



American Heritage Girls Troop made these pillow for our residents!



Upcoming Event >>>

- Fri 1:** 10:30 1-1 visits/2:00 Bowling / 3:00 Refreshments/ Smile Day!
- Sat 2:** 11:00 Badger vs Michigan/ 5:00 Lawrence Welk Ch. 12
- Sun 3:** Church Services Ch. 65/ 1:10 Brewers vs LA/ 3:25 Packers vs Steelers CBS
- Mon 4:** 10:30 1-1 visits/ 2:00 Bingo/3:00 Walking Taco's
- Tue 5:** 10:30 AM Movers/ 2:00 Yahtzee/ 3:00 Refreshments
- Wed 6:** 10:30 1-1 visits/ 2:00 Outside/ 3:00 Refreshments
- Thu 7:** 10:30 AM Movers/ 2:00 Pokeno/ 3:00 Refreshments
- Fri 8:** 10:30 1-1 visit/ 2:00 Balloon VB/ 3:00 Refreshments
- Sat 9:** 2:30/3:00 Badger vs IL/ 5:00 Lawrence Welk Ch. 12
- Sun 10:** Church Services/ 12:00 Packers vs Cincinnati-FOX
- Mon 11:** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Refreshments
- Tue 12:** 10:30 AM Movers/ 2:00 Bean bag/ 3:00 Refreshments
- Wed 13:** 10:30 1-1 visits/ 2:00 Outside/ 3:00 Refreshments
- Thu 14:** 10:30 AM Movers/ 2:00 Manicures/ 3:00 Refreshments
- Fri 15:** 10:30 1-1 visits/ 2:00 Shuffleboard/ 3:00 Refreshments
- Sat 16:** 5:00 Lawrence Welk Ch. 12/ 7:00 Badgers vs Army
- Sun 17:** Morning Church Ch. 65/ 12:00 Packers vs Bears - FOX
- Mon 18:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments
- Tue 19:** 10:30 AM Movers/ 2:00 Basketball/ 3:00 Refreshments
- Wed 20:** 10:30 1-1 visits/ 2:00 Dice Game/ 3:00 Refreshments
- Thu 21:** 10:30 AM Movers/ 2:00 Surprise Act/ 3:00 Refreshments
- Fri 22:** 10:30 1-1 visit/ 2:00 Resident Council/ 3:00 Refreshments
- Sat 23:** TBD Badgers vs Purdue Big 10/ 5:00 Lawrence Welk
- Sun 24:** Church Services/ 12:00 Packers vs Red Skins - FOX
- Mon 25:** 10:30 1-1 visits/ 2:00 BD Party for Oct
- Tue 26:** 10:30 AM Movers/ Deco Pumpkin/ 3:00 Refreshments
- Wed 27:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Refreshments
- Thu 28:** 10:30 AM Movers/2:00 Ghost Bingo/7:20 Pack vs Arizona
- Fri 29:** 10:30 1-1 visits/2:00 Ring Toss/ 3:00 Refreshments
- Sat 30:** 11:00 Badgers vs Iowa/ 5:00 Lawrence Welk Ch. 12
- Sun 31:** Church Services Ch. 65/ **HAPPY HALLOWEEN!**

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
Cough	Usually (dry)	Usually
Muscle aches	Usually	Usually
Tiredness	Usually	Usually
Sore Throat	Usually	Usually
Runny or stuffy nose	Usually	Usually
Fever	Usually	Usually-not always
Nausea or vomiting	Sometimes	Sometimes (more common in children)
Diarrhea	Sometimes	Sometimes (more common in children)
Shortness of breath or difficult breathing	Usually	Usually
New loss of taste or smell	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
 S R M B Z J I N D I G E N O U S R X T T P Q N
 U D Q B S R T A E R T R O K C I R T S S K S A
 O U Y I L T P I H Y G K C O B O V Z A O Z O C
 H O D R Q X R C F N M U T U A I L K W C A K T
 D I V K H J Z O O F P Q Q Q E U Z E W Z C K S
 E U H N X K E T N Q F K U C A U Y R V V D M A
 T U T I K W D H I G E L M E N O T E L E K S E
 N P U P O G M A A X W X X W N J C Y S D X B R
 U C B W P D B I G N E E W O L L A H X V D S B
 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: Prairie du Chien, then moved to Blair.

How Long have you worked at Meadowbrook?

I have worked at Meadowbrook for the past 3 months as Dietary Manager.

Tell us about your family?

I have one sister and three nephews; my mother helps take care of them. My girlfriend and I have a dog (Daisy), who takes a lot of our time and patience.

What is the best part of your job?

I think the best part of my job is talking and interacting with the residents, I enjoy hearing their stories.

What is something you would like to accomplish?

Eventually. I would like to purchase a house and be my own Boss.

What is your favorite Vacation Spot?

I enjoy doing yardwork regularly, watching Cop Shows and camping during the warm months!

Skylar Henton
 Dietary Manager



Healthcare
 Food Services
 Week



Oct. 3-9th
 Skyler, Patsy, Karen,
 Tabby, Winter, &
 Courtney

Employee Birthdays

Michelle Runge, Oct 12
 Ginny Diggins, Oct 13

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.



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