

Important Family Information

Please give a 72 hour notice to the nursing staff if you are leaving the building. This will allow nurses to prepare medication.

It is imperative that Oak Terrace has the most current contact information including: home phone number, cell number, email address, etc. Please contact us for verification **952-492-5559**.



**BE SURE TO READ
THE BACK PAGE FOR
SOME IMPORTANT
INFORMATION**



Missing Letters

Fill in the missing letters to identify these words associated with Winter.

I _ _ E

_ _ H _ _ V _ _ L

_ _ L _ _ D

F I _ _ _ P _ _ A C _ _

S _ _ _ W _ _ A L _ _

_ _ W _ _ A _ _ E _ _

_ _ O L _ _

_ _ R _ _ Z _ _ I N _ _

S O _ _ _

C _ _ C _ _ A

B _ _ _ T _ _

M _ _ T _ _ E N

_ _ C _ _ _ F

_ _ N _ _ W _ _ _ _ N

B L _ _ _ _ A _ _ D



ANSWERS:

ICE, SLED, SNOWBALL, COLD, SOUP,
COCOA, BOOTS, MITTENS, SCARF,
SNOWMAN, BLIZZARD, SHOVEL,
FIREPLACE, SWEATER, FREEZING

Oak Terrace Senior Living of Jordan December Newsletter

Community Highlights

December Birthdays



Betty F.- 12/3

Georgie T- 12/17

Lorraine U.- 12/20

Oak Terrace is turning into a Christmas Winter Wonderland. The Christmas music is being play and the Christmas movies are all ready to go for viewing in the theater. Christmas is a very important holiday that we don't take lightly so we have extra performances and socials planned to keep our residents in the holiday spirit.

As 2017 comes to an end, Oak Terrace Staff would like to extend a huge thank you for choosing to be a part of our family.

If you are going on the bus to be in the Jordan Dazzle Parade make sure to eat a snack beforehand. The bus is leaving Oak Terrace at 5:00PM Parade is at 6:00PM and we will be going to The Station After the Parade for supper. Please bring money to pay for your meal.

December Highlights Include:

12/2-Jordan Dazzle Parade
12/5-Fishtale Restaurant
12/6-Coborn's
12/6-Bailey's Buddy Social
12/6-Schwan's Front Lobby

12/7-Resident Christmas Party
12/7-First Choice Pharmacy Christmas Shopping
12/7-Christmas Bingo
12/7-Mary Ann's Music
12/8-Christmas Carol Sing-A-Long
12/11-Resident Council
12/11-Resident Birthday Party
12/13-Target
12/14-First Choice Pharmacy Christmas Shopping
12/14-Jordan Preschoolers
12/17-Student Piano Recital
12/18-Jordan Preschoolers
12/18-St. Paul Bake Sale
12/19-TGIF's Restaurant
12/19-Christmas Light Drive
12/20-Radermacher's
12/20-Bailey's Buddy Social
12/20-Schwan's Front Lobby
12/20-Bingo w/St. John's Students
12/21-Frost Sugar Cookies
12/21-Gift Wrapping Hour
12/22-Wear Your Christmas Sweater Day!!!
12/22-Michael May Performance
12/27-Walmart
12/29-New Year Bingo and Wine

Autumn Lane News



Christmas season is finally here! We will be busy making crafts to decorate our home and enjoy our time together spreading the Christmas cheer.

December brings us many life enhancement opportunities. We will have different holiday performance groups on-site, host our own

Holiday party, bake Christmas cookies, learn pass the present dice game, and more!

We certainly hope you and your family can join us for our Christmas Party 12/14 from 4:00 pm-6:30 pm. Together, We will be having Santa visit along with serving Hors d'oeuvres and refreshments. We will also have entertainer Bill Mann.

Oak Terrace Resident Doing What we do best....Having a good time.



We love decorating for the Holidays! 'Tis the season!



We honored our Veterans this last month.



Our Staff likes to join in the fun too.



We enjoy being around others.

Winter's Blessings and Challenges For Seniors

Winter brings richness to the lives of Minnesotans—family gatherings at Thanksgiving and Christmas and special scents of cinnamon and spices. Acquaintances are renewed, gifts are given and received and fond memories are shared. Seniors who are blessed with happy local families enjoy the holiday season as a time to review their lives, understand their place in their family's unique history and see the next generation grow.

Coping With Winter's Environmental Challenges

Winter related physical concerns for seniors include problems that range from uncomfortable to life threatening.

- Hypothermia can occur if the indoor temperature is below 70 with insufficient layers of clothing.
- Dehydration happens due to the very dry air that occurs with central heating.
- Dry, itchy skin frequently occurs due to the very dry air that occurs with central heating.
- Fractures due to falling are a major risk when there is ice and snow on outdoor steps and walkways.
- Illnesses such as pneumonia and influenza happen more frequently and with greater severity.

Coping With Winter's Emotional Challenges

While the physical issues have tangible solutions, people often are not aware they have less energy and lack of interest in things as these come on gradually as the day shortens and the weather keeps people indoors. When seniors don't have regular, daily interaction with others they get isolated and depressed.

With preparation and a support plan, winter can be a pleasurable time for seniors. Remembering and understanding the needs in a seniors life will help avoid physical and emotional problems during the winter months.

Source: matrix network