



MEADOWBROOK  
—CHETEK—

**Upcoming Event >>>**

- Wed 1:** PANDA/ 10:00 Noodles Balloons / 1:15 Movie of the week
  - Thu 2:** 10:00 Crafts Group / 2:00 Happy Hour
  - Fri 3:** 10:00 Baking Group / 2:00 Bingo
  - Sat 4:** 2:00 Bingo

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  - Sun 5:** 2:00 Church/ Activity Staff
  - Mon 6:** BOGGLE/ Barber / 2:00 Catapulting Frogs
  - Tue 7:** 10:00 Cribbage and Dice/ 2:00 Bingo
  - Wed 8:** 10:00 Bible Study/ 2:00 Monthly Birthday Party
  - Thu 9:** B/B/ 10:00 Pumpkin Painting / 2:00 Happy Hour
  - Fri 10:** 10:00 Wii Bowling/ 2:00 Bingo
  - Sat 11:** 2:00 Bingo

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  - Sun 12:** 2:00 Church/ Activity Staff
  - Mon 13:** BOGGLE/ 10:00 Bible Study/ 2:00 Steve Midboe
  - Tue 14:** 10:00 Cribbage and Dice/ 2:00 Bingo
  - Wed 15:** PANDA/Inservice/ 10:00 Coffee with a Veteran/ / 1:15 Movie of the week
  - Thu 16:** 10:00 Sport Day Trivia / 2:00 Happy Hour
  - Fri 17:** 10:00 Monthly Communion Service/ 2:00 Bingo
  - Sat 18:** 2:00 Bingo

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  - Sun 19:** 2:00 Church/ Activity Staff
  - Mon 20:** BOGGLE/ 10:00 Bible Study/ 2:00 Jack Gorski
  - Tue 21:** 10:00 Cribbage and Dice/ 1:15 Resident Council/ 2:00 Bingo
  - Wed 22:** 10:00 Bible Study/ 2:00 Happy Hour
  - Thu 23:** 10:00 Cookies Frost/ 3:00 – 7:30 Chilli Fundraiser
  - Fri 24:** 10:00 Catholic Mass/ 2:00 Bingo
  - Sat 25:** 2:00 Bingo

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  - Sun 26:** 2:00 Freedom Community
  - Mon 27:** BOGGLE/ 10:00 Bible Study/ 2:00 Horse Shoes
  - Tue 28:** 10:00 Cribbage & Dice/ 2:00 Bingo
  - Wed 29:** 10:00 Bean Bags/ 2:00 Halloween Brown Bag Auction
  - Thu 30:** 10:00 Cookie Frost / 2:00 Happy Hour
  - Fri 31:** 10:00 Halloween Scavenger Hunt / 2:00 Bingo
- Beauty Shop Open Tuesdays/ Barber Here October 6 & 20- Make appt with Activities.**
- Oct 8, Chetek Lutheran Tabitha Circle 10:00 – 11:30**
- Oct 23, Activity Room no afternoon group activity. CHILI FEED – Fundraiser**
- Thursdays 10:00 Weekly Catholic communion.**
- Variety of games always available.**
- Cribbage usually played after supper with regular group.**
- \*\*\*Calendar Subject to Change\*\*\***

# Newsletter

## Sweet but Safe: Managing Diabetes During Halloween

Halloween is one of the most festive times of the year. Costumes, pumpkins, and spooky decorations fill the air with excitement. But for residents who live with diabetes, this holiday can also bring unique challenges. With candy and sugary snacks everywhere, it's important to find ways to celebrate safely while still joining in the fun.

### Focus on Fun, Not Just Food

Halloween doesn't have to be all about candy. Activities like pumpkin painting, costume contests, spooky movie nights, or themed crafts can help shift the focus away from sweets. Celebrating in creative ways brings joy without adding to blood sugar concerns.

### Choose Healthier Treats

If treats are part of the celebration, there are plenty of options that won't cause sugar spikes. Sugar-free candies, fruit cups, popcorn, cheese bites, or veggie trays with festive dips can all be delicious and satisfying. These small changes keep the spirit of Halloween alive while supporting healthy choices.

### Stay Active

Movement helps the body manage blood sugar more effectively. Gentle activities such as walking, stretching, or even dancing to Halloween-themed music can add fun while supporting overall health.

### Keep Hydration in Mind

Water is one of the best "treats" for the body. Staying hydrated helps control cravings and keeps blood sugar levels steadier throughout the day. Offering festive water options — like fruit-infused water in orange and black cups — can make it more fun.

### Monitor Blood Sugar Closely

Since holidays often mean changes in routine, it's important for residents to keep a closer eye on their glucose levels. Regular monitoring, balanced meals, and timely medications are key to feeling well and enjoying the holiday safely.

Halloween should be about laughter, creativity, and community. With a little planning, residents with diabetes can fully enjoy the season without the sugar scares. Here's to a safe, festive, and spook-tacular Halloween for everyone!



# Let's play! Word Scramble: Halloween Movies



1. HTE ETCHSIW \_\_\_\_\_
2. TEUIJBLECE \_\_\_\_\_
3. TEH DSDAMA MLIFAY \_\_\_\_\_
4. PSRCEA \_\_\_\_\_
5. EHT HAUTNED SNMIANO \_\_\_\_\_
6. OEPBMOSSGU \_\_\_\_\_
7. OHUCS CUSPO \_\_\_\_\_
8. OUGYN TRIASNNKEEFN \_\_\_\_\_
9. SOPYOK SEDIUBD \_\_\_\_\_
10. ONTERMS SDAUQ \_\_\_\_\_
11. THE TTLLEI MAVPIRE \_\_\_\_\_
12. RACSEP AND DWENY \_\_\_\_\_
13. ETOHL NTLARSNYAAIV \_\_\_\_\_



## Employee Birthdays

Jessica M., Oct 04  
Caitlin S., Oct 06  
Olivia D., Oct 07  
Brittany H., Oct 13  
Jami M., Oct 13  
Nicholas L., Oct 17  
Deanna B., Oct 21  
Savannah V., Oct 21



Adrianna D., Oct 22  
Autumn H., Oct 24  
Rita H., Oct 24  
Sandra L., Oct 26  
Megan W., Oct 26  
Jennifer G., Oct 27  
Ashley P., Oct 29  
Susan K., Oct 29

## 2025 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Pumpkin Spice Day
- ▶ Oct 2 Smarties Day
- ▶ Oct 4 Card Making Day
- ▶ Oct 4 Cinnamon Bun Day
- ▶ Oct 5 Chic Spy Day
- ▶ Oct 6 Hat Day
- ▶ Oct 7 Taco Day
- ▶ Oct 7 Fruit Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 11 Pizza Day
- ▶ Oct 12 Old Farmers Day
- ▶ Oct 13 Indigenous People's Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 I Love Lucy Day
- ▶ Oct 16 Sport Day
- ▶ Oct 16 Boss's Day
- ▶ Oct 17 Pasta Day
- ▶ Oct 18 Sweetest Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 22 Color Day
- ▶ Oct 23 Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 First Responders Day
- ▶ Oct 29 Cat Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 Halloween

## Meet our Team >>>

**Hometown:** Weyerhaeuser, WI

**Tell us about your Family.**

I have two Sons, Trey and Nyko. My brothers, Justin and Matt, my sister, Shandelle and my parents, Robert and Ronda Lund.

**What are your outside Interests?**

I like to hunt, fish, spend time with my family, cookouts, side by side riding and going to my cabin.

**Something not everyone may know about you.**

I have a bigger heart than people know.

**Favorite sport team.**

Packers and the Brewers.

**Richard L.**  
Dietary Cook



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## Also, October is...

Breast Cancer awareness Month  
National Food Services Week – Oct 05-11, 2025