Games in Family Room

**Tue 18:** Room Visits/Pastor Letters-Treats/ 2:00 Bingo

**Wed 19:** Inservice/ Room Visits/Beauty Shop/1:15 Movie

**Thu 20:** 10:00 Dice/ 2:00 Pumpkin :) painting party/ 6:00 Movie

**Fri 21:** Room Visits/Menus/ 10:00 Communion/ 2:00 Bingo

**Sat 22:** Room Visits/Menus/ Morning on SCU/ 2:00 Bingo

**Sun 23:** 2:00 Advent Christian

**Mon 24:** Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room

**Tue 25:** Pastor Letters-Treats/ 1:00 Res Council/ 2:00 Bingo

**Wed 26:** Room Visits/Beauty Shop/PANDA /1:15 Movie

**Thu 27:** Room Visits/ 2:00 Brown Bag Auction/ 6:00 Movie

**Fri 28:** Room Visits/Menus/ 10:00 Catholic Mass/ 2:00 Bingo

**Sat 29:** Room Visits/ Morning on SCU / 2:00 Halloween Bingo

**Sun 30:** 2:00 Activity Staff

**Mon 31:** Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ Guess the weight of the pumpkin, Guess how many candy in the jar, Prizes at Halloween Party!!

**Tuesdays 6:00 – Assorted Games in Family Room**

**Thursday 6:00 – Movie in Family Room**

**\*\* Activity Calendar is subject to change\*\***

# Newsletter

## *The Importance of Socializing for Seniors*

Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically, and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense.

Older adults with a fulfilling social life tend to avoid many of the physical, cognitive, and emotional difficulties that seniors who are isolated encounter. There are a number of important ways that socialization can improve senior health:

- Reduced stress. Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.
- Longer lifespan. High levels of socialization in seniors help increase longevity.
- More fitness. Older adults with diverse social supports are more likely to exercise regularly, which leads to a host of physical, mental, and cognitive benefits.
- Reduced risk of depression. Consistent socialization reduces the likelihood that seniors will experience the depression caused by isolation and loneliness.
- Less anxiety. Similarly, senior socialization reduces levels of anxiety as well.
- Greater self-esteem. Socialization helps seniors maintain their self-esteem and sense of worth.

Just as importantly, socialization can provide a tremendous boost to a senior's cognitive health as well. Positive social interactions on a consistent basis help keep seniors stimulated, mentally sharp and intellectually engaged.

For many older adults, continued socialization doesn't happen on its own. Strategies, commitment and diligence are often required. Here are some Social Activities for Seniors:

- Exercise classes and walking groups
- Happy hours and group outings
- Regular phone calls and video conferences with friends and family
- Bingo
- Card games
- Billiards, darts and other parlor games



References: <https://www.actsretirement.org/latest-retirement-news/blog/2017/12/12/the-importance-of-socializing-for-seniors/>

# 123 Sudoku Puzzle Level Medium

	2	6		3				8
9			6			1		
				1	9		4	
		7	3		2			
		4		7		8		
			8		6	7		
	5		7	2				
		9			5			4
4				6		2	1	



## Employee Birthdays

Morgan G., Oct 02	Anna S., Oct 18
Melody S., Oct 02	Rita H., Oct 24
Caitlin S., Oct 06	Sandra L., Oct 26
Eve L., Oct 09	Ashley P., Oct 29
Roberta M., Oct 10	
Rochelle R., Oct 13	
Lianna M., Oct 14	
Nicholas L., Oct 17	



## HaPpy BiRthDay OCTOBER Born

- Charming.** October borns are charismatic, and they possess the ability to win everyone's hearts with their charming attitude.
- They are Romantic.** They will go to the ends of the earth to prove their feelings and show how much it means to them. So, it's best not to play with their feelings because they are genuine.
- They are Emotionally Stable.** They do not go around showing their anger or worries to other people. They prefer to stay calm, do not argue and will try their best not to make a scene.
- They are Calm.** Connected to the previous point, this is another feature of October borns. It is hard to see them lose their temper.
- Optimistic.** They have a lot of enthusiasm for everything. When it comes to achieving their goals, even failure cannot stop them.
- They are Focus on the Goals.** When they think of doing something, they will keep going until they achieve their goals. And because of their positive attitude, they never give up.
- They are Solution Providers.** Although they mostly seem quiet, they have answers to everything. And if they say something, there is a huge chance that they're right.
- They tend to spend a lot of money.** They are very smart people, but when it comes to money, they can be a little careless.
- They are Warm-hearted.** They're kind, friendly, hospitable and caring people. They put others' needs first before meeting theirs and as we said before, they do not compromise on this.
- They are Careless.** They are the ones that prefer to live in the moment rather than stress over the future. Of course, they have plans and are ambitious, but they like to deal with situations as they come.

## Meet our Team >>>

**Hometown:** I live in Rice Lake, WI since 4<sup>th</sup> grade and I was in California prior to that.

**Tell us about your Job**  
LPN here at Meadowbrook.

**Tell us about your family**  
My Parents - David and Donna, I have an older brother Roy and a younger brother Mike, two children Spencer and Aleah.

**What are your outside Interests?**  
"Glamping" with family for vacations.

**Something not everyone may know about you**  
I LOVE to bake.

**Favorite sport team**  
The Packers of course.

## Pattie Urmanski LPN



## Testimonial >>>



"The service was the best. I loved all the staff, housekeeping, nursing and social services." **Steven S. - Resident**



725 Knapp St  
Chetek, WI 54728  
Contact us at **715-924-4891**  
[www.meadowbrookchetek.com](http://www.meadowbrookchetek.com)



<https://www.dazzling.news/a3397/10-traits-october-borns-are-known-for-1>