



MEADOWBROOK
—CHETEK—



Upcoming Event >>>

- Tue 1:** 10:00 Cribbage/ 10:00 Baking Group/ 2:00 Bingo
- Wed 2:** PANDA/ 1:15 Movie of the Week/ Games available 6 pm
- Thu 3:** Beauty Shop/Catholic Comm/10:00 Baking/ 2:00 Happy Hr
- Fri 4:** 10:00 Fall Craft Group/ 2:00 Bingo
- Sat 5:** 2:00 Bingo

- Sun 6:** 2:00 Church/ Activity staff
- Mon 7:** BOGGLE/ B/B Order
- Tue 8:** 10:00 Cribbage/ 10:00 Yahtzee/ 2:00 Bingo
- Wed 9:** 1:15 Movie of the week/ Games available at 6 pm
- Thu 10:** Beauty Shop/Catholic Comm/10:00 Yahtzee 2:00 Happy Hr
- Fri 11:** 10:00 Courtyard/ 2:00 Bingo
- Sat 12:** 2:00 Bingo

- Sun 13:** 2:00 Church/ Activity Staff
- Mon 14:** BOGGLE/ Barber Shop/ 2:00 Therapy Warriors
- Tue 15:** 10:00 Cribbage / 2:00 Bingo
- Wed 16:** Celebrate October Fest Lunch
- Thu 17:** Beauty Shop/Catholic Comm/10:00 Dice/ 2:00 Happy Hr
- Fri 18:** 10:00 Communion Service/ 2:00 Bingo
- Sat 19:** 2:00 Bingo

- Sun 20:** 2:00 Church/ Activity Staff
- Mon 21:** BOGGLE/ 2:00 Jack Gorski
- Tue 22:** 10:00 Cribbage/Outdoors/1:15 Res. Council/ 2:00 Bingo
- Wed 23:** 2:00 Brown Bag Auction/ Games available at 6 pm
- Thu 24:** Beauty Shop/Catholic Comm/10:00 Dice/ 2:00 Happy Hr
- Fri 25:** 10:00 Catholic Mass/ 2:00 Bingo
- Sat 26:** 2:00 Bingo

- Sun 27:** 2:00 Freedom Community Church
- Mon 28:** BOGGLE/ Barber Shop/ 2:00 Halloween Craft Group
- Tue 29:** 10:00 Cribbage/ 2:00 Bingo
- Wed 30:** INSERVICE/ 1:15 Movie IN Family Room
- Thu 31:** Beauty Shop/Catholic Comm/10:00 Dice/ 2:00 Happy Hr

DAILY: Morning Greeting, Room Visits, 1:1 with residents – Puzzles/Games/Crafts available in Activity Room
MONDAY: Weekly BOGGLE passed out, 6:00 Games - Family Rm
TUESDAY: We Care Ministries treats and Pastors Letters
THURSDAY: Morning – Catholic Communion weekly
 Seven Day a week and evening – Puzzles/Games/Crafts available in Activity Room anytime.

Calendar Subject to Change

Newsletter

Flu Shot for Seniors: 5 Reasons Why It's So Important

The 2024-2025 flu season is here. Getting an annual flu vaccine reduces the severity and spread of respiratory illness.

This is more important than ever because flu, RSV, and Covid-19 are all circulating during the fall and winter seasons.

Flu vaccination is especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu – and from Covid-19.



5 reasons why flu shots for seniors are so important

- 1** Flu is a serious health risk for seniors: Older adults are one of the highest risk groups for flu and for them, flu can quickly develop into a severe illness and could cause death. Getting a flu shot significantly reduces the chance that an older adult will get severely ill.
- 2** Seniors and caregivers are at higher risk for flu: Many seniors are vulnerable to seasonal flu because their immune systems are weaker due to age and often made worse by chronic health conditions. For caregivers, the chronic stress of taking care of your older adult impairs your immune system and makes you more vulnerable to illness. And spending a lot of time with your older adult means passing germs back and forth.
- 3** Getting the flu shot reduces flu risk and severity: Even if the flu vaccine isn't 100% effective, it's still worthwhile. Research shows that if someone who is vaccinated does get the flu, they will have a milder case. People 65 and older are at high risk of serious flu complications and account for the majority of flu hospitalizations and deaths each year. However, seniors who got the flu shot reduced their risk of being hospitalized due to the flu by about 40%.
- 4** The flu vaccine is free under Medicare: If your older adult has Medicare, the flu shot is free as long as the provider accepts Medicare. Most private insurance companies cover flu shots as a preventive service. If you don't have insurance, many drugstores and clinics offer flu shots at low cost.
- 5** Protects against deadly flu complications: A severe form of pneumonia is a common and deadly complication of the flu. In addition to the flu shot, people 65 or older, smokers, and those with diabetes or lung problems should consider getting a pneumococcal vaccination. The pneumococcal vaccine isn't needed every year, so be sure to check with your older adult's doctor to find out if they need one this year.

Let's play! Word Scramble: Halloween

1. CSARY _____
2. OOSYKP _____
3. MUYYM _____
4. ERMCSA _____
5. ATUHN _____
6. UIPPKMN _____
7. SPRIED _____
8. TSGHO _____
9. EYPCER _____
10. EEWNLHLOA _____
11. BDLOO _____
12. CRCASERWO _____
13. ELSNETKO _____
14. RCKIT _____
15. AYDCN _____
16. MIEAVPR _____
17. ARETT _____
18. EMOSCU _____



Employee Birthdays

- | | |
|---------------------|---------------------------|
| Caitlin S., Oct 06 | Rita H. Oct 24 |
| Kiley H., Oct 06 | Sandra L., Oct 26 |
| Roberta M., Oct 10 | Emma S., Oct 26 |
| Brittany H., Oct 13 | Mitchel M., Oct 27 |
| Jami M., Oct 13 | Jennifer G., Oct 27 |
| Nicholas L., Oct 17 | Ashley P., Oct 29 |
| Anna S., Oct 18 | Rachael Z. (Corp.) Oct 31 |
| Autumn H., Oct 24 | |

2024 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Homemade Cookie Day
- ▶ Oct 4 Taco Day
- ▶ Oct 4 World Smile Day
- ▶ Oct 5 Card Making Day
- ▶ Oct 8 Pierogi Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 12 Old Farmers Day
- ▶ Oct 13 Breast Cancer Awareness Day
- ▶ Oct 13 Cinema Day
- ▶ Oct 14 Columbus Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 Cheese Curd Day
- ▶ Oct 16 Sports Day
- ▶ Oct 16 Boss's Day
- ▶ Oct 17 Wear Something Gaudy Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 19 Sweetest Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 23 World Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 25 I Care About You Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 Chocolate Day
- ▶ Oct 28 First Responders Day
- ▶ Oct 29 Oatmeal Day
- ▶ Oct 29 Cat Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 Halloween
- ▶ Oct 31 Caramel Apple Day

Meet our Team >>>

Hometown: Hankinson North Dakota

Tell us about your Job.

I am a certified dietary manager and take great pride in making sure the residents are served great food. I also serve on the National Board for ANFP. I recently graduated from Escofier with my Executive Chef Degree.

Tell us about your family.

My husband Dan and I live in Cameron and have been married for 29 years, have three daughters and a son. Our first granddaughter is 1 ½ years old.

What are your outside Interests?

Hiking with friends, CrossFit, competitor weight lighting, Spartan Races and spending time with the grandbaby. Cooking is my passion and I love making people smile time food!

Something not everyone may know about you.

I am also a CNA. My favorite color is purple and I can deadlift 365 lbs.

Mel K.
Dietary Manager



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October also is...

- Breast Cancer Awareness Month
- Physical Therapy Month
- Food Service Week Oct. 6th-12th