

## Resident Veteran's

**ANNIE JACOBSON:** US Air Force

**ARNOLD MAY:** US Army

**GARY FITZPATRICK:** US Air Force

**JEFFERSON GALLAHER:** US Navy

**JENNY GALLAHER:** British Territorial Army

**WILLIAM HANSON:** US Navy Seal-1964-1956 in Vietnam

**TERRY LEE:** US Army



## Staff Veteran's

**GARY NOTBUSCH:** US Army

**AVERIL HANSON:** English Army

**DREW EHLERT:** US Army- (10 years Active Duty, 2 years in IRAQ)

**ROB CLARK:** US Navy-1999-2003

DECEMBER 2020



MEADOWBROOK

—BLACK RIVER FALLS—

## Upcoming Event >>>

**Tue 1:** 10:30 **Decorating for Christmas/** 3:00 Snack/Beverage

**Wed 2:** 10:30 **Decorating for Christmas/** 3:00 Snack/Beverage

**Thu 3:** 10:00 High School Students Painting Windows **Decorating for Christmas /** 3:00 Snack/Beverage

**Fri 4:** 10:30 1-1 visits/ 2:00 Shake 10/ 3:00 Snack/Beverage

**Sat 5:** 2:30 Badgers Vs Indiana/ 5:00 Lawrence Welk Channel 12

**Sun 6:** Morning Church Ch. 65/ 3:25 Packers Vs Eagles - CBS

**Mon 7:** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage

**Tue 8:** 10:30 1-1visits/ 2:00 Basketball/ 3:00 Snack/Beverage

**Wed 9:** 10:30 1-1visits/ 2:00 Manicures/ 3:00 Snack/Beverage

**Thu 10:** 10:30 1-1visits/ 2:00 Shuffleboard/ 3:00 Snack/Beverage

**Fri 11:** 10:30 1-1visits/ 2:00 Checkers/ 3:00 Snack/Beverage

**Sat 12:** 10:05 Santa Claus Ch 47/ Badger Vs Iowa TDB/ 5:00 Lawrence Welk Ch. 12

**Sun 13:** Morning Church Ch 65/ 12:00 Packers vs Lions-Fox

**Mon 14:** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00Snack/Beverage

**Tue 15:** 10:30 1-1visits/ 2:00 Dart game/ 3:00 Snack/Beverage

**Wed 16:** 10:30 1-1visits/ 2:00 Bowling/ 3:00 Snack/Beverage

**Thu 17:** 10:30 1-1visits/ 2:00 Tic Tac Toe games/ 3:00 Snack/Beverage

**Fri 18:** 10:30 1-1visits/ 2:00 Noodle game/ 3:00 Snack/Beverage

**Sat 19:** 8:00 The Star Ch 47/ 5:00 Lawrence Welk Ch.12

**Sun 20:** Morning Church Ch. 65/ 7:20 Packers vs Carolina – TBD

**Mon 21:** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage

**Tue 22:** 10:30 1-1visits/ 2:00 Christmas Trivia/3:00

Snack/Beverage

**Wed 23:** 10:30 1-1visits/ 2:00 Manicures/ 3:00 Snack/Beverage

**Thu 24:** **CHRISTMAS EVE/ Santa's Helpers/ Delivering**

**Christmas Gifts to Residents**

**Fri 25:** **MERRY CHRISTMAS**

**Sat 26:** 5:00 Lawrence Welk Ch. 12

**Sun 27:** Morning Church Ch. 65/ 7:20 Packers Vs Titans - NBC

**Mon 28:** 1-1 visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage

**Tue 29:** 10:30 1-1visits/ 2:00 Pokeno/ 3:00 Snack/Beverage

**Wed 30:** 10:30 1-1visits/ 2:00 Surprise/ 3:00 Snack/Beverage

**Thu 31:** 2:00 **New Year's Eve Celebration**

# Newsletter

## Tips to prevent holiday stress and depression



Stress and depression can ruin your holidays and hurt your health. You may feel stressed, sad, or anxious because your holiday plans may look different during the COVID-19 pandemic. But with some practical tips - courtesy of Mayo Clinic - you can minimize the stress that accompanies the holidays.

- 1. Acknowledge your feelings.** If you can't be with loved ones these holidays, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings.
- 2. Reach out.** If you feel lonely or isolated, may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Even though your holiday plans may look different this year, you can find ways to celebrate.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
- 5. Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 6. Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
- 9. Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you can find peace and joy during the holidays.

# December Word Search

A P X G E B O M V E R E T N I W K V J C J A F  
 R R K W N G J R V J M E K F R D A E H C S D H  
 V E I P E U V C N H P Y B E I C E X O N Y T G  
 H W I T M E H O C A H K G M H Q T V T S A S W  
 P P Y N T A R J U T M Q O J M V A C C V D A Z  
 V A R J D I V V T W W E J Y T I R H H Q I N U  
 X E N N U E F U Q R B V N P R G B H O H L T S  
 Z G G D O Y E R E H C Z D T B R E A C D O A Y  
 G I F T S V Y R G A T D O N S E L F O Y H C R  
 P J G I N G E R B R E A D A Q E E O L B Q L A  
 C H R I S T M A S T R E E M V T C G A P F A D  
 R L V N N J N N Q S T O V W V I O C T H D U P  
 Z Z X F D C O L D K R H Q O R N Z D E F F S U  
 C J V Y G I L W D N V Y S N V G T Y G J M U N  
 L C H E V D H K O N H M B S D S D F N C Q W N  
 Q Q N S L Z S T H G I L B U W C L F U K S D U

CELEBRATE  
 CHRISTMAS TREE  
 COLD  
 GIFTS  
 GINGERBREAD

GREETINGS  
 HOLIDAYS  
 HOT CHOCOLATE  
 LIGHTS  
 ORNAMENTS

REINDEER  
 SANTA CLAUS  
 SNOWMAN  
 WINTER



## Meet our Team >>>

Tell us about you?

I'm from Sioux City, Iowa and moved to Black River Falls, WI about 5 years ago.

I have six grown children and been married for six years.

What is something you would like to accomplish?

I'm currently working on getting my RN degree.

What is the best part of your job?

The best part of my job is having a Meaningful Relationships with my Co-Workers and Residents.

What is your favorite Vacation Spot?

My favorite vacation place is "Sunny South California" (use to live in LA)

On my Bucket List, "I have a trip to Bora Bora".

## Tanya Winneshiek Licensed Practical Nurse



## Traits of People Born in December

People born in this month have a generous heart. It won't be wrong to say that they are last but not the least. So, if you know any December born people then it's a sign of having positivity around.

The qualities that the December born people have are simple yet attractive. In fact, these people help you think wisely and choose the correct one always. Apart from this, the December born people have many more qualities. These characteristics make them the purest soul on this planet earth.

1. Honest
2. Being organized
3. Spiritual way of living
4. Staying grounded
5. Strong-headed and determined
6. Helpful nature
7. They are fortunate enough
8. Highly Energetic
9. Intellectuals
10. Understanding behavior

*"Dear Santa: I've been good all year. OK, maybe most of the time.... Well, perhaps once in a while... Oh, never mind, I'll buy my own presents this year"*



### Employee Birthdays

- Shawbssheila Linberg, Dec 01
- Karen Smothers, Dec 04
- Cynthia Rohland, Dec 24
- Tristan Symons, Dec 24
- Gary Notbusch, Dec 27

