

## Family Information

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 **507-593-8500**.



### Reminder:

**We will be having a special lunch on Christmas Day. If you have family attending please let Chrissy in the kitchen know by December 18<sup>th</sup>.**



Independence When You Want It, Assistance When You Need It

## Missing Letters

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

I \_ \_ E  
\_ \_ L \_ \_ D  
S \_ \_ \_ W \_ \_ A L \_ \_  
\_ \_ O L \_ \_  
S O \_ \_ \_  
C \_ \_ C \_ \_ A  
B \_ \_ \_ T \_ \_  
M \_ \_ T \_ \_ E N  
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B L \_ \_ \_ \_ A \_ \_ D

\_ \_ H \_ \_ V \_ \_ L  
F I \_ \_ \_ P \_ \_ A C \_ \_  
\_ \_ W \_ \_ A \_ \_ E \_ \_  
\_ \_ R \_ \_ Z \_ \_ I N \_ \_



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

## Oak Terrace Senior Living of Le Sueur December Newsletter

### Community Highlights

#### December Birthdays



Joy F 12/09

Esther G 12/30



Oak Terrace is turning into a Christmas Winter Wonderland. The Christmas music is being played on the overhead and the Christmas movies are all ready to go for viewing in the theater. Christmas is a very important holiday so we have a ton of activities to keep everyone 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.

- 12/4- Loren Wolfe Performance
- 12/6- St. Nick Social
- 12/7- Shop-Ko: St. Peter
- 12/8- Olive Garden: Lunch Outing - Mankato
- 12/11- Kiwanis Holiday Lights: Sibley Park, Mankato
- 12/12- Troy Flemming Performance
- 12/13- Hot Chocolate Social & Christmas Fun w/ Confirmation Students
- 12/14- Coborn's: Belle Plaine
- 12/18- Mary Guentzel Performance
- 12/19- Sing-a-long- w. Art & Barb Straub
- 12/20- Holiday Giveback Project
- 12/21- Town Errands: Le Sueur
- 12/22- Stocking Stuffers Social
- 12/28- Birthday Party for Residents
- 12/29- Resident Council
- 12/29- New Years Party

## Welcome Karen & Sandy to the Activities Department

My name is Sandy Wick and I am thrilled to be a new addition to the Activities department here at Oak Terrace. I have been with Oak Terrace for close to 4 years. I started in the Jordan facility in 2014 on the PM shift and transferred to Le Sueur when we opened in July 2016.

I am originally from St. Peter but I've lived in Le Sueur for the past 23 years. I have 2 grown daughters and 2 dogs.

I am very excited and looking forward to be joining you in many of the activities Lauren plans for all our wonderful residents.



My name is Karen Karels and I am one of the Activities Assistants here at Oak Terrace. If my last name looks familiar it's because my step mother Ariline Karels just moved in here!

I am originally from Le Sueur but lived in the Twin Cities for 27 years doing floral design and I also worked in accounting. I moved back to Le Sueur after semi-retiring to be closer to my large family.

I am a very creative person and love crafts. I'm also an award winning seamstress. I previously worked at Benedictine in St. Peter and enjoyed working with the resident very much. I am loving my new job so far and look forward to contributing my talents and care for the residents here.

## What Does Christmas Mean To You?



COFFEE HOUR  
TOPIC FROM  
NOVEMBER 29<sup>th</sup>,  
2017



"Getting together and seeing everyone. They make an effort to come even from across the country. I love making cookies with my daughters to get in the holiday spirit.

- Betty W.

"It is not always easy to get the family together but around Christmas time everyone is there. I enjoy spending time with my family, it brings me so much joy."

- Ariline K.



"I love seeing my grandkids around Christmas. We spend a lot of time together. I also love opening presents, but hate shopping and wrapping them."

- Shannon W.



"I enjoy going to Christmas eve service in Mound. We go to church and spend time with family."

- Vivian P.

## 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