



**Upcoming Event >>>**

- Mon 1:** 11:30 & 2:30 Coffee/ Hot Chocolate cart
- Tue 2:** 1:00 Nail care/ 3:00 Puzzle
- Wed 3:** Natl Stress Awareness Day/ Natl Sandwich Day/ 3:00 Bingo
- Thu 4:** Natl Candy Day/ 3:00 Happy Hour
- Fri 5:** 1:00 Cards/ 6:00 Movie Night
- Sat 6:** 11:30 Cards/ 6:00 Puzzle
- Sun 7:** Church Services / 3:25 Packers vs Chiefs
- Mon 8:** 3:00 Crosswords, Word searches
- Tue 9:** 1:00 Nail care/ 3:00 Happy Hour
- Wed 10:** 3:00 Bingo / 6:00 Adult Coloring
- Thu 11:** 3:00 **Veteran's Day** Program
- Fri 12:** 1:00 Board games/puzzles/ 6:00 Movie Night
- Sat 13:** 11:00 & 2:30 Coffee/ Hot Chocolate cart
- Sun 14:** Church Services / 3:25 Packers vs Seahawks
- Mon 15:** 11:00 & 2:30 Coffee/ Hot Chocolate cart
- Tue 16:** 1:00 Nail care/ 6:00 Adult Coloring
- Wed 17:** 2:00 Resident Council/ 3:00 Bingo
- Thu 18:** 2:00 Music & Memory
- Fri 19:** 3:00 Happy Hour/ 6:00 Movie Night
- Sat 20:** 1:00 Movie Matinee
- Sun 21:** Church Services / 12:00 Packers vs Vikings/ 3:00 Card games
- Mon 22:** "I Am Thankful for" craft – all day
- Tue 23:** 1:00 Nail care/ 6:00 Board games
- Wed 24:** 3:00 Bingo & Happy Hour
- Thu 25:** **Thanksgiving Day** / Macy's Parade
- Fri 26:** 3:00 "Remember When" Reminiscing/ 6:00 Movie
- Sat 27:** 11:00 & 2:30 Coffee/ Hot Chocolate cart
- Sun 28:** Church Services / 3:25 Packers vs Rams
- Mon 29:** 3:00 Happy Hour/ 6:00 Card Games
- Tue 30:** Day of Giving/ 2:00 Natl Mason Jar Day craft / 3:00 Nail Care

10:00 Current Events & Snacks

11:00 Exercises



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

# Newsletter

## *Signs and Symptoms of Diabetes in Elderly Adults*

Diabetes is a chronic metabolic disorder that interferes with how the body uses glucose (sugar) for growth, repair, and energy. That process is regulated by a hormone called insulin that's produced by the pancreas. When performing optimally, the pancreas releases just the right amount of insulin to facilitate the transport of glucose from the blood into the body's cells.

There are 2 chronic types of diabetes:

**Type 1:** This rarer form of diabetes occurs when the body's own immune system starts targeting the insulin-producing cells in the pancreas. The resulting damage causes the pancreas to release little or no insulin, which is why type 1 diabetics must take insulin daily to survive.

**Type 2:** Most diabetics are type 2, elderly and/or overweight. In type 2 diabetics, the pancreas produces plenty of glucose, but for some reason it's not used efficiently- a condition known as insulin resistance. As blood sugar levels rise, a patient usually experiences symptoms. However, some type 2 diabetics remain asymptomatic and don't realize they have it until much later.

To avoid severe diabetes complications, help your older adult make lifestyle choices that keep blood sugar at healthy levels:

- Diet. Eating a healthier diet will benefit older adults.
- Medication reminders. Whether it's insulin for type 1 or oral medications that otherwise control blood glucose levels, keeping medication compliant is important.
- Exercise. Exercising 3 to 5 times a week helps normalize glucose levels and shed excess pounds, so encourage seniors to do so.
- Glucose monitoring. Encourage them to use a blood sugar monitor to track accurate blood glucose levels each day and take notes on how diet, exercise, and stress affect them over time.
- Lifestyle changes. Smoking, eating sugary foods, and drinking alcohol and soda are harmful to someone with diabetes. Encourage your loved one to kick those bad habits to the curb.



# November Word Search



BLESSED  
 BLUE RIBBON  
 CRANBERRY  
 DIABETES MONTH  
 DINNER

FAMILY  
 HANUKKAH  
 LIFESTYLE  
 MAYFLOWERS  
 PARADE



REMEMBRANCE  
 THANKFUL  
 THANKS VETERANS



## Employee Birthdays

Sara Kaufert, Nov 06  
 Amy Hills, Nov 15  
 Michelle Lunda, Nov 21

## The Month of November

November derives from the Latin root *novem* - meaning "nine," because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. The word *November* was first recorded before the year 1000!

### NOVEMBER CALENDAR

- November 1** is **All Saints' Day**. This is the day when all the saints are honored
- November 2** is **Election Day** (U.S.). Don't forget to vote in state and federal elections! Every vote counts.
- November 4** is **Diwali**, an annual festival of lights celebrating the triumph of good over evil.
- November 7** at 2 A.M. is the end of **Daylight-Saving Time**. Set your clocks back one hour on Saturday night at bedtime!
- November 11** is **Veterans Day** (U.S.) and **Remembrance Day** (Canada).
- November 19** is **Discovery of Puerto Rico Day**.
- November 25 is **Thanksgiving Day** (U.S.).
- November 28** marks the start of **Hanukkah**, at sundown. It is an eight-day winter "festival of lights," which begins each year on the 25th day of the Jewish month of Kislev.
- November 28** is also the **First Sunday of Advent**.

## Meet our Team >>>

Hometown: Two Rivers, WI

How Long have you been working at Meadowbrook?

I've been working here for 2 months.

Tell us about your family?

I've been married for 12 years to my amazing husband and best friend. We have 4 children 3 grandchildren with 1 grandbaby due November 20<sup>th</sup>.

What is the best part of your job?

Making a positive difference in the lives of our residents and truly would not be able to do it without the amazing staff I work with every day.

What is something you would like to accomplish?

Take a trip to Iceland see the Northern Lights in.

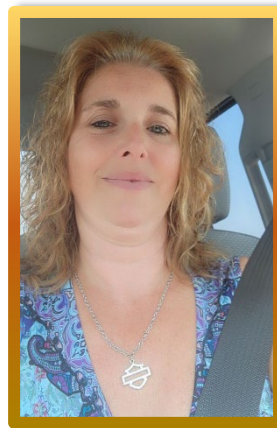
What is your favorite Vacation Spot?

I enjoy camping and spending time with my family. I enjoy taking vacations to Clearwater Florida and Las Vegas. The best international vacation was to Belize.

What is your favorite TV Show?

Favorite TV show is 9-1-1

## Sandy Barbeau Administrator



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*Even if you stumble, you are still moving forward -*  
*Victor Kiam*