



**Upcoming Event >>>**

**Fri 1:** 10:00 Baking Group/ 2:00 Bingo

**Sat 2:** 2:00 Bingo

**Sun 3:** 2:00 Chetek United Methodist

**Mon 4:** BOGGLE/ 10:00 Noodles & Balloons

**Tue 5:** 10:00 Cribbage/ 10:00 Craft Group/ 2:00 Bingo

**Wed 6:** 10:00 Travel Movie/ 2:00 Jean Swoboda Music

**Thu 7:** Beauty Shop/Catholic Communion/ 2:00 Happy Hr

**Fri 8** 10:00 Craft Group/ 2:00 Bingo

**Sat 9:** 2:00 Bingo

**Sun 10** 2:00 St Boniface Catholic Church

**Mon 11** BOGGLE/ B/B Orders/ 2:00 Veterans Day Program

**Tue 12:** 10:00 Cribbage / 10:00 Crafts Group/ 2:00 Health Warriors!

**Wed 13** BAKE SALE 9 AM – 2: PM

**Thu 14:** Beauty Shop/ B/B/ Catholic Communion/ 2:00 Happy Hr

**Fri 15:** 10:00 Communion Service/ 2:00 Bingo

**Sat 16:** 2:00 Bingo

**Sun 17:** 2:00 Activity Staff

**Mon 18:** BOGGLE/ 2:00 Jack Gorski

**Tue 19:** 10:00 Cribbage/ 1:15 Resident Council/ 2:00 Bingo

**Wed 20:** 10:00 Holiday Craft Group/ 2:00 Brown Bag Auction

**Thu 21:** Beauty Shop/Catholic Comm/10:00 Crafts/ 2:00 Happy Hr

**Fri 22:** 10:00 Catholic Mass/ 10:00 Dice/Dining/ 2:00 Bingo

**Sat 23:** 2:00 Bingo

**Sun 24:** 2:00 The Refuge Church

**Mon 25:** BOGGLE/ 10:00 Noodles & Balloons

**Tue 26:** 10:00 Cribbage/ 10:00 Crafts/ 2:00 Bingo

**Wed 27:** INSERVICE/ 1:15 Movie of the Week

**Thu 28:** 9:00 Happy Thanksgiving Macy's Parade

**Fri 29:** 2:00 Bingo

**Sat 30:** 2:00 Bingo

**Craft Groups before Bake Sale will have crafts to be sold at the Bake Sale.**

**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

## Weight Loss in the Elderly

According to WebMD, it is typical to lose up to a half a pound of body weight per year after the age of 65. A number of factors, including shrinking muscle mass, account for this normal part of aging. Those with terminal illness may experience wasting syndrome (Cachexia); however, in nearly 25% of older adults the reason for this loss in weight is unexplained.

It is important to note that any sudden or significant unintentional weight loss can be a sign of an underlying condition. A physical evaluation should be conducted to determine if a medical diagnosis is the root cause. The American Academy of Family Physicians cites that weight loss in older adults is considered a problem when there's a loss of more than 5% in body weight within a six month period.

When caring for an aging loved one, it is important to understand a senior's nutritional needs, support their physical health and be mindful of changes in overall physical health to stave off negative consequences.

### Unintentional Weight Loss in Seniors Can Lead to Serious Consequences

- ▶ Loss of ability to perform activities of daily living like bathing, dressing, and grooming
- ▶ Increased risk of hip fracture
- ▶ Increased risk of hospitalization
- ▶ Increased risk of infection and bed sores
- ▶ Failure to respond to medical treatment
- ▶ Increased morbidity and mortality

### Why Do the Elderly Stop Eating?

- ▶ Loss of Taste and Smell
- ▶ Low Vision
- ▶ Medication Side Effects
- ▶ Constipation
- ▶ Oral Health Issues
- ▶ Dining Alone
- ▶ Unwillingness to Cook



# Let's play! Word Scramble: Thanksgiving



1. SATFE \_\_\_\_\_
2. ERINSRAERBC \_\_\_\_\_
3. TKCRSIDMU \_\_\_\_\_
4. YRGVA \_\_\_\_\_
5. EDRAB \_\_\_\_\_
6. CONR \_\_\_\_\_
7. YSAM \_\_\_\_\_
8. LGBEO \_\_\_\_\_
9. YTDRHAUS \_\_\_\_\_
10. ERKUYT \_\_\_\_\_
11. IFFUSGNT \_\_\_\_\_
12. LRSLO \_\_\_\_\_
13. PNUKPIM \_\_\_\_\_
14. RTSDEES \_\_\_\_\_
15. ADIINSN \_\_\_\_\_
16. NIERDN \_\_\_\_\_

## Meet our Team >>>

Hometown: Rochester, MN.

Tell us about your Job.

I keep residents entertained and happy.

Tell us about your family.

The youngest of six, two brothers, three sisters and four nieces and five nephews.

What are your outside Interests?

Swimming in lakes, taking pictures of natures and side by side riding.

Something not everyone may know about you.

I can sing! (now we know)

Favorite sport team.

The Green Bay Packers.

**Alyssa L.**

Activity Aide



## Testimonial >>>



*"We chose Meadowbrook at Chetek as it was close to home and they were ready to receive a new patient! Doug's stay here was very good. The quality of care from all the staff. I'd recommend because of the quality of care. The staff was very caring and professional. Meadowbrook went beyond his expectations. Thank you so much for everything and everyone, especially Shane, PT." - Douglas D. - Resident's Family*



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# BAKE

## Gale


November 13th, 2024

9:00 AM - 2:00 PM  
(OUR SOLD OUT)

*Baked goods for sale and silent auction baskets  
\*Drawing for baskets at 2:00 pm.*

### Employee Birthdays

Amie F., Nov 07	Julia H., Nov 28
Taylor S., Nov 07	Patricia U., Nov 30
Kira R., Nov 19	
Ester S., Nov 23	
Melissa K., Nov 24	
Cassandra L., Nov 25	



## 2024 Fun & National Holidays!

- ▶ Nov 1 Authors Day
- ▶ Nov 1 Dia de Los Muertos
- ▶ Nov 2 All Soul's Day
- ▶ Nov 2 Deviled Eggs Day
- ▶ Nov 3 World Sandwich Day
- ▶ Nov 4 Candy Day
- ▶ Nov 6 Nacho Day
- ▶ Nov 6 Stress Awareness Day
- ▶ Nov 7 Men Make Dinner Day
- ▶ Nov 9 World Freedom Day
- ▶ Nov 10 Vanilla Cupcake Day
- ▶ Nov 11 Veteran Day
- ▶ Nov 11 Sundae Day
- ▶ Nov 11 Origami Day
- ▶ Nov 12 Happy Hour Day
- ▶ Nov 13 World Kindness Day
- ▶ Nov 13 Caregiver Appreciation Day
- ▶ Nov 14 Spicy Guacamole Day
- ▶ Nov 14 Pickle Day
- ▶ Nov 15 America Recycles Day
- ▶ Nov 16 Button Day
- ▶ Nov 17 Take A Hike Day
- ▶ Nov 19 Play Monopoly Day
- ▶ Nov 20 National Absurdity Day
- ▶ Nov 21 World Hello Day
- ▶ Nov 22 Go For a Ride Day
- ▶ Nov 23 Adoption Day
- ▶ Nov 26 Cakes Day
- ▶ Nov 27 Jukebox Day
- ▶ Nov 28 Happy Thanksgiving
- ▶ Nov 28 Red Planet Day
- ▶ Nov 29 Black Friday
- ▶ Nov 30 National Mason Jar Day

### November also is...

Diabetes Awareness Month  
Native American Heritage Month