



MEADOWBROOK  
— APPLETON —

**Upcoming Event >>>**

- Wed 1:** 11:00 Holiday Bingo/ 2:00 Holiday Decorating
- Thu 2:** 11:00 Holiday Craft/ 2:00 Holiday Music & Memory
- Fri 3:** 11:30 Puzzles/ 6:00 Movie Night
- Sat 4:** Natl Sock Day – socks for all!
- Sun 5:** Church Services / 2:00 Crossword Puzzle
- Mon 6:** 11:00 Monthly BD Party w/ cookies decorating
- Tue 7:** Pet Visit / 11:00 Nail care
- Wed 8:** 11:00 Holiday Bingo / 2:00 Happy Hour
- Thu 9:** Christmas Card Day/ 11:00 Cocoa / Tea cart Day
- Fri 10:** 11:00 Holiday Jeopardy/ 6:00 Holiday Movie Night
- Sat 11:** 6:00 Game Night
- Sun 12:** Church Services / 7:20 Packers Game
- Mon 13:** 11:00 & 2:30 Cocoa cart and Adult Coloring
- Tue 14:** 11:00 Nail care/ 1:00 Resident Council
- Wed 15:** Pet Visit/ 11:00 & 1:00 Holiday Bingo
- Thu 16:** 2:00 Holiday Craft Day & Puzzles
- Fri 17:** Ugly Sweater Day /6:00 Holiday Movie Night
- Sat 18:** Adult Coloring, puzzles, and cards
- Sun 19:** Church Services/ 12:00 Packers Game
- Mon 20:** 1:00 Popcorn & “Remember when...” Holiday Stories
- Tue 21:** Pet Visit/ 11:00 Nail care/ 6:00 cards
- Wed 22:** 11:00 Holiday Bingo/ 1:30 Resident Holiday Party
- Thu 23:** 11:00 Holiday craft/ 2:00 Happy Hour
- Fri 24:** **CHRISTMAS EVE**/ 6:00 Holiday Movie Night
- Sat 25:** **CHRISTMAS DAY!** “Remember when...” Holiday Traditions
- Sun 26:** Crosswords Puzzles, Word Search
- Mon 27:** 11:00 Adult coloring with Coffee cart.
- Tue 28:** 11:00 Nail Care/ 2:00 Holiday Music & Memory
- Wed 29:** Pet Visit/ 11:00 & 1:00 Holiday Bingo
- Thu 30:** 11:00 & 6:00 New Year’s crafts
- Fri 31:** 1:00 New Year Eve Party/ 11:00 Ball Drop

**Current Events/Coffee Clutch T/Th 10 AM.  
Exercise M/W/F 10:30 AM.**

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

# Newsletter

## Take Care of YOU and Seniors this Winter

Use these tips to prepare yourself and older adults for the winter season:

1. **Dress for warmth:** Cold temperatures can lead to frostbite and hypothermia, a condition in which the body temperature drops too low. Older adults are advised to wear warm socks, a thick coat, a hat, gloves, and a scarf if heading outdoors. In very cold temperatures, they should cover all exposed skin and wear a scarf to cover their mouths.  
If you confirm with a thermometer that an older person's temperature has dropped below 95 degrees, seek medical assistance immediately.
2. **Fight winter blues:** The weather and COVID can make it difficult to be together physically, this can bring feelings of loneliness and isolation. To help avoid these problems, family members can check on older people as often as possible; a short, daily phone call can make a big difference, too.
3. **Check the car:** Driving in winter can be dangerous. Get your car checked before winter comes. Check the oil, tires, battery, and windshield wipers.
4. **Prepare for power outages:** Winter storms can cause power outages. Make sure you have easy access to flashlights and a battery-operated radio in case the power goes out. Store warm blankets. Prolonged power outages can spoil the food in your refrigerator and freezer, so keep a supply of non-perishable foods on hand that can be eaten cold.
5. **Eat a varied diet:** Because people spend more time indoors and are able to eat a smaller variety of foods, nutritional deficits, especially vitamin D can be a problem. He recommends that older people consume foods fortified with vitamin D, such as milk, cereals, and seafood options such as tuna and salmon.
6. **Prevent carbon monoxide poisoning:** Using a fireplace, gas heater, or lanterns can lead to carbon monoxide poisoning. Ensure the safety of your home by checking the batteries in your carbon monoxide detector and buy an updated one if you need it.
7. **Keep moving:** Daily stretching, chair yoga, and walking outside when dry are ways to stay active and are good for both your physical health and your emotional well-being.



Winter certainly presents challenges for older adults, but with a little planning and awareness, they'll stay healthy and experience the joys of spring soon enough.

Resource: [www.care.com](http://www.care.com)

# December Word Search



BLIZZARD  
 CANDY CANE  
 FLURRIES  
 FREEZING  
 GINGERBREAD

HOT CHOCOLATE  
 JINGLE BELL  
 NORTH POLE  
 ORNAMENTS  
 POINSETTIA

REINDEER  
 SNOWMAN



## Meet our Team >>>

Hometown: Suring, 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 4 years to my wonderful wife Zoey. We have 2 kids, my daughter Linley 4 years old and son Lennox 2 years old.

What is the best part of your job?

Being able to be a part of a team that all share a similar goal. I also enjoy the autonomy of working in healthcare.

What is something you would like to accomplish?

I want to be able to go shark cage diving.

Favorite TV Show?

Dexter

Favorite Movies?

Love & Basketball, and Ace Ventura

Favorite Vacation Spot?

St. Lucia

## Cody Lechleitner Maintenance Director



## Employee Birthdays

Holly Brown, Dec 12

Alicia Gilbo, Dec 17

Shawn Vanden Boogart, Dec 17

Susan Brimmer, Dec 29

## The Month of December

December is the 12th month (and last month) in our modern-day Gregorian calendar.

However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, "December" comes from the Latin word decem, meaning "ten."

The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the subsequent Julian calendar, two days were added to December, making it 31 days long.

## DECEMBER CALENDAR

- December 6** is **Saint Nicholas Day**. St. Nicholas, the patron saint of children, inspires traditions around the world from hunts for presents to stockings or shoes filled with sweets.
- December 7** is National Pearl Harbor Remembrance Day.
- December 13** is **St. Lucia's Day**, which has long been associated with festivals of light.
- December 15** is **Bill of Rights Day**, to honors the ratification of the first ten amendments to the U.S. Constitution, which occurred on December 15, 1791
- December 21** is the **Winter Solstice**—the astronomical first day of winter in the Northern Hemisphere and first day of summer in the Southern Hemisphere.
- December 25** is **Christmas Day**, a Christian holiday commemorating the birth of Jesus Christ.
- December 26** the **first day of Kwanzaa**.
- On the last evening of the year, **December 31**, kiss the person you hope to keep kissing!



1335 S Oneida St  
 Appleton, WI 54915  
 Contact us at **920-731-6646**  
[www.meadowbrookappleton.com/](http://www.meadowbrookappleton.com/)

