

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**.



**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 Le Sueur December Newsletter

Community Highlights

December Birthdays



Esther G-12/30

Happy Birthday
Esther!



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 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.

- 12/5- Radermacher's Grocery Trip
- 12/6- St. Nick Social
- 12/8- Troy Flemming Performance
- 12/12- Loren Wolfe Performance
- 12/13- Holiday Giveback
- 12/14- Christmas Lights Night Drive
- 12/15- December Birthday Party
- 12/16- Resident Council
- 12/16- Beer and Bingo
- 12/19- Whisky River- Lunch Outing
- 12/21- Le Sueur High School Women's Choir Caroling
- 12/21- Art and Barb Straub Performance
- 12/22- Stocking Stuffers Social
- 12/28- Hot Cocoa Bar
- 12/29- The Singing Cowgirl Performance
- 12/30- New Years Celebration

Did you know:

Vivian Pinney is a hospice volunteer.

After her experience with her husband passing away from a brain tumor suddenly at an early age, this made her want to start volunteering.

Vivian is there as a supportive presence when hospice patients need it most.



Vivian has been a volunteer for 25 years.

She also at one time was the hospice coordinator in Le Sueur, Le Center, and Henderson area for over 5 years.

Thanks for all you do, Vivian.

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

Oak Terrace Resident Response ~ What Does Christmas Mean To You?



COFFEE HOUR
TOPIC FROM
NOVEMBER
28TH, 2016



"The first Christmas I was away from home was when I was in the military in Alaska. It was the first time I was really home sick. It made me appreciate every year after the meaning of Christmas getting to be with family and loved ones."

- Bill E.

"My first child was born on Christmas Eve. It means a lot to me almost as though Santa brought her. I love it."

- Merna O.



"Getting together with people you love at home. Also, getting to see other people you love like friends. I really appreciate that."

- Joyce L.



"Getting to honor Christ's birth at church. I remember performing and directing "why the chime rang" at Sunday school with my twin brother and friends. I enjoyed doing that at church for Christmas."

- Vivian P.