

## 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



Georgina T – 12/17

Lorraine U – 12/20

Florence S – 12/21

Oak Terrace is turning into a Christmas Winter Wonderland. The Christmas music will start play on the overhead 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 2016 comes to an end, Oak Terrace Staff would like to extend a huge thank you for choosing to be a part of our family.

**12/3- Four Fools For Old School Performance**

**12/5- Ornament Making**

**12/6- Mary Anne's Music**

**12/6- Resident Christmas Party**

**12/7-Walmart**

**12/8- Concertina Fun**

**12/8- Jordan Library**

**12/9-Waer Your Favorite Sport Team Shirt or Color**

**12/9-Resident Birthday Party**

**12/12- Coffee Hour with Christmas Treats**

**12/13 Ruby Tuesday's**

**12/14, 12/15, 12/16**

**-Jordan Elementary School Students Visiting**

**12/14-Town Errands**

**12/14-Baileys Buddy Social**

**12/15-Cletus Goblirsch Performance**

**12/16-Resident Council**

**12/18-Students Performing Christmas Songs on the Piano**

**12/20-Santa hop**

**12/20-Kohl's Department Store**

**12/20-Christmas Light Drive**

**12/21-Target**

**12/22-Chunk The Therapy Pig**

**12/23-Loren Wolfe Performance**

**12/27-Iron Range BBQ Restaurant**

**12/28-Town Errands**

**12/28-Baileys Buddy Social**

**12/29-Elegant Dinner**

**~Ringin in the New Years**

## Autumn Lane News



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

**We will practice our gift wrapping skills, bake Christmas cookies, learn the snowball game (pass the present), and more!**

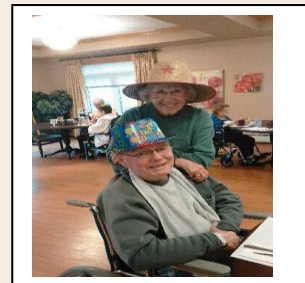
**December brings us many life enhancement opportunities. We will have holiday performance and holiday games and baking.**

**We certainly hope you and your family can join us for our Christmas Party 12/13 from 3:30 pm-5pm. Together, we will enjoy a special Christmas Social and Hors d'oeuvres, Santa will be coming and most important being together.**

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



Enjoying time with friends and doing a little exercise.



Hat Day!!



Enjoying a meal with friends at The Cracker Barrel



We love our Bailey's Buddy Social.

## 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