



Upcoming Event >>>

- Fri 1:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 2:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 3:** 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts/ 3:25 Packer Game
- Mon 4:** 9:30 Coffee Social/ 10:30 Curr Events/1:30 Jackpot
- Tue 5:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Manicures
- Wed 6:** 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Family Feud/ 2:30 Hot Cocoa Social
- Thu 7:** 10:00 Volleyball/ 1:30 Crafts/ 2:30 Hangman
- Fri 8:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 9:** 8:00 Rm Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 10:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts/
Packers Bye Week
- Mon 11:** 9:30 Coffee Soc./ 10:30 Curr Events/1:30 Veteran Activity
- Tue 12:** 9:30 One-on-ones/10:30 AM Stretches/ 1:30 Racket Ball
- Wed 13:** 9:30 Coffee Social/ 10:30 Curr Event/ 1:30 Pet Therapy/ 2:30 Noodle Ball
- Thu 14:** 10:00 Volleyball/ 1:30 Crafts/ 2:30 Trivia
- Fri 15:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 16:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 17:** 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts/
Packer Game noon
- Mon 18:** 9:30 Coffee social/ 10:30 Current Event/1:30 Jackpot
- Tue 19:** 9:30 One-on-ones/10:30 AM Stretches/1:30 Jeopardy
- Wed 20:** 9:30 Coffee Soc./10:30 Japan Video/ 1:30 Crafts/ 2:30 Snack & Facts
- Thu 21:** 10:00 Volleyball/ 1:30 Bingo Store/ 2:30 B-day Bash
- Fri 22:** 9:30 One-on-ones/ 10:00 Bingo/ 2:00 Friendsgiving Party
- Sat 23:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts
- Sun 24:** 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open Craft/ 3:25 Packer Game
- Mon 25:** 9:30 Coffee Soc./ 10:30 Curr Events/ 1:30 Wine & Canvas
- Tue 26:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Movie & Popcorn
- Wed 27:** 10:00 Volleyball/ 1:30 Resident Council/ 2:30 Ice cream Soc.
- Thu 28:** 10:00 Coffee & Chat/ 1:30 Activity Board/ 7:20 Packer game
- Fri 29:** 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo
- Sat 30:** 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts

**Monday-Friday's Morning Visits 8:30 am
Snack Pass Daily at 3:30 pm**

****All Activities are subject to change****

Newsletter

Weight Loss in the Elderly

According to WebMD, it is typical to lose up to a half a pound of body weight per year after the age of 65. A number of factors, including shrinking muscle mass, account for this normal part of aging. Those with terminal illness may experience wasting syndrome (Cachexia); however, in nearly 25% of older adults the reason for this loss in weight is unexplained.

It is important to note that any sudden or significant unintentional weight loss can be a sign of an underlying condition. A physical evaluation should be conducted to determine if a medical diagnosis is the root cause. The American Academy of Family Physicians cites that weight loss in older adults is considered a problem when there's a loss of more than 5% in body weight within a six month period.

When caring for an aging loved one, it is important to understand a senior's nutritional needs, support their physical health and be mindful of changes in overall physical health to stave off negative consequences.

Unintentional Weight Loss in Seniors Can Lead to Serious Consequences

- ▶ Loss of ability to perform activities of daily living like bathing, dressing, and grooming
- ▶ Increased risk of hip fracture
- ▶ Increased risk of hospitalization
- ▶ Increased risk of infection and bed sores
- ▶ Failure to respond to medical treatment
- ▶ Increased morbidity and mortality

Why Do the Elderly Stop Eating?

- ▶ Loss of Taste and Smell
- ▶ Low Vision
- ▶ Medication Side Effects
- ▶ Constipation
- ▶ Oral Health Issues
- ▶ Dining Alone
- ▶ Unwillingness to Cook



Let's play! Word Scramble: Thanksgiving



1. SATFE _____
2. ERINSRAERBC _____
3. TKCRSIDMU _____
4. YRGVA _____
5. EDRAB _____
6. CONR _____
7. YSAM _____
8. LBGBEO _____
9. YTDRHAUS _____
10. ERKUYYT _____
11. IFFUSGNT _____
12. LRSLO _____
13. PNUKPIM _____
14. RTSDEES _____
15. ADIINSN _____
16. NIERDN _____



Employee Birthdays

- | | |
|---------------------|--------------------|
| Beth M., Nov 04 | Natalie H., Nov 21 |
| Ikechukwu, Nov 08 | Theresa S., Nov 25 |
| Esther S., Nov 13 | |
| Jill W., Nov 13 | |
| Lizabeth O., Nov 19 | |
| Amber E., Nov 21 | |
| Chloe D., Nov 21 | |



2024 Fun & National Holidays!

- ▶ Nov 1 Authors Day
- ▶ Nov 1 Dia de Los Muertos
- ▶ Nov 2 All Soul's Day
- ▶ Nov 2 Deviled Eggs Day
- ▶ Nov 3 World Sandwich Day
- ▶ Nov 4 Candy Day
- ▶ Nov 6 Nacho Day
- ▶ Nov 6 Stress Awareness Day
- ▶ Nov 7 Men Make Dinner Day
- ▶ Nov 9 World Freedom Day
- ▶ Nov 10 Vanilla Cupcake Day
- ▶ Nov 11 Veteran Day
- ▶ Nov 11 Sundae Day
- ▶ Nov 11 Origami Day
- ▶ Nov 12 Happy Hour Day
- ▶ Nov 13 World Kindness Day
- ▶ Nov 13 Caregiver Appreciation Day
- ▶ Nov 14 Spicy Guacamole Day
- ▶ Nov 14 Pickle Day
- ▶ Nov 15 America Recycles Day
- ▶ Nov 16 Button Day
- ▶ Nov 17 Take A Hike Day
- ▶ Nov 19 Play Monopoly Day
- ▶ Nov 20 National Absurdity Day
- ▶ Nov 21 World Hello Day
- ▶ Nov 22 Go For a Ride Day
- ▶ Nov 23 Adoption Day
- ▶ Nov 26 Cakes Day
- ▶ Nov 27 Jukebox Day
- ▶ Nov 28 Happy Thanksgiving
- ▶ Nov 28 Red Planet Day
- ▶ Nov 29 Black Friday
- ▶ Nov 30 National Mason Jar Day

Meet our Team >>>

Hometown: Appleton, WI.

Tell us about your Job.

I really enjoy being a certified nursing assistant. Making residents smile and laugh is what makes me happy. 😊

Tell us about your family.

Both of my parents are remarried. I'm the second oldest of my three sisters and one brother. I have a one-and-a-half-year-old daughter named Halo, whom I love with my whole heart.

What are your outside Interests?

I enjoy going to church to worship and sing for God, spending time with my family, camping & boating, and taking my daughter on bike rides; or going to the park. I also enjoy going to Florida to visit my mom and little sister.

Something not everyone may know about you.

When I was young, I wanted to be an astronaut because I was fascinated by the stars and moon..

Favorite sport team

Packers!

Lily K.
CNA



Testimonial >>>



I chose Meadowbrook at Appleton because it was close to the hospital. It was a good stay. The staff were the best part. I got good care here and would recommend Meadowbrook. People were reassuring and welcoming. Sophie, Heather and Grace were my favorites." - Glen L. - Resident



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November also is...

- Diabetes Awareness Month
- Native American Heritage Month