



MEADOWBROOK  
— APPLETON —



## Upcoming Event >>>

**Wed 1:** 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

**Thu 2:** 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music & Memory

**Fri 3:** 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

**Sat 4:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 5:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 6:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hagman

**Tue 7:** 9:30 Resident Shopping/ 2:00 Crafting/ 5:00 Game of Choice

**Wed 8:** 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

**Thu 9:** 10:00 Volleyball/ 1:00 Hot Beverage/ 3:00 Music & Memory

**Fri 10:** 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

**Sat 11:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 12:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 13:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

**Tue 14:** 9:30 Res Shopping/ 2:00 Crafts/ 5:00 Game of Choice

**Wed 15:** 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

**Thu 16:** 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music & Memory

**Fri 17:** 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

**Sat 18:** 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

**Sun 19:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 20:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

**Tue 21:** 9:30 Res Shopping/ 2:00 Crafting/ 5:00 Game of Choice

**Wed 22:** 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

**Thu 23:** 10:00 Volleyball/ 1:00 Hot Beverage/ 3:00 Music & Memory

**Fri 24:** 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

**Sat 25:** 8:00 AM Visit/ 10:00 Coffee w/Friends/ 2:00 UNO

**Sun 26:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

**Mon 27:** 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

**Tue 28:** 10:00 Res Shopping/ 2:00 Crafting/ 3:00 Game of Choice

**Wed 29:** 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Resident Council

**Thu 30:** 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music & Memory

**Fri 31:** 10:30 Bingo/ 2:00 Movie & Popcorn/ 4:00 Trick N Treat

### ALL ACTIVITIES SUBJECT TO CHANGE

**DAILY ACTIVITIES:** 8 AM VISITS, 3 PM SNACK PASS.  
RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO  
KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

# 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. TEUIJEBLECE \_\_\_\_\_
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 NTLSARNYAAIV \_\_\_\_\_



### Employee Birthdays

Amy G., Oct 04

Alexandria K., Oct 06

Nicole W., Oct 07

Margaret H., Oct 10

Tammy M., Oct 12

Rachel K., Oct 28

Tioncia G., Oct 28



### 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:** Independence, KS.

**Tell us about your Job.**

I am the new Director of Nursing at Meadowbrook.

**Tell us about your family.**

I've been married almost 18 years, and have two teenage daughters, a dog and a cat.

**What are your outside Interests?**

I enjoy camping and hunting.

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

I recently moved from Kansas.

**Favorite sport team**

Go Chiefs!

**Amy B.**  
Director of Nursing



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### Also, October is...

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