



Upcoming Event >>>

- Mon 1:** 10:30 1-1 visits/ 2:00 Bingo/3:00 Refreshments
- Tue 2:** 10:30 AM Movers/ 2:00 Ladder game/ 3:00 Deviled Eggs/ 4:30 Shake 10
- Wed 3:** 10:30 1-1 visits/ 2:00 Refreshments/ 3:00 Pastor Jordan
- Thu 4:** 10:30 AM Movers/ 2:00 Pokeno/ 3:00 Refreshments/ 4:30 Tic Tac Toe
- Fri 5:** 10:30 1-1 visit/ 2:00 Bowling/ 3:00 Refreshments
- Sat 6:** TBD-Badger vs Rutgers - 74/ 5:00 Lawrence Welk Ch. 12
- Sun 7:** Church Services/ 3:25 Packers vs KC Chief-FOX – **Turn Clocks Back!**
- Mon 8:** 10:30 1-1 visits/ 2:00 Bingo/ 3:00 Refreshments
- Tue 9:** 10:30 AM Movers/ 2:00 Manicures/ 3:00 Refreshments
- Wed 10:** 10:30 1-1 visits/ 1:00 Veteran Prog/Refreshments follow
- Thu 11:** 10:30 AM Movers/ 2:00 Thankful Tree/ 3:00 Refreshments/ 4:30 Veteran Word game 
- Fri 12:** 10:30 1-1 visits/ 2:00 Shuffleboard/ 3:00 Refreshments
- Sat 13:** TBD-Badger vs Northwestern – 74/5:00 Lawrence Welk
- Sun 14:** Morning Church Ch. 65/ 3:25 Packers vs Seattle - CBS
- Mon 15:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments
- Tue 16:** 10:30 AM Movers/ 2:00 Bean Bag/ 3:00 Refreshments/ 4:30 Visit in D/R
- Wed 17:** 10:30 1-1 visits/ 2:00 Hangman/ 3:00 Refreshments
- Thu 18:** 10:30 AM Movers/ 2:00 Resident Council/ 3:00 Refreshments
- Fri 19:** 10:30 1-1 visit/ 2:00 Cover-up/ 3:00 Refreshments
- Sat 20:** TBD Badgers vs Nebraska-74/ 5:00 Lawrence Welk
- Sun 21:** Church Services/ 12:00 Packers vs Vikings - FOX
- Mon 22:** 10:30 1-1 visits/ 2:00 Bingo / 3:00 Refreshments
- Tue 23:** 10:30 AM Movers/ 2:00 Yahtzee/ 3:00 Refreshments/ 4:30 Visit in D/R
- Wed 24:** 10:30 1-1 visits/ 2:00 Manicures/ 3:00 Refreshments
- Thu 25:** **HAPPY THANKSGIVING!** 9:00 Macy's Parade
- Fri 26:** 10:30 1-1 visits/2:00 Ring Toss/ 3:00 Refreshments
- Sat 27:** TBD Badgers vs Minnesota-74/ 5:00 Lawrence Welk
- Sun 28:** Church Services Ch. 65/ 3:25 Packers vs Rams-FOX
- Mon 29:** 10:30 1-1 visits/ 2:00 Bingo/3:00 Refreshments
- Tue 30:** 10:30 AM Movers/ 2:00 Crafts/ 3:00 Monthly BD Party

**** Activity Calendar is subject to change****

Newsletter

Signs and Symptoms of Diabetes in Elderly Adults

Diabetes is a chronic metabolic disorder that interferes with how the body uses glucose (sugar) for growth, repair, and energy. That process is regulated by a hormone called insulin that's produced by the pancreas. When performing optimally, the pancreas releases just the right amount of insulin to facilitate the transport of glucose from the blood into the body's cells.

There are 2 chronic types of diabetes:

Type 1: This rarer form of diabetes occurs when the body's own immune system starts targeting the insulin-producing cells in the pancreas. The resulting damage causes the pancreas to release little or no insulin, which is why type 1 diabetics must take insulin daily to survive.

Type 2: Most diabetics are type 2, elderly and/or overweight. In type 2 diabetics, the pancreas produces plenty of glucose, but for some reason it's not used efficiently- a condition known as insulin resistance. As blood sugar levels rise, a patient usually experiences symptoms. However, some type 2 diabetics remain asymptomatic and don't realize they have it until much later.

To avoid severe diabetes complications, help your older adult make lifestyle choices that keep blood sugar at healthy levels:

- **Diet.** Eating a healthier diet will benefit older adults.
- **Medication reminders.** Whether it's insulin for type 1 or oral medications that otherwise control blood glucose levels, keeping medication compliant is important.
- **Exercise.** Exercising 3 to 5 times a week helps normalize glucose levels and shed excess pounds, so encourage seniors to do so.
- **Glucose monitoring.** Encourage them to use a blood sugar monitor to track accurate blood glucose levels each day and take notes on how diet, exercise, and stress affect them over time.
- **Lifestyle changes.** Smoking, eating sugary foods, and drinking alcohol and soda are harmful to someone with diabetes. Encourage your loved one to kick those bad habits to the curb.



Resources: <https://www.homechoicelife.com/senior-issues/adults/>

November Word Search

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

BLESSED
 BLUE RIBBON
 CRANBERRY
 DIABETES MONTH
 DINNER

FAMILY
 HANUKKAH
 LIFESTYLE
 MAYFLOWERS
 PARADE



REMEMBRANCE
 THANKFUL
 THANKS VETERANS

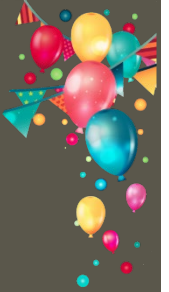
Our Veterans, Thank You!

- ☆ Annie Jacobson
- ☆ Richard Rockney
- ☆ Jefferson Gallaher
- ☆ Terry Lee
- ☆ David (George) Breheim
- ☆ John Schick
- ☆ Betty Althaus
- ☆ Bruce Poff
- ☆ Drew Ehlert
(Staff member)



Employee Birthdays

- Joyce Dittner, Nov 01
 Ryan Hurst, Nov 10
 Danielle Hunter, Nov 15
 Tanya Winneshiek, Nov 27



The Month of November

November derives from the Latin root *novem* - meaning "nine," because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. The word *November* was first recorded before the year 1000!

NOVEMBER CALENDAR

1. **November 1** is **All Saints' Day**. This is the day when all the saints are honored
2. **November 2** is **Election Day** (U.S.). Don't forget to vote in state and federal elections! Every vote counts.
3. **November 4** is **Diwali**, an annual festival of lights celebrating the triumph of good over evil.
4. **November 7** at 2 A.M. is the end of **Daylight-Saving Time**. Set your clocks back one hour on Saturday night at bedtime!
5. **November 11** is **Veterans Day** (U.S.) and **Remembrance Day** (Canada).
6. **November 19** is **Discovery of Puerto Rico Day**.
7. November 25 is **Thanksgiving Day** (U.S.).
8. **November 28** marks the start of **Hanukkah**, at sundown. It is an eight-day winter "festival of lights," which begins each year on the 25th day of the Jewish month of Kislev.
9. **November 28** is also the **First Sunday of Advent**.

Meet our Team >>>

Hometown: Eau Claire, WI.

How Long have you worked at Meadowbrook?

I have worked for almost 3 months. While I may not have been here for a while, I can see myself staying for a while. The teamwork is outstanding. Everyone truly wants what is best for the resident and each other as coworkers.

Tell us about your family?

My family is a blended family. I have 16-year-old son who is very involved in baseball and football. His dreams are to someday become a professional baseball player. My ex-husband has found many different opportunities for my son to participate in baseball all throughout the country. My husband and I have two young children. A two-year-old and a four-year-old. They defiantly keep us on our toes. Our four-year-old is just starting to learn about motocross like his dad. Our daughter is in love with horses and chickens. We are hoping to buy a house with some land for a dirt track and a small hobby farm in the near future.

What is the best part of your job?

It's truly those who I work with. We all have our quirks and uniqueness, and it great how everyone blends. I feel supported by those that I work with. As a team we can meet the different challenges each day faces

What is something you would like to accomplish?

Something that I would like to accomplish is to complete my doctorate degree. I just need to complete my dissertation, then I will have my PhD.

Jessica Kallenbach

Social Service Director



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