



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Sat 1: 11:00 New Year Resolution/ **New Year's Day!**

Sun 2: 7:20 Packer Game

Mon 3: 11:00 Adult Craft with coffee/tea/ 2:00 Current events

Tue 4: 10:30 AM Exercises/ 1:00 Resident Council/ 2:00 Nail care/ 2:30 Natl Trivia Day!

Wed 5: 11:00 Bingo! 2:00 Adult Coloring w/coffee/tea/ 2:30 Current events

Thu 6: 10:30 AM Exercise/ 1:00 Trivia w/prizes/ 3:00 Games

Fri 7: 1:1 Visits/ 1:00 Board/card games/ 6:00 Movie Night

Sat 8: 1:00 Sit & Remember

Sun 9: 12:00 Packers Game

Mon 10: 10:30 Hot Cocoa cart/ 1:00 Resident B-day Party/ 2:30 Current events

Tue 11: 10:30 AM Exercises/ 11:00 Nail care/ 2:00 Adult Coloring/ Pet Visits

Wed 12: Natl Hot Tea Day! 11:00 Bingo/ 2:00 Hot Tea cart/ 2:30 Current events

Thu 13: 10:30 AM Exercises/ 1:00 Trivia w/prizes/ 6:00 Music & Memory

Fri 14: 1:1 Visits/ 1:00 Board/card games/ 6:00 Movie Night/ Natl dress up your pet day! Send in Pictures

Sat 15: 2:00 Learn how bagel are made / Natl Bagel Day!

Sun 16: NFL Playoff games

Mon 17: 11:00 MLK Trivia/ 2:00 MLK I have a dream craft/ 2:30 Current events

Tue 18: 10:30 AM Exercises/ 11:00 Nail care/ 2:00 Finish that song music event/ **Natl Maintenance Day!**

Wed 19: 11:00 Bingo/ 2:00 Natl Popcorn Day/ 2:30 Curr events

Thu 20: 10:30 AM Exercises/ 1:00 Trivia w/prizes/ 3:00 games

Fri 21: 1:1 Visits/ 1:00 Board/card games/ 6:00 Movie Night

Sat 22: 6:00 Puzzle/word searches

Sun 23: NFL Playoff games **01/23 – 01/29 Activity Week**

Mon 24: 11:00 Adult Craft with coffee/tea/ 2:00 Current events

Tue 25: 10:30 AM Exercises/ 11:00 Nail care/ 2:00 Adult Coloring / Pet Visits

Wed 26: 11:00 Bingo/ 2:00 Letter to our spouses/remembering our spouses/ Natl Spouses Day!

Thu 27: 10:30 AM Exercises/ 1:00 Trivia w/prizes/ 3:00 Music & Memory

Fri 28: 1:1 Visits/ 1:00 Board/card games/ 6:00 Movie Night

Sat 29: Natl Puzzle Day! 6:00 Puzzles

Sun 30: NFL Playoff games

Mon 31: 11:00 Reflect on New Year's resolution/ 2:00 Curr Events/ Natl Hot Chococalte Day!

Newsletter

Healthy New Year's Resolution for Seniors

Happy New Year! And there's no better time to start on your wellness goals. The American Geriatrics Society's Health in Aging Foundation recommends these healthy New Year's resolutions for older adults to help achieve their goal of becoming and staying healthy.

- 1. Eat Healthier:** In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta.
- 2. Be Active:** Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes, or arthritis. In fact, many of these conditions get better with mild to moderate physical activity.
- 3. Visit your Healthcare provider:** As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit, you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations.
- 4. Kick your bad habits:** One of the most popular new year's resolutions for seniors involves quitting smoking and/or drinking. These habits have some serious health issues attached to them.
- 5. Prevent a Fall:** One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls.
- 6. Use your Brain:** The more you use your mind, the better it will work. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like, reading, writing, and trying a new hobby that can help you ward off a decline in mental health.
- 7. Get Enough Sleep:** It's important to get enough sleep to feel your best. Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.
- 8. Consider Dietary Supplements and/or a Multivitamin:** Consult your healthcare provider regarding any supplements or vitamins that you would benefit from.
- 9. Speak Up About Your Mental Health:** About 1 in 5 older adults suffer from depression or anxiety. Some signs of depression are ongoing feelings of sadness, fatigue, changes in appetite, or losing the desire to do things that you enjoy.

Wishing you a healthy and happy 2022!

123 Sudoku Puzzle Level Easy

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

Meet our Team >>>

Hometown: Combine Locks, Wisconsin

Tell us about your Job?

I manage the front desk as my coworkers like to call me "the gate keeper". I scan documents into residents' carts and am the go-to person of our building.

Tell us about your family?

I have been married to my husband for 38 years. I have three children and four grandchildren. I also have on fur baby her dog.

What are your outside Interests?

I like to sit on my deck and feel like I am up north with my pool and large deck.

Something not everyone may know about you

I have been to Hawaii.

Favorite sport team

Green Bay Packers.

Shawn Vanden Boogart
Administrative Assistant



*May the new year bless you
with Health, Wealth, and
Happiness*

Employee Birthdays

Jasmin Gray, Jan 03

Pamela DelNegro, Jan 11

Mikel Lenz, Jan 29

Kyle Fiedler, Jan 31

Happy Birthday

The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year.

The Romans often made promises to Janus and exchanged good wishes

JANUARY CALENDAR

- January 1** is **New Year's Day**. Time to you write the new resolutions.
- January 5** brings **Twelfth Night**, an English folk custom that marked the end of Christmas merrymaking, and in ancient Celtic tradition, the end of the 12-day winter solstice celebration.
- January 6** is **Epiphany**. According to the New Testament's Gospels, on this date the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus.
- January 17** is **Benjamin Franklin's birthday**. He was not only a world-renowned statesman, inventor, and scientist, but was also fascinated by agriculture.
- January 17** is also **Martin Luther King Jr. Day** (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.!



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