



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Sat 1: 1:30 Residents decorate cookies/Natl Cookies homemade Day!

Sun 2: 10:30 Live Stream Church/ 3:25 Packers Game & Popcorn

Mon 3: 10:30 Wii Games/ 1:30 Paint a Pumpkin/7:15 Night Football

Tue 4: 10:30 Crossword/ 1:30 Taco Bingo/ Natl Taco Day!

Wed 5: 10:30 Fall Craft/ 1:30 Sudoku Sheets

Thu 6: 10:30 Nerf Gun Game/ 1:00 Coloring Hour/ 6:00 Puzzles

Fri 7: 10:30 Card Games/ 1:00 Photo Booth/ World Smile Day!

Sat 8: 10:00 Halloween Dot to Dot/ 1:30 Board Games in Act. Room

Sun 9: 8:30 Packers Game/ 1:30 Halloween Game & Popcorn

Mon 10: 10:30 Wii / 1:30 Cake Decorating/ 7:15 Night Football

Tue 11: 10:30 Fall Word Search 1:1/ 1:30 Duck Bingo

Wed 12: 10:30 Exercise & Fall Quiz/1:30 Cribbage/ 6:00 Coloring Hr

Thu 13: 10:30 M&M Game/ 1:00 Music & Darts/ M&M Day!

Fri 14: 10:30 Bingo/1:00 Apple Cider&Halloween Movie-Living Rm

Sat 15: Starting with the letter fall favorite worksheet/1:00 Social Hr

Sun 16: Noon Packers Game & Popcorn/ Wear Favorite Sports Team

Mon 17: 10:30 Wii Games/ 1:30 Trivia Hour/ 7:15 Night Football

Tue 18: 10:30 Sudoku 1:1/ 1:30 Resident Council

Wed 19: 10:30 Make Halloween Treat for Friday Movie/ 1:30 Bingo/ 6:00 Puzzles & Social Hour

Thu 20: 10:30 Music & Darts Game/ 1:00 Paint & Sip

Fri 21: 10:30 Card Games/ 1:30 Halloween Movie & Treat

Sat 22: 10:30 Model building in Activity Room/ 1:00 Board Games

Sun 23: 10:30 Live Stream Church/ Noon Packers Game

Mon 24: 10:30 Wii/ 1:30 Trivia & Apple Cider/ 7:15 Night Football

Tue 25: 10:30 Halloween Wordsearch/ 1:30 Resident Birthday Party

Wed 26: 10:30 Halloween Craft/ 1:30 Decorate a Pumpkin/ Natl Pumpkin Day!

Thu 27: 10:30 Nerf Gun Shooting/ 1:00 Board Games in Act. Room/ 6:00 Puzzles

Fri 28: 10:30 Make Cards for First Responders/ 1:30 Halloween Movie/ Natl First Responders Day!

Sat 29: 10:30 Cribbage/ 1:30 Halloween Dot to Dot

Sun 30: 10:00 Candy Corn Treat/ 7:30 Packers Game

Mon 31: 10:30 Halloween Bingo/ 1:00 Carmel Apple Bar/ Natl Carmel Apple Day! **Happy Halloween** – Dress up!

Daily Activity 5am-9am Good Day Wisconsin in Living Room. Mail will be delivered daily by Whitney. Snack/Hydration Station 3:30 Daily M-F along with daily Exercise. Activities may change, look for changes on the Hallway Calendar which will be highlighted in Blue.

Newsletter

The Importance of Socializing for Seniors

Healthy relationships are necessary at every age, but the importance of socialization for seniors cannot be overemphasized. Consistent social interactions help keep people mentally, physically, and emotionally fit. Of course, they also fend off the difficulties inherent to isolation and make our lives feel more meaningful in an overall sense.

Older adults with a fulfilling social life tend to avoid many of the physical, cognitive, and emotional difficulties that seniors who are isolated encounter. There are a number of important ways that socialization can improve senior health:

- Reduced stress. Older adults who are socially active handle stress better. This leads to important increases in cardiovascular health and an improved immune system.
- Longer lifespan. High levels of socialization in seniors help increase longevity.
- More fitness. Older adults with diverse social supports are more likely to exercise regularly, which leads to a host of physical, mental, and cognitive benefits.
- Reduced risk of depression. Consistent socialization reduces the likelihood that seniors will experience the depression caused by isolation and loneliness.
- Less anxiety. Similarly, senior socialization reduces levels of anxiety as well.
- Greater self-esteem. Socialization helps seniors maintain their self-esteem and sense of worth.

Just as importantly, socialization can provide a tremendous boost to a senior's cognitive health as well. Positive social interactions on a consistent basis help keep seniors stimulated, mentally sharp and intellectually engaged.

For many older adults, continued socialization doesn't happen on its own. Strategies, commitment and diligence are often required. Here are some Social Activities for Seniors:

- Exercise classes and walking groups
- Happy hours and group outings
- Regular phone calls and video conferences with friends and family
- Bingo
- Card games
- Billiards, darts and other parlor games



References: <https://www.actsretirement.org/latest-retirement-news/blog/2017/12/12/the-importance-of-socializing-for-seniors/>



Sudoku Puzzle Level:

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



Employee Birthdays

- Amy G., October 04
- Nakira R., October 04
- Nicole W., October 07
- Courtney G., October 12
- Tiffany O., October 27
- Autumn B., October 30



HaPpy BiRthDay OCTOBER Born

- Charming.** October borns are charismatic, and they possess the ability to win everyone's hearts with their charming attitude.
- They are Romantic.** They will go to the ends of the earth to prove their feelings and show how much it means to them. So, it's best not to play with their feelings because they are genuine.
- They are Emotionally Stable.** They do not go around showing their anger or worries to other people. They prefer to stay calm, do not argue and will try their best not to make a scene.
- They are Calm.** Connected to the previous point, this is another feature of October borns. It is hard to see them lose their temper.
- Optimistic.** They have a lot of enthusiasm for everything. When it comes to achieving their goals, even failure cannot stop them.
- They are Focus on the Goals.** When they think of doing something, they will keep going until they achieve their goals. And because of their positive attitude, they never give up.
- They are Solution Providers.** Although they mostly seem quiet, they have answers to everything. And if they say something, there is a huge chance that they're right.
- They tend to spend a lot of money.** They are very smart people, but when it comes to money, they can be a little careless.
- They are Warm-hearted.** They're kind, friendly, hospitable and caring people. They put others' needs first before meeting theirs and as we said before, they do not compromise on this.
- They are Careless.** They are the ones that prefer to live in the moment rather than stress over the future. Of course, they have plans and are ambitious, but they like to deal with situations as they come.

Meet our Team >>>

Hometown: Appleton, WI

How long have you been working at Meadowbrook?
I have been working here for 1 months.

Tell us about your family?

Family is very important to me. I have two amazing parents who are very supporting. I am the middle child of 3, I have two sisters, one older and one younger. My two dogs are my world, Kita and Loki are both husky mixes.

What is the best part of your job?

As the Activity Director I get to hear a lot of great stories from residents as well as getting the enjoyment of coming up with fun games/activities to get residents out of their rooms for a couple hours of the day.

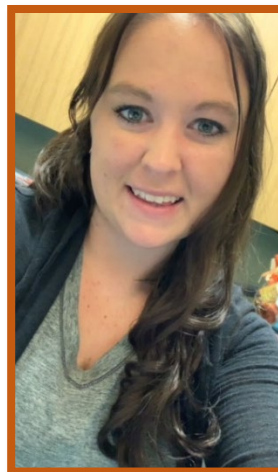
What is something you would like to achieve?

Having my Volleyball Club team be successful.

What is your favorite vacation spot?

Colorado- specifically Springs and Denver. I have family that lives in Denver so visiting is always a blast. Colorado Springs is a beautiful area with lots to do, including great hiking trails.

Whitney Lang Activity Director



1335 S Oneida St
Appleton, WI 54915
Contact us at **920-731-6646**
www.meadowbrookappleton.com/



<https://www.dazzling.news/a3397/10-traits-october-borns-are-known-for-1>