# Newsletter

MEADOWBROOK
—BLACK RIVER FALLS—

**NOVEMBER 2026**

## NOVEMBER ACTIVITIES

**Sun 1:** 9:15 Church / *Self-led activities
**Mon 2:** 10:00 Diceo / 2:00 Bingo / 3:00 Social Time / 6:30 Dice
**Tue 3:** 10:00 Speed (Cards) / 2:00 Karaoke w/ Ryan / 3:00 Social Time
**Wed 4:** 10:00 Ladder Ball / 1:30 Games w/Linda / 2:30 Social Time / 3:00 Church
**Thu 5:** 10:00 Shuffle Board / 2:00 Bingo / 3:00 Social Time / 3:15 Bible Study
**Fri 6:** 10:00 Bean Bag Toss / 2:00 Trivia / 3:00 Social Time / 6:00 Cards
**Sat 7:** 10:00 Movie / 2:00 Games w/ Peggy / TBD Badger Football / *Self-led activities

**Sun 8:** 9:15 Church / *Self-led activities / 3:25 Packers vs. Patriots
**Mon 9:** 10:00 Sip & Chat/Uno / 2:00 Bingo / 3:00 Social Time / 6:30 Dice
**Tue 10:** 10:00 Manicures / 2:00 Giant Connect 4 / 3:00 Social Time
**Wed 11:** TBD Veteran Service / 1:30 Games w/Linda / 2:30 Social Time / 3:00 Church
**Thu 12:** 10:00 Table Bowling / 2:00 Bingo / 3:00 Social Time / 3:15 Bible Study
**Fri 13:** 10:00 Dead Dice / 2:00 Popcorn Cart / 3:00 Social Time / 6:00 Cards
**Sat 14:** 10:00 Movie / 2:00 Games w/Peggy / TBD Badger Football / *Self-led activities

**Sun 15:** 9:15 Church / 12:00 Packers vs. Vikings/Tailgate Party / 3:00 Gospel Singers
**Mon 16:** 10:00 Sip & Chat/Uno / 2:00 Bingo / 3:00 Social Time / 6:30 Dice
**Tue 17:** 10:00 Crafts / 2:00 Name the Tune / 3:00 Social Time
**Wed 18:** 10:00 Guess the Phrase / 1:30 Games w/Linda / 2:30 Social Time / 3:00 Church
**Thu 19:** 9:00 Catholic Visits / 10:00 Skeeball / 2:00 Bingo / 3:00 Social Time / 3:15 Bible Study
**Fri 20:** 10:00 Balloon Volley / 2:00 Resident Council / 3:00 Social Time / 6:00 Cards
**Sat 21:** 10:00 Movie / 2:00 Games w/ Peggy / TBD Badger Football / *Self-led activities

**Sun 22:** 9:15 Church / *Self-led activities
**Mon 23:** 10:00 Sip & Chat/Uno / 2:00 Bingo / 3:00 Social Time / 6:30 Dice
**Tue 24:** 10:00 Pictionary / 1:30 Live Music – Monthly Birthday Party / 3:00 Social Time
**Wed 25:** 10:00 Baking / 1:30 Games w/ Linda / 2:30 Social Time / 3:00 Church/Memorial / 7:00 Packers vs. Rams
**Thu 26:** Happy Thanksgiving! 7:30 Macy's Thanksgiving Parade / 2:00 Bingo / 3:15 Bible Study
**Fri 27:** 10:00 Artful Hour / 2:00 Turkey Shoot / 3:00 Social Time / 6:30 Badger Football
**Sat 28:** 10:00 Movie / 2:00 Games with Peggy / *Self-led activities

**Sun 29:** 9:15 Church / *Self-led activities
**Mon 30:** 10:00 Sip & Chat/Uno / 2:00 Bingo / 3:00 Social Time / 6:30 Dice

*Puzzles, board games and activity sheets are available at all times for self-led activity. Free movie options are set up on the lounge TV.
Snacks & refreshments served M–F between 2:30 & 3:00 at social time.
Wednesdays are beauty shop & Wal-Mart/Smoke shop pick-up day. See Lyndsey to set up an appointment at the beauty shop. Please have your shopping lists ready by Tuesday.

***** Activities Subject to Change *****

# Understanding Hospice Care

## *Comfort, Dignity, and Compassion*

November is a time to reflect on what matters most: family, meaningful connections, and compassionate care. It is also an opportunity to learn about hospice and the support it provides to individuals and their loved ones.

### WHAT IS HOSPICE CARE?

Hospice is specialized care for individuals living with a terminal illness when the focus shifts from curing the illness to providing comfort, managing symptoms, and improving quality of life. Hospice care addresses physical, emotional, social, and spiritual needs while respecting each person's wishes, values, and dignity.

### HOW DOES HOSPICE HELP?

Hospice is provided by a team of professionals who work together to support both the individual and their family. Depending on the person's needs and care plan, services may include:

- Comfort and symptom management: Helping relieve pain, shortness of breath, and other distressing symptoms.
- Emotional and spiritual support: Offering compassionate guidance to individuals and their loved ones.
- Family education and support: Helping families understand what to expect and how to provide comfort.
- Personalized care: Honoring individual preferences and promoting dignity, peace, and meaningful moments.

### A MESSAGE OF COMPASSION

Choosing hospice is not about giving up. It is about focusing on comfort, dignity, and meaningful moments with loved ones. Through compassionate support, hospice helps individuals and families navigate this journey with greater peace and understanding.

## Thanksgiving Trivia

***How much do you know?***

1. In what year did the Pilgrims and the Wampanoag share the first Thanksgiving?
2. Which president made Thanksgiving a national holiday in 1863?
3. In what year was the first Macy's Thanksgiving Day Parade?
4. What is a baby turkey called?
5. Which state raises the most turkeys?
6. Which two NFL teams play every Thanksgiving?
7. Wisconsin grows more of this Thanksgiving fruit than any other state. What is it?

Answers: 1. 1621 • 2. Abraham Lincoln • 3. 1924 • 4. A poult • 5. Minnesota • 6. Detroit Lions & Dallas Cowboys • 7. Cranberries

## Meet Our Team

### Kari

***Certified Nursing Assistant***

**HOMETOWN**
Grew up in Evansville, WI

**Employment Background**
I have 18 years of experience as a caregiver and CNA.

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|---|---|
| **Family** | I have two amazing boys, Aiden (18) and Jaxson (14), and a Siberian husky named Aspen. |
| **Outside Interests** | I love being outside, camping, hiking and kayaking. I enjoy live music and a good book. |
| **Best part of my job** | The relationships I develop with the people I take care of. |
| **Favorite vacation** | Beaver Lake Campground in the Chequamegon-Nicolet National Forest, and Gatlinburg, Tennessee. |

## Employee Birthdays

Mercedes – Nov 5
Miranda – Nov 8
Ashley – Nov 24
Christina – Nov 24
Tanya – Nov 27
Elizabeth – Nov 30

## Activity Highlights

## 2026 Fun & National Holidays

Nov 1 Día de los Muertos
Nov 2 Deviled Eggs Day
Nov 3 **Election Day**
Nov 3 World Sandwich Day
Nov 4 Common Sense Day
Nov 4 National Stress Awareness Day
Nov 7 Bittersweet Chocolate w/Almonds Day
Nov 8 Diwali
Nov 10 Vanilla Cupcake Day
Nov 11 **Veterans Day**
Nov 11 Origami Day
Nov 12 Happy Hour Day
Nov 13 World Kindness Day
Nov 14 National Peanut Butter Day
Nov 14 Spicy Guacamole Day
Nov 14 Pickle Day
Nov 16 Fast Food Day
Nov 23 Fibonacci Day
Nov 26 **Thanksgiving Day**
Nov 26 Cakes Day
Nov 27 Black Friday

**Also, November is National Diabetes Month • National Home Care and Hospice Month**

**WHAT OUR FAMILIES ARE SAYING**

*"We want to thank you for your quality care. Although Lois's stay at Meadowbrook was short, our family still felt the warmth, kindness and tender care you provided our Mom with. You took the time to get to know her and made her feel at home. Thank you also for trying to help her get to a facility closer to her family. She really liked the small-town community atmosphere. We highly recommend your facility to others."*

*– Family of Lois K.*