



Congratulations to our Nurse Manager, Sarah Meyer, on The Rising Star Award!!!

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
 _ _ L _ _ D
 S _ _ _ W _ _ A L _ _
 _ _ O L _ _
 S O _ _ _
 C _ _ C _ _ A
 B _ _ _ T _ _
 M _ _ T _ _ E N
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 _ _ N _ _ W _ _ _ N
 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 Jordan December Newsletter

Community Highlights

Please Watch for our Spirit Week December 17th-21st. We have Lots of planned activities and fun!! As 2018 comes to an end, Oak Terrace Staff would like to extend a huge thank you for choosing to be a part of our family.

December is full of fun activities:
 12/2-Piano Recital
 12/3-Have You Heard of Coffee Hour
 12/3-Resident Birthday Party
 12/4-Mankato Mall
 12/5-Coborn's
 12/5-Bailey's Buddy Social
 12/5- Schwan's Front Lobby
 12/6-Allen Carlson Performance
 12/7-Arbys Restaurant
 12/9-St Pauls Lutheran Church Carling
 12/10-Resident Council
 12/11-Minnesota Zoo
 12/11-Christmas Caroling Ladies
 12/12-Target
 12/13-Preschoolers Holiday Program and Bingo
 12/13-Concertina Fun
 12/14-Preschoolers Holiday Program and Bingo

December 17th-21st Oak Terrace Spirit Week

12/17-Wear Red
 12/17-Cut Out Sugar Cookies
 12/17-Frost Sugar Cookies
 12/17-Loren Wolfe Performance
 12/17-Chrimas Light Drive
12/18-Wear Sparkles
 12/18-Fudge Tasting Contest
 12/18 Piano Christmas Concert
12/19-Wear Buffalo Plaid (Black and Red)
 12/19-Rdermacher's
 12/19-Bailey's Buddy Social
 12/19-Schwan's Front Lobby
12/20-Wear Green
 12/20-Christmas Bingo
 12/20-Christmas Social
 12/20-Happy Hour
 12/20-Santa is Coming
 12/20-Pekarna's Christmas Supper
 12/20-Christmas Card Bingo
12/21-Wear Your Christmas Sweater
 12/21-Christmas Stories by the Fire
 12/21-Bingo and Eggnog
 12/27-Walmart
 12/28-New Year's Bingo and Wine

December Birthdays



Betty F – 12/3
 Georgina T – 12/17
 Dorothy C – 12/20
 Shirley B – 12/26

Oak Terrace is turning into a Christmas Winter Wonderland. 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.

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.

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 12/18 from 3:00 pm-6pm. 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.



Fun Times at the Dollar Tree



Honoring Our Veterans



Making Turkeys For Thanksgiving!



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