



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Tue 1: 10:30 Stix Kix Music / 2:00 Tunes & Treats

Wed 2: 10:30 Pop Up Game! 3:00 Pastor Jenny

Thu 3: 10:30 Pop Up Game! 2:00 Bingo/ Snack Cart after

Fri 4: 10:30 Morning Chats/ 2:00 Movie & Popcorn

Sat 5: Badgers TBD

Sun 6: Noon: Packers game/ Daylight Savings Ends

Mon 7: 10:30 Pop Up Fun! 2:00 Bingo/ Snack cart after

Tue 8: 10:30 Pop up Fun! 2:00 Music & Munchies

Wed 9: 10:30 Pop Up Game! 2:00 Pop Up Activity!

Thu 10: 10:00 Pop Up Game! 2:00 Bingo/ Snacks Cart After

Fri 11: 10:30 Morning Chats/ 3:15 Veteran's Program/ **Veteran Day!**

Sat 12: Badgers TBD

Sun 13: 3:25 Packers game

Mon 14: 10:30 Morning Chats/ 2:00 Bingo/ Snack Cart after

Tue 15: 10:30 Stix Kix Music/ 2:00 Wally & Friends

Wed 16: 10:30 Morning Chats/ 1:00 Button Craft/ 3:00 Pastor Hohl

Thu 17: 10:30 Cards/Dice/Yahtzee/ 1:00 Res. Council/ 2:00 Bingo/ Snack Crat after

Fri 18: 10:00 Morning Chats/ 10:30 JCHS Concert/ 2:00 Movie & Popcorn

Sat 19: Badger TBD

Sun 20: 3:00 Gospel Singers/ Packers have a BYE

Mon 21: 10:30 Morning Chats/ 2:00 Bingo/ Snack Cart after

Tue 22: 10:30 Stix Kix Music/ 2:00 Colmans Hootin' Nanny Sing Along Birthday Snacks

Wed 23: 10:30 Morning Chats/ 2:00 Bowling/ Snack Cart after

Thu 24: **Happy Thanksgiving!**

Fri 25: 10:30 Morning Chats/ 2:00 Movie & Popcorn

Sat 26: Badgers TBD

Sun 27: 7:20 Packers game

Mon 28: 10:30 Morning Chats/ 2:00 Bingo / Snack Cart after

Tue 29: 10:30 Stix Kix Music/ 2:00 Music & Munchies

Wed 30: 10:30 Morning Chats/ 2:00 Wheel of Fortune/ 3:00 Church

Activities are subject to change - perhaps for the better!
Evening events take place on Tues & Thurs at 5:30 in the front room. Tuesdays games. Thursdays vintage television shows.

Newsletter

COLD AND FLU PREVENTION TIPS FOR SENIORS

Cold and flu season is upon us again. In addition, Covid-19 will still be circulating in our communities.

We have 10 tips for avoiding the flu and in case you or your older adult gets sick.

Note: The tips below focus on cold and flu prevention tips. To reduce the risk of contracting Covid-19, follow CDC guidelines.

- 1. Get the flu vaccine:** Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important for seniors. **Note:** For the 2022-2023 flu season, many health experts recommend getting a flu shot before the end of October.
- 2. Wash or sanitize hands thoroughly and often:** Frequently hand washing with regular soap is an effective way to get rid of cold and flu germs. If you can't get to soap and water often enough, use hand sanitizer with at least 60% alcohol to kill cold and flu germs.
- 3. Exercise regularly:** Moderate exercise boosts the immune system and could reduce risk of a cold by a third.
- 4. Avoid touching the eyes, nose, and mouth:** We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body.
- 5. Clean the environment to eliminate germs:** Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning. Pay special attention to germ hot spots like doorknobs, light switches, and kitchen and bathroom counters.
- 6. Sanitize your mobile devices:** Something that many people forget is how dirty and germ-filled their mobile device is. Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.
- 7. Stay away from people who are sick:** It might sound obvious, but it's worth repeating: keep your distance from people who are sick.
- 8. Avoid crowds and unnecessary travel:** Try to avoid being in large groups of people, especially in poorly ventilated spaces. That increases the chance of catching a cold or flu from an infected person.
- 9. Drink plenty of liquids:** Staying hydrated with plenty of liquids, especially plain water, or hot tea, can help the body better fight off germs.
- 10. Get added Vitamin C and protein through nutritious foods:** Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick. It's best to get it through food, but a 200 mg supplement also works. But first, check with the doctor to be sure that the supplement would be safe for your older adult.





Sudoku Puzzle Level Hard

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



Employee Birthdays

Joyce D., Nov 01
 Cameron B., Nov 02
 Miranda H., Nov 08
 Ryan H., Nov 10
 Nichole W., Nov 13
 Kennedy T., Nov 21
 Tanya W., Nov 27



HaPpy BiRthDay NOVEMBER Born

- 1. They are Calm and Collected.** People born in November are usually calm and can control their emotions unless they are provoked. They will try their best not to have an outburst.
- 2. They are Often Mistaken.** They don't hurt anyone intentionally, and if they do, they were not aware of doing so. Unfortunately, they are often being misunderstood for their words or actions.
- 3. They have their own Rules.** They are different from others, especially in this case. They don't care what others do! They have their own and unique way of doing things.
- 4. They are Loyal.** They are the most loyal people you will ever meet. When it comes to relationships, they will never let you down.
- 5. They are Fair to Everyone.** They see everyone as individuals who have the right to do whatever they want.
- 6. They are Hardworking.** They are not the people for procrastination. They prefer to do things on time without any delay because if they make a mistake or get stuck, they will have enough time to change it.
- 7. They Need Their Space.** They often prefer to keep their feelings to themselves. They don't like people knowing about their deepest secrets, fearing they will be judged.
- 8. They are Attractive.** They just can't help but look attractive. Without even trying they attract attention like bees to honey.
- 9. They are Unique.** They are so unique that it's hard to find someone like them. What makes them different is that they do things their own way.
- 10. They are too Stubborn.** They hey will only believe what they think is right. Sometimes they are too stubborn to accept that they can be wrong too.

Meet our Team >>>

Hometown: I was born in Hudson but grew up mostly in the Milwaukee area.

Tell us about your job.

I have a B.S. from UW Stevens Point with a biology/chemistry minor.
 The best part of my job here at Meadowbrook is serving our residents.

What are your outside Interests?

I enjoy fishing, hiking, camping, football and soccer. I enjoy visiting England for soccer and Greece for the food!

Nelson S.
Cook



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<https://www.dazzling.news/a1265/10-things-to-expect-when-in-a-relationship-with-a-november-born>