

**Upcoming Event >>>**

- Fri 1:** 10:00 Curr Events/11:00 Manicures/2:00 1:1's/ World Smile Day!
- Sat 2:** 11:00 Card Game/ 6:00 Movie Night
- Sun 3:** 3:25 Packer Game
- Mon 4:** 11:00 Walking Tacos/ 3:00 Exercises/ Natl Taco Day!
- Tue 5:** 11:00 Bananas Foster-Dietary Demo/ 2:00 outdoor visit/ 3:00 Bingo
- Wed 6:** 10:00 Curr Events/ 11:00 Cooking Show w/snack/ 6:00 Reminisce
- Thu 7:** 10:00 Exercise/1:00 Snack-Dietary choice/ 2:00 Adult Coloring
- Fri 8:** 10:00 Curr Events/11:00 Manicures/2:00 1:1's/ 6:00 Movie Night
- Sat 9:** 10:00 Exercises/ 1:00 Puzzles, games/ 3:00 Netflix
- Sun 10:** 12:00 Packers vs Bengals
- Mon 11:** 10:00 Exercises/ 11:00 Curr Event/ 1:00 Outdoor visits
- Tue 12:** 10:00 Curr Event/ /11:00 Exercise/ 4:00 Room visits
- Wed 13:** 11:00 M&M cookies/ 1:00 Exercise/ 3:00 Adult Coloring/ Natl M&M Day!
- Thu 14:** 10:00 Bingo/ 1:00 Crossword/3:00 Exercise/ 6:00 Card games
- Fri 15:** 10:00 Curr Events/11:00 Manicures/2:00 1:1's/ 6:00 Movie Night
- Sat 16:** Sweetest Day!
- Sun 17:** 9:30 Coffee/cookies/10:30 TV worship Serv
- Mon 18:** 10:00 Exercises/ 11:00 Curr Event/ 1:00 Outdoor visits
- Tue 19:** 10:00 Curr Event/ /11:00 Exercise/ 4:00 Room visits
- Wed 20:** 10:00 Bingo/ 1:00 Exercise/2:00 Curr Event
- Thu 21:** 10:00 Bingo/ 1:00 Crossword/3:00 Exercise/ 6:00 Card games
- Fri 22:** 10:00 Curr Events/11:00 Manicures/2:00 1:1's/ 6:00 Movie Night- Resident choice
- Sat 23:** 10:00 Exercises/ 1:00 Puzzles, games/ 3:00 Netflix
- Sun 24:** 9:30 Coffee/cookies/10:30 TV worship Serv
- Mon 25:** 10:00 Exercise/ 11:00 Curr Event/ 7:00 Monday Night Football
- Tue 26:** Pumpkin Carving or Pumpkin crafts/ 6:00 The Great Pumpkin/ Natl Pumpkin Day!
- Wed 27:** 10:00 Bingo/ 1:00 Exercise/2:00 Curr Event
- Thu 28:** National First Responders Day-Dine & Dash for Providers
- Fri 29:** 10:00 Curr Event/11:00 Manicures/2:00 1:1's/ 6:00 Movie Night
- Sat 30:** 10:00 Exercises/ 1:00 Puzzles, games/ 3:00 Netflix
- Sun 3:** **HAPPY HALLOWEEN!**

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

# 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.

<i>Symptom or sign</i>	<i>COVID-19</i>	<i>Flu</i>
<i>Cough</i>	Usually (dry)	Usually
<i>Muscle aches</i>	Usually	Usually
<i>Tiredness</i>	Usually	Usually
<i>Sore Throat</i>	Usually	Usually
<i>Runny or stuffy nose</i>	Usually	Usually
<i>Fever</i>	Usually	Usually-not always
<i>Nausea or vomiting</i>	Sometimes	Sometimes (more common in children)
<i>Diarrhea</i>	Sometimes	Sometimes (more common in children)
<i>Shortness of breath or difficult breathing</i>	Usually	Usually
<i>New loss of taste or smell</i>	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: Wausau, WI

How Long have you been working at Meadowbrook?

I've been working since Jan 2021 at Bloomer and transferred to Appleton this month.

Tell us about you

Only child, Mom and Dad were high school sweethearts. Dad was active duty military was born on a military base in Virginia. Dad's side of the family is from northeast side of Wisconsin; Mom's side is from western Wisconsin. Family farm on moms' side was founded in 1870s since ancestors came over. In March of I packed all of my belonging in a storage unit and took a one-way flight to Georgia and I walked 2,200 miles to Maine from Georgia.

What is the best part of your job?

Improving employee experience, staffing and OnShift.

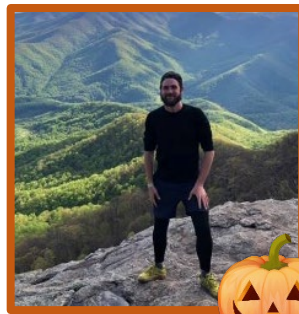
What is something you would like to accomplish?

I would like to be a triple crown hiker, complete all 3 long distance national scenic trails.

What are your favorite Vacation Spot and Movie?

New Zealand is my favorite vacation spot and my movie it's Always Sunny in Philadelphia.

**Zach Johnson**  
 Human Resource



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Healthcare Food Services Week  
 Oct. 3-9th  
 Thank you

**Employee Birthdays**

- Amanda Dausey, October 01
- Amy Griego, October 04
- Savanna Turne, October 25

## 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.