



**Upcoming Event >>>**

- Mon 1:** BOGGLE/ 2:00 Winter Crafts/ **Natl Bloody Mary Day!**
- Tue 2:** 10:00 Cribbage/ 2:00 Bingo
- Wed 3:** 2:00 Brwon Bag Auction
- Thu 4:** Beauty Shop / 2:00 Happy Hour/ **Natl Trivia Day!**
- Fri 5:** Crafts/Puzzles available in AR/ 2:00 Bingo
- Sat 6:** 2:00 Bingo

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- Sun 7:** Activity Staff
- Mon 8:** BOGGLE- Orders for B/B/ 2:00 Therapy Warriors
- Tue 9:** 10:00 Cribbage / 10:00 Snowflake Graft group/ 2:00 Bingo
- Wed 10:** Crafts/Puzzles available in AR/ 1:15 Movie
- Thu 11:** Beauty Shop/ Noon B/B Delivered/ 2:00 Happy Hour.
- Fri 12:** Crafts/Puzzles available in AR/ 2:00 Bingo
- Sat 13:** 2:00 Bingo

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- Sun 14:** 2:00 Freedom Community Church
- Mon 15:** BOGGLE/ 2:00 Bagel Cart/ **Natl Bagel Day!**
- Tue 16:** 10:00 Cribbage/ 2:00 Bingo
- Wed 17:** Crafts/Puzzles available in AR/ 1:15 Movie
- Thu 18:** Beauty Shop/ 1:00 Happy Hour/ **Natl Trivia Day!**
- Fri 19:** 10:00 Communion Service/ 2:00 Bingo/ **Natl Popcorn Day!**
- Sat 20:** 2:00 Bingo

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- Sun 21:** 2:00 Chetek/Dovre Lutheran Church
- Mon 22:** BOGGLE/ 2:00 Pir Baking Group
- Tue 23:** 10:00 Cribbage/ 1:15 Resident Council /2:00 Bingo/  
**Natl Pie Day!**
- Wed 24:** Inservice/ 1:15 Movie-Family Rm/ **Natl Compliment Day!**
- Thu 25:** Beauty Shop/ 2:00 Happy Hour-Pizza Party
- Fri 26:** 10:00 Catholic Mass/ 2:00 Bingo
- Sat 27:** 2:00 Bingo

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- Sun 28:** 2:00 Boniface Catholic Church
- Mon 29:** BOGGLE/ 2:00 Jack Gorski/ **Natl Puzzle Day!**
- Tue 30:** 10:00 Cribbage/ 2:00 Bingo
- Wed 31:** 2:00 Hat Choc & Treats/ **Natl Hot Chocolate Day!**

**DAILY:** Morning Greeting, Room Visits, 1:1 with residents – Puzzles/Games/Crafts available in Activity Room  
**MONDAY:** Weekly BOGGLE passed out, 6:00 Games in Family Room  
**TUESDAY:** We Care Ministries treats and Pastors Letters  
**THURSDAY:** BEAUTY SHOP IS OPEN, 6:00 Movie in Family Room

\*\*\*Calendar Subject to Change\*\*\*

# Newsletter

## Downsizing Tips for Seniors

As we age, most older adults will consider the option of downsizing or moving to a smaller space. Downsizing and decluttering can make life easier and safer, even if you're not moving. It can also be stressful and emotional, especially if you've lived in one place for a while.

### Why Downsize?

- ▶ **Cut costs.** Reducing your monthly expenses by moving into a smaller, less expensive space helps to save since most retirees are on a limited or fixed income.
- ▶ **Simplify your lifestyle.** The less you have, the less you have to maintain.
- ▶ **Logistics.** Moving to a one-floor space that's easy to access and navigate can help you age in a safe place longer.
- ▶ **Family.** You might move later in life to be closer to your children, grandchildren, and other relatives who can help you age in place.
- ▶ **Medical needs.** Seniors with chronic conditions or needing more frequent medical care may need to relocate to be near their doctor or adult day care. Or, they might need to move into a space that can accommodate specific medical equipment.
- ▶ **Better weather.** One study shows that 25 % of older adults plan to move to a warmer climate.



### Is it Time to Downsize? Questions to Ask

For older adults, deciding where and when to move can be complex. But there are some basic questions you can ask yourself to decide if you should relocate.

Do you have unused rooms? Can you afford to stay in your current home for five, 10, or 20 more years? Do you feel isolated? Do you have too much stuff to manage?

If you realize you have a lot of wasted space or too much clutter, your social interactions are lacking, or the price isn't right, it might be time to downsize.

### Tips for Staying Positive as You Downsize

- ▶ **Take time with your treasures.** As you declutter, allow enough time to thoughtfully go through your belongings and enjoy the memories associated with these items.
- ▶ **Focus on what you're gaining, not losing.** Change is always hard, and there will be tough days. Try to think about all the extra time you'll have to enjoy your days and family.
- ▶ **Make plans to see people.** If you're moving, set some concrete dates to meet or chat with friends. Familiar faces and staying busy can help speed up the acclimation process.
- ▶ **Join classes and clubs ahead of time.** Being part of a group of like-minded people helps stave off loneliness and anxiety.

Reference: <https://www.seniorliving.org/housing/downsizing/>

# Let's play! Word Search: MLK



EQUALITY	DREAM	CIVILRIGHTS	SPEECH
JUSTICE	ALABAMA	MINISTER	ACTIVIST
LIBERTY	JANUARY	AMERICAN	FREEDOM
NOBEL	HERO	COURAGE	

## Meet our Team >>>

Hometown: Chetek, WI

Tell us about your Job.

Taking care of the people I love and care for while being one of their biggest advocates. I also get to help by communicating with the MD's, NP's and others to make sure I can provide the best quality of care.

Tell us about your family.

Mom and Dad, two sisters, Kelly and Emily, brother-in-law Nick and nephew, Everett.

Something not everyone may know about you.

I used to work as a snowboard instructor.

Favorite sport team

The Green Bay Packers!

**Sarah C.**  
RN, Wound Care/MDS  
Assistant



# HAPPY NEW YEAR 2024

## Employee Birthdays

Kelsey O., Jan 02  
Rebecca Y., Jan 07  
Janelle P., Jan 08  
Tammy K., Jan 11  
Christine M., Jan 20  
Jennifer B., Jan 25  
Robin N., Jan 27



## FUN FACTS ABOUT JANUARY

- **Endings and Beginnings.** Much like today, the Ancient Romans saw the start of January as a bridge between the past and the future.
- **The Dead Period.** In the Roman calendar only 10 months had formal names. Winter (January and February) was simply known as the "dead period".
- **Brrr, it's cold out here.** In the northern hemisphere, January is the coldest month. The lowest temperature ever recorded in the US was -80°F. This was recorded by a weather observer at Prospect Creek Camp in Alaska on January 23, 1971
- **Buried under an avalanche of snow.** On January 19th, 1933, 60 inches of snow fell at the Giant Forest Weather Station in California, marking the record for snowfall for the Golden State.
- **An annual holiday for an American hero.** Martin Luther King Jr. was an instrumental figurehead in the fight for the rights of the African-American community. To remember him, and what he stood for, Americans celebrate every third Monday in January. This is because Martin Luther King Jr. was born on January 15th, 1929.
- **Three centuries of January statehood.** Seven US states obtained their statehood in the month of January. The time span of the first and last January statehood is an incredible 171 years. The seven states are Georgia (4th) and Connecticut (5th) in 1788, Michigan (26th) in 1837, Kansas (34th) in 1861, Utah (45th) in 1896, New Mexico (47th) in 1912, and Alaska (49th) in 1959.
- **Thinking of breaking up with someone?** Do it in January. Often nicknamed "divorce month" by lawyers, this is the most common month for couples to divorce or break-up.
- **A discovery of epic (and cursed) proportions.** On January 3rd, 1924, over a year after his initial discovery, Howard Carter opened the doors to the last shrine, revealing the stone sarcophagus of the Pharaoh Tutankhamun.

<https://www.funfactsabout.com/fun-facts-about-january/>



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