



MEADOWBROOK
—CHETEK—

Upcoming Event >>>

- Tue 1:** Room Visits/Menu/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 2:** Room Visits/ Beauty Shop Open PANDA/ 1:15 Movie
- Thu 3:** 10:00 Card Club/ 2:00 Pizza Party/ 6:00 Movie
- Fri 4:** Room Visits/Menu / 2:00 VFW AUX Bingo
- Sat 5:** Room Visits/ Menu /Morning on SCU / 2:00 Bingo
- Sun 6:** 2:00 Freedom Community Church
- Mon 7:** Weekly BOGGLE/ 9:00-2:00 Christmas Fund Raiser, Bake Sale, Auction Baskets
- Tue 8:** Room Visits/Menu/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 9:** Room Visits/Beauty Shop Open/ 1:15 Movie
- Thu 10:** 10:00 Craft Grp/ 2:00 Catapulting Frogs/ 6:00 Movie
- Fri 11:** Room Visits/Menu / 2:00 Veteran Day Program
- Sat 12:** Room Visits/Menu /Morning on SCU / 2:00 Bingo
- Sun 13:** 2:00 Chetek/Drove Lutheran Church
- Mon 14:** Weekly BOGGLE/2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room
- Tue 15:** Room Visits/Menu/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 16:** Inservice/ Room Visits/Beauty Shop/1:15 Movie
- Thu 17:** 10:00 Card Club/ 2:00 Weekly Happy Hour/ 6:00 Movie
- Fri 18:** Room Visits/Menus/ 10:00 Communion/ 2:00 Bingo
- Sat 19:** Room Visits/Menus/ Morning on SCU/ 2:00 Bingo
- Sun 20:** 2:00 Chetek United Methodist Church
- Mon 21:** Weekly BOGGLE/ 2:00 Dick Hinke/ 6:00 Assort. Games in Family Room
- Tue 22:** Pastor Letters-Treats/ 1:00 Res Council/ 2:00 Bingo
- Wed 23:** Room Visits/Beauty Shop/ 2:00 Brown Bag Auction
- Thu 24:** Thanksgiving Macy's Day Parade on TV
- Fri 25:** Room Visits/Menus/ 10:00 Catholic Mass/ 2:00 Black Friday Bingo
- Sat 26:** Room Visits/ Morning on SCU / 2:00 Halloween Bingo
- Sun 27:** 2:00 St Boniface Catholic Church
- Mon 28:** Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room
- Tue 29:** Room Visits/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 30:** Room Visits/Beauty Shop Open/1:15 Movie

Tuesdays 6:00 – Assorted Games in Family Room
Thursday 6:00 – Movie in Family Room
**** Activity Calendar is subject to change****

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

- Amie F., Nov 7
- Taylor K., Nov 7
- Lorie M., Nov 7
- Julia L., Nov 16
- Brenda T., Nov 21
- Julie R., Nov 25
- Patricia U., Nov 30



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 >>>

Shane Mickelson Dietary Aide



Hometown: Chetek, WI.

Tell us about your Job
I'm a Dietary Aide.

Tell us about your family
I have mom/dad and two help brothers.

What are your outside Interests?
Snowmobiling, movies, spending time with friends and family.

Something not everyone may know about you
My right collarbone is bigger than the left.

Favorite sport team
Brewers/Packers/Badgers.

Testimonial >>>



"The stay was wonderful. I loved the food and loved the rehab staff. The staff and residents were great. We are so grateful for getting me better." Alfred B. - Resident



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