



**Upcoming Event >>>**

- Wed 1:** 10:00 New Years Dice/ 1:15 Movie of the Week
- Thu 2:** Beauty Shop/ 10:00 Noodles & Balloons/ 2:00 Happy Hr
- Fri 3:** 10:00 Baking/ 2:00 Bingo
- Sat 4:** 2:00 Bingo

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- Sun 5:** 2:00 Church/ Activity Staff
- Mon 6:** BOGGLE/ Barber Shop/ 10:00 Dice/ 2:00 Trivia-Treats
- Tue 7:** 10:00 Cribbage / 10:00 Crafts Group/ 2:00 Bingo
- Wed 8:** 10:00 Snowman Crafts Grp/ 2:00 Monthly Birthday Party
- Thu 9:** Beauty Shop/ 10:00 Baking Group/ 2:00 Happy Hour
- Fri 10:** 10:00 Catapulting Frogs/ 2:00 Bingo
- Sat 11:** 2:00 Bingo

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- Sun 12:** 2:00 Freedom Community Church
- Mon 13:** BOGGLE/ B/B/ 10:00 Bean Bags/ 2:00 Pizza Party
- Tue 14:** 10:00 Cribbage/ 10:00 Make Cards/ 2:00 Therapy Warriors
- Wed 15:** 10:00 Coffee w/Veterans/ 1:15 Movie of the Week
- Thu 16:** Beauty Shop/10:00 Baking/ 2:00 Happy Hour
- Fri 17:** 10:00 Monthly Communion Serv./ 2:00 Bingo
- Sat 18:** 2:00 Bingo

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- Sun 19:** 2:00 Chetek/Dovre Lutheran Church
- Mon 20:** BOGGLE/ Barber Shop/ 2:00 Jack Gorski
- Tue 21:** 10:00 Cribbage/1:15 Resident Council/2:00 Pete Fish Fry
- Wed 22:** 10:00 Valentine Crafts/ 1:15 Movie of the Week
- Thu 23:** Beauty Shop/ 2:00 Happy Hour
- Fri 24:** 10:00 Catholic Mass/ 2:00 Bingo
- Sat 25:** 2:00 Bingo

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- Sun 26:** 2:00 St Boniface Catholic Church
- Mon 27:** BOGGLE/ 10:00 Craft Group/ 2:00 Noodles & Balloons
- Tue 28:** 10:00 Cribbage / 2:00 Bingo
- Wed 29:** 10:00 Puzzles/ Word Fins/ 2:00 Movie
- Thu 30:** Beauty Shop/ Catholic Communion/ 2:00 Happy Hour
- Fri 31:** 10:00 Hot Chocolate/ 2:00 Bingo

**Reading Group with Jen Roesler Mon/Tue/Wed at 10:00 am**

- 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

## Benefits of Mindfulness for Seniors

Mindfulness can be a great skill for anyone to develop, and it can be especially helpful for seniors. Here are some of the best benefits of mindfulness:

### Relieves Stress

Stress is a common problem for older adults. As you go through big life changes like retirement, you may find yourself feeling tense, worried, or anxious. Mindfulness activities are an excellent form of stress relief. As you become comfortable with the practice, you'll learn to handle difficult or stressful situations without having an intense reaction.

### Improves Memory

Memory is a common concern for seniors, but exercising your mind can help to keep your memory sharp. Mindfulness is one of the best ways to strengthen your brain and your memory. It's particularly beneficial for your working memory, which is your immediate short-term memory. Research shows that mindfulness meditation can even slow the progression of Alzheimer's disease and dementia.

### Strengthens Cognition

Mindfulness can strengthen many cognitive processes, including your attention span, alertness, and logical reasoning.

### Stabilizes Mood

Mindfulness can help with symptoms of depression and other mood disorders, which are unfortunately common in seniors. Even if you don't have a mental health disorder, practicing mindfulness can improve or regulate your mood. Mindfulness activities encourage you to focus on the present without ruminating on the past or worrying about the future, which leads to feelings of peace and contentment.

### Mindfulness Activities

There are many ways to practice mindfulness. You may have to try a few activities before you find the one that works best for you. Here are some of the most popular mindfulness activities:

- ▶ Breathing Exercises
- ▶ Body Awareness
- ▶ Walking
- ▶ Journaling
- ▶ Mindful Eating



Reference: <https://bluemoonseniorcounseling.com/mindfulness-activities-for-seniors/>

# Let's play! Word Scramble:

Happy New Year

1. MUCSI \_\_\_\_\_
2. EINRDFS \_\_\_\_\_
3. FIALYM \_\_\_\_\_
4. NNGBIEGIN \_\_\_\_\_
5. NWE REASY DAY \_\_\_\_\_
6. CNDIANG \_\_\_\_\_
7. MDINITGH \_\_\_\_\_
8. AALERDNC \_\_\_\_\_
9. ORRFKSWIE \_\_\_\_\_
10. RUSLOOTINE \_\_\_\_\_
11. ENW EYRAS EEV \_\_\_\_\_
12. NISGING \_\_\_\_\_
13. CAHPEMNAG \_\_\_\_\_
14. HUGERLAT \_\_\_\_\_
15. NDCNWOUTO \_\_\_\_\_



## Employee Birthdays

- Kelsey O., Jan 02
- Rebecca Y., Jan 07
- Tammy K., Jan 11
- Jenny B., Jan 25



## 2025 Fun & National Holidays!

- ▶ Jan 1 New Year's Day
- ▶ Jan 1 Mexican Independence Day
- ▶ Jan 2 World Introvert Day
- ▶ Jan 3 World Mind-Body Wellness Day
- ▶ Jan 4 Spaghetti Day
- ▶ Jan 4 World Braille Day
- ▶ Jan 4 Trivia Day
- ▶ Jan 5 Bird Day
- ▶ Jan 6 Epiphany
- ▶ Jan 7 Orthodox Christmas
- ▶ Jan 7 Bobblehead Day
- ▶ Jan 9 Law Enforcement Appreciation Day
- ▶ Jan 11 Clean Your Desk Day
- ▶ Jan 13 Sticker Day
- ▶ Jan 15 Hat Day
- ▶ Jan 15 Bagel Day
- ▶ Jan 15 Use Your Gift Card Day
- ▶ Jan 16 Internacional Spicy Food Day
- ▶ Jan 19 Popcorn Day
- ▶ Jan 20 Martin Luther King Day
- ▶ Jan 20 Cheese Lover's Day
- ▶ Jan 21 Hugging Day
- ▶ Jan 21 Granola Bar Day
- ▶ Jan 23 Pie Day
- ▶ Jan 24 Compliment Day
- ▶ Jan 24 Peanut Butter Day
- ▶ Jan 25 Opposite Day
- ▶ Jan 26 Spouses Day
- ▶ Jan 27 Chocolate Cake Day
- ▶ Jan 28 Lego Day
- ▶ Jan 29 Lunar New Year
- ▶ Jan 29 Puzzle Day
- ▶ Jan 30 Croissant Day
- ▶ Jan 31 Hot Chocolate Day

## Meet our Team >>>

Hometown: Elk Mound, WI.  
 Tell us about your Job.  
 I'm a Dietary Cook. I'm blessed to make breakfast to order and cook and serve meals to the residents.  
 Tell us about your family.  
 I have an amazing husband of 17 years, Dan and two beautiful children, Marcus 16 and Izzy 12.  
 What are your outside Interests?  
 I enjoy spending time with my friends and family. Outdoor activities and traveling.  
 Something not everyone may know about you.  
 I love studying and learning about plants and herbs and their uses.  
 Favorite sport team.  
 I'm not a sports fan but when I cheer on a team it has to be the Packers.

Sara M.  
Dietary Cook



## Testimonial >>>



"This is my second time here and I requested to come here because all the staff are wonderful and caring. I would recommend Meadowbrook at Chetek because of the care you get from the staff. It is a wonderful, caring place to rehab in.." - CC. - Resident



Also, in January is...

The Activity Professional Week Jan 19-25