



Upcoming Event >>>

- Tue 1:** 10:30 Darts & Music/ 1:30 Bingo
 - Wed 2:** 10:30 Make your own stress ball/ 1:30 Hidden Pictures Sheets/ Natl Stress Dy
 - Thu 3:** 10:30 Hagman/ 1:00 Wii Games
 - Fri 4:** 10:30 Candy Trivia w/treat/ 1:00 Bingo/ Natl Candy Day!
 - Sat 5:** 10:00 Donuts & Coffee/ 1:30 Board Games in Act. Room

 - Sun 6:** Noon Packers Game w/ nachos/ Natl Nacho Day!
 - Mon 7:** 10:30 Wii Games/ 1:30 True & False/ 7:15 Night Football
 - Tue 8:** 10:30 Hidden Sheets/ 1:30 Live Music in Dining Room
 - Wed 9:** 10:30 Paint & Sip/1:30 Bingo
 - Thu 10:** 10:30 Book Club Talk/ 1:00 Cribbage
 - Fri 11:** 10:30 Coloring Hour for Contest/1:00 Movie & Popcorn/
Veteran's Day!
 - Sat 12:** 10:30 Board Games in Activity Room

 - Sun 13:** 3:25 Packers Game/ Natl World Kindness Day!
 - Mon 14:** 10:30 Social Hour w/pickles/ 1:30 Jeopardy/ 7:15 Night Football/ Natl Pickle Day!
 - Tue 15:** 10:30 Wii Games/ 1:30 Bingo
 - Wed 16:** 10:30 Button Craft/ 1:30 Cribbage/ Natl Button Day!
 - Thu 17:** 10:30 True & False/1:00 Nerf Gun Game/7:15 Packers game
 - Fri 18:** 10:30 Hot Apple Cider Social Hour/ 1:30 Movie & Popcorn
 - Sat 19:** 10:30 Monopoly on Wii/ Natl Monopoly Day!

 - Sun 20:** Noon Packers Game in Living Room
 - Mon 21:** 10:30 Thanksgiving Scavenger Hunt/ 1:00 Resident Shopping
 - Tue 22:** 10:30 Thanksgiving Wordsearch/ 1:30 Resident Council
 - Wed 23:** 10:30 Nerf Gun Games/ 1:30 Bingo
 - Thu 24:** **Happy Thanksgiving!**
 - Fri 25:** 10:30 Hangman/ 1:30 Movie & Popcorn
 - Sat 26:** 10:30 Social Hour/ 1:30 Boardgames/ Natl Cake Day!

 - Sun 27:** 7:20 Packers Game
 - Mon 28:** 10:30 Fishing/ 1:00 Jeopardy/ Natl French Toast Day!
 - Tue 29:** 10:30 Wii Games/ 12:30 Resident Birthday Party
 - Wed 30:** 10:30 Guess That Decade/ 1:30 Paint & Sip
- Daily Activity: 5 AM – 9 AM Good Day Wisconsin in Living Rm. Mail will be delivered daily by Whitney. Snack/Hydration Station 3:30 Daily M-F along with daily Exercise. Nightly Movies at 7 PM in Living Rm. Activities may change, look for changes on the Hallway Calendar which will be highlighted in Blue.**

Newsletter

COLD AND FLU PREVENTION TIPS FOR SENIORS

Cold and flu season is upon us again. In addition, Covid-19 will still be circulating in our communities.

We have 10 tips for avoiding the flu and in case you or your older adult gets sick.

Note: The tips below focus on cold and flu prevention tips. To reduce the risk of contracting Covid-19, follow CDC guidelines.

1. **Get the flu vaccine:** Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important for seniors. **Note:** For the 2022-2023 flu season, many health experts recommend getting a flu shot before the end of October.
2. **Wash or sanitize hands thoroughly and often:** Frequently hand washing with regular soap is an effective way to get rid of cold and flu germs. If you can't get to soap and water often enough, use hand sanitizer with at least 60% alcohol to kill cold and flu germs.
3. **Exercise regularly:** Moderate exercise boosts the immune system and could reduce risk of a cold by a third.
4. **Avoid touching the eyes, nose, and mouth:** We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body.
5. **Clean the environment to eliminate germs:** Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning. Pay special attention to germ hot spots like doorknobs, light switches, and kitchen and bathroom counters.
6. **Sanitize your mobile devices:** Something that many people forget is how dirty and germ-filled their mobile device is. Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.
7. **Stay away from people who are sick:** It might sound obvious, but it's worth repeating: keep your distance from people who are sick.
8. **Avoid crowds and unnecessary travel:** Try to avoid being in large groups of people, especially in poorly ventilated spaces. That increases the chance of catching a cold or flu from an infected person.
9. **Drink plenty of liquids:** Staying hydrated with plenty of liquids, especially plain water, or hot tea, can help the body better fight off germs.
10. **Get added Vitamin C and protein through nutritious foods:** Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick. It's best to get it through food, but a 200 mg supplement also works. But first, check with the doctor to be sure that the supplement would be safe for your older adult.





Sudoku Puzzle Level: Hard

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



Employee Birthdays

- Sara K., Nov 06
- Lenore C., Nov 19
- Michelle L., Nov 21
- Priscilla H., Nov 25
- Heather B., Nov 28
- Janika M., Nov 28



HaPpy BiRthDay NOVEMBER Born

- They are Calm and Collected.** People born in November are usually calm and can control their emotions unless they are provoked. They will try their best not to have an outburst.
- They are Often Mistaken.** They don't hurt anyone intentionally, and if they do, they were not aware of doing so. Unfortunately, they are often being misunderstood for their words or actions.
- They have their own Rules.** They are different from others, especially in this case. They don't care what others do! They have their own and unique way of doing things.
- They are Loyal.** They are the most loyal people you will ever meet. When it comes to relationships, they will never let you down.
- They are Fair to Everyone.** They see everyone as individuals who have the right to do whatever they want.
- They are Hardworking.** They are not the people for procrastination. They prefer to do things on time without any delay because if they make a mistake or get stuck, they will have enough time to change it.
- They Need Their Space.** They often prefer to keep their feelings to themselves. They don't like people knowing about their deepest secrets, fearing they will be judged.
- They are Attractive.** They just can't help but look attractive. Without even trying they attract attention like bees to honey.
- They are Unique.** They are so unique that it's hard to find someone like them. What makes them different is that they do things their own way.
- They are too Stubborn.** They hey will only believe what they think is right. Sometimes they are too stubborn to accept that they can be wrong too.

Meet our Team >>>

Lindsay Longmeyer Dietary Manager



Hometown: Green Bay, WI

How long have you been working at Meadowbrook?
I have been working here from December 2021.

Tell us about your family?

I have a loving Fiancé and a Yellow lab that I adore.

What is the best part of your job?

Being able to interact with the residents as well as enhancing their life through food/diet.

What is something you would like to achieve?

To buy my own house.

What is your favorite vacation spot?

Some place tropical, went to the Bahamas.



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<https://www.dazzling.news/a1265/10-things-to-expect-when-in-a-relationship-with-a-november-born>