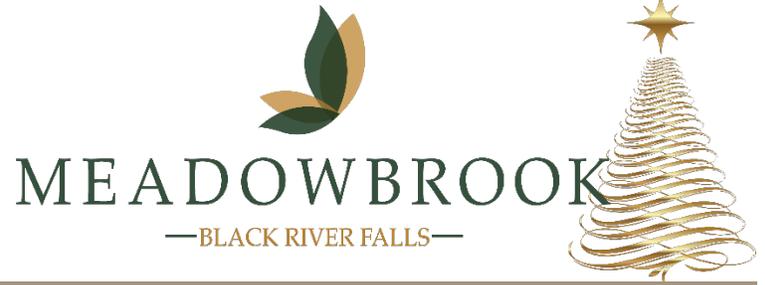




DECEMBER 2022



## Upcoming Event >>>

**Thu 1:** 10:30 Stix Kix Music/ 2:00 Bingo/ Pie for Snack

**Fri 2:** 10:30 Pop UP Game/ 2:00 Movie & Popcorn

**Sat 3:** 3:30 Badgers Game

**Sun 4:** 9:15 Church Service/ Noon: Packers vs Bears

**Mon 5:** 10:00 AM Visits/ 2:00 Bingo/ Snack cart after

**Tue 6:** 10:30 Stix Kix Music/ 2:00 Ryan's Crazy Karaoke

**Wed 7:** 10:00 AM Chats/ 1:00 Professional Photographer taking "Glamour Shots" for Xmas Cards on Friday

**Thu 8:** 10:00 Pop Up Game! 2:00 Bingo/ Snacks Cart After

**Fri 9:** 10:00 Make Christmas Cards for Families/ 2:00 Movie & Pop

**Sat 10:** 5:30 Badgers vs Hawkeyes

**Sun 11:** 9:15 Church/ 3:00 Quartet Holiday Concert Singers

**Mon 12:** 10:30 Gingerbread Activity/ 2:00 Bingo/ Snack Cart after

**Tue 13:** 10:30 Stix Kix Music/ 2:00 Cocoa-Cookies Sing Along Party!

**Wed 14:** 10:30 AM Chats/ 1:00 Resident Council/ 1:30 Spin to Win It/ 3:00 Church Service

**Thu 15:** 10:30 Cards/Dice/Yahtzee/ 2:00 Bingo/ Cupcake Cart/ 5:00 Pine Tone Sing

**Fri 16:** 10:30 Stix Kix Music/ 2:00 Movie & Chocolate Stuff

**Sat 17:** Noon: Christmas Karaoke & Cookies

**Sun 18:** 9:15 Church Serv/ 3:00 Gospel Singers

**Mon 19:** 10:30 AM Chats/ 2:00 Bingo/ Snack Cart after/ 7:15 Packers Game

**Tue 20:** 10:30 Stix Kix Music/ 2:00 Colmans Hootin' Nanny Sing Along Birthday Snacks

**Wed 21:** 10:30 AM Chats/ 2:00 Bowling/ Snack Cart after

**Thu 22:** 10:30 Student Singers/ 2:00 Bingo/ Snack Cart after

**Fri 23:** Meadowbrook's Annual Christmas Party

**Sat 24:** **Christmas Eve!**

**Sun 25:** **Merry Christmas!**

**Mon 26:** 10:30 AM Chats/ 2:00 Bingo / Snack Cart after

**Tue 27:** 10:30 Stix Kix Music/ 2:00 Ryan's Crazy Karaoke

**Wed 28:** 10:30 AM Chats/ 2:00 Spin to Win It/ 3:00 Church Serv

**Thu 29:** 10:30 Roll the Dice/ 2:00 Bingo/ Snack Cart after

**Fri 30:** 10:30 Stix Kix Music/ 1:30 Wally & Friends/ Celebrate New Year Eve/ Snacks Galore!

**Sat 31:** **New Year Eve!**

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

## Holiday Healthy Tips for Seniors

To help keep you healthy, reduce stress and avoid the holiday blues, you may consider implementing the following tips the next time you find yourself celebrating with family and friends.



- **Walk after large meals.** We all know that feeling after we've eaten too much at a holiday brunch or dinner. While we might be tempted to nap after a large meal, taking a walk might be a better option. Moving our bodies, especially after a large meal, helps us digest our food and turn it into energy instead of storing it into fat cells.
- **Wash hands frequently.** As we gather inside for celebrations, it's not uncommon for colds and other wintertime illnesses to spread quickly. To decrease our risk of contracting the flu or common cold, make sure to wash your hands frequently using warm water and antibacterial soap. Alcohol-based hand sanitizer is a good option if you're traveling or don't have access to soap and water.
- **Stay hydrated.** Fancy cocktails are a fun holiday treat. However, it's best to drink in moderation and stay hydrated by drinking plenty of water. Alcohol based drinks can cause inflammation in the joints, which can cause pain and decreased mobility. Water helps flush out toxins and helps aids in digestion.
- **Get quality sleep.** Our bodies heal and replenish themselves while we sleep. Getting enough high-quality sleep supports basic body functions and is also important in maintaining our mental health. It's not uncommon to veer from our normal daily routines during the holiday season, however, it's important to maintain our sleep schedules when possible.
- **Maintain your exercise routine.** Exercise releases endorphins, which are our body's natural pain reliever and happiness booster. Exercise is also an important factor in maintaining balance, coordination and can help reduce healing time from injuries. So, bundle up for a walk outside or try an indoor workout you can do from the comfort of your own home.
- **Rest after traveling.** Traveling can become more difficult as we age. Road trips and airplane rides can take a lot of energy. Make sure to get adequate rest after a travel day. This might mean skipping out on the shopping and opting for some quiet time instead.
- **Prioritize healthy meal options.** Before you enjoy special holiday foods, make sure to consume vegetables and fruits which are high in nutrients and support optimal health.
- **Manage stress.** The holidays can be stressful! However, it's important to learn how to manage stress because too much of it can disrupt different function in the body including the immune and digestive systems.
- **Avoid contact with people who are sick.** In addition to washing your hands frequently, you should also do your best to avoid those who are sick with colds or the flu. You might consider avoiding crowded places when possible or protect yourself by wearing a face mask.

Refence: <https://mapleknoll.org/holiday-health-tips-for-seniors/>



# Sudoku Puzzle Level Hard

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

## Meet our Team >>>

### Miranda H. Resident Assistant



**Hometown:** Black River Falls, WI  
I love the small town

#### Tell us about your Job?

I work as a Resident Assistant at Meadowbrook Assisted Living. I started here in July 2022.

I enjoy helping my residents on a daily basis.

#### What are your outside Interests?

I love spending time with my family, I also love playing Hockey on Friday Nights when I'm not working, which I have played for the past 15 years.



1311 Tyler Street  
Black River Falls, WI 54615  
Contact us at **715-284-4396**  
[www.meadowbrookbrf.com](http://www.meadowbrookbrf.com)



Happy Holidays!  
AND HAVE A WONDERFUL  
NEW YEAR  
**2023**  
MEADOWBROOK

**Employee Birthdays**

Ryan P., December 03  
Morgan M., December 05  
Amanda G., December 07  
Becky C., December 13  
Greg H., December 14  
Heidi G., December 16

## HaPpy BiRthDay DECEMBER Born

- They are born Teacher.** People born in December simply love to share their knowledge and show others what to do. Very often they point when people are wrong and what to do to improve yourself or correct the mistakes.
- They are Honest.** They do not like games, lying or duplicity. They always try to be fair and loyal, and they always stick true to their beliefs.
- They are very Active.** They are very energetic and devoted to everything they do. They engage in every social affair, sports, and local actions.
- They are Wise.** They are very intelligent, but they like to learn and deepen their knowledge. They like to meet new people, cultures and win new experiences.
- They are born Leaders.** As we have mentioned before, with such a knowledge and the devotion to actions, December borns are true leaders. They can manage a group and aspirate others to act.
- They are Kind.** They can make any sacrifices to help others. They are helpful, kind and open-hearted.
- They are Reasonable.** They know exactly what they want from life but do not have high demands. Happiness for them is a family, close friends, love, and laughter.
- They are Stubborn.** As we mentioned before, they stick to the rules and beliefs, and it is very hard to convince them to change it. They are very stubborn and won't listen to any other arguments if they will feel that it is not for them.
- They are Loyal.** If they love or are in friendship with someone, they will do everything for them. You know that you can always count on people born in this month, and that will protect and support you no matter what. ay.
- They are Private.** They are sociable and like to help others, they do not like to talk about their feelings and problems with the people they don't know.

<https://www.dazzling.news/a2733/10-traits-december-borns-are-known-for>