




MEADOWBROOK
—CHETEK—

Upcoming Event >>>

Sat 1: Morning on SCU, conversations, Fun cart

Happy New Year!

Sun 2: 2:00 Prairie Lake Convent

Mon 3: Weekly BOGGLE/ 2:00 Dice/ 7:15 Browns/Steelers

Tue 4: Pastor Letter-Treat/ 2:00 Bingo Trivia

Wed 5: Boggle Prizes / 1:00 Movie/ Popcorn

Thu 6: 2:00 Catapulting Frogs/ 6:00 Movie

Fri 7: 2:00 VFW Aux Bingo

Sat 8: Morning on SCU, conversations, Fun cart

Sun 9: 2:00 Freedom Community Church

Mon 10: Weekly BOGGLE/ 2:00 Game Day

Tue 11: Pastor Letter-Treat/ 2:00 Bingo

Wed 12: Boggle Prizes / 1:00 Movie/ Popcorn

Thu 13: 2:00 Pizza Party from Main St Café/ 6:00 Movie

Fri 14: 2:00 Bingo/ Send Pics of your pets

Sat 15: Morning on SCU, conversations, Fun cart

Sun 16: 2:00 Chetek/Dovre Lutheran Church

Mon 17: Weekly BOGGLE/ 2:00 Dice

Tue 18: Pastor Letter-Treat/ Cookout/Picnic /2:00 Bingo

Wed 19: Inservice/Activity Room/ 1:00 Movie Family Room

Thu 20: 2:00 Natl Cheese/Cracker Day/ 6:00 Movie

Fri 21: 10:00 Communion/ 2:00 Bingo

Sat 22: Morning on SCU, conversations, Fun cart

Jan 23 - Jan 2 Activity Professional Week

Sun 23: 2:00 St. Boniface Catholic Church

Mon 24: Weekly BOGGLE/ 2:00 Game Day

Tue 25: Pastor Letter-Treat/ 1:00 Resident Council/ 2:00

Bingo

Wed 26: Boggle Prizes / 1:00 Movie/ Popcorn

Thu 27: Brown Bag Auction/ 6:00 Movie

Fri 28: 2:00 Bingo

Sat 29: Morning on SCU, conversations, Fun cart

Sun 30: 2:00 Advent Christian Church

Mon 31: Weekly BOGGLE/ Hot Chocolate 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: Amery, WI

Tell us about your Job?

My job includes helping new residents get admitted and helping them discharge when they are ready. Lots of paperwork. I answer the phone. I also make appointments for the residents. My favorite part of my job is listening to the resident's stories.

Tell us about your family?

I have a wonderful husband who is my high school sweetheart. We share two very loud, but beautiful children, one boy and one girl. We live in chaos with our cats and a dog.

What are your outside Interests?

If I have free time, I'm reading. Though lately I've found that listening to audiobooks better suits me. It makes it so much easier to do things like laundry and dishes.

Something not everyone may know about you

I raise Monarch butterflies every year. This summer I released 273.

Favorite sport team

I don't get too into sports, but if I had to pick it would be the Packers or the Seahawks.

Savannah Sahnaw Social Service Assistant



Employee Birthdays

Savannah Sahnaw, Jan 10
Tammy Kringle, Jan 11
Jennifer Bohl, Jan 25

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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