

## 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 the kitchen know by December 17<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  
\_ \_ C \_ \_ \_ F  
\_ \_ 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 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 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.

- 12/6- St. Nick Social
- 12/6- Coborn's Shopping Trip
- 12/10- Kiwanis Holiday Lights Drive
- 12/12- Hot Chocolate Bar
- 12/13- Todd Anderson Performance
- 12/14 Henderson RoadHaus Lunch Outing\$\$
- 12/15 Holiday Giveback Project
- 12/17- Loren Wolfe Performance
- 12/19- High School Caroling
- 12/19- Mary Guentzel Quintet Performance
- 12/19- Decoration Christmas Cookies
- 12/20- ShopKo Shoprring Trip
- 12/21- Stocking Stuffer Social
- 12/27- Birthday Party for Residents
- 12/27- Holiday Store OPENS 2-4
- 12/28 Resident Council
- 12/28- Holiday Store Closes 1-3
- 12/28- Casino Royale: New Years Party
- 12/31- Beer & Bingo

## Welcome Janet to the Activities Department! NEW Saturday Activities Assistant

**STARTING DECEMBER 1<sup>ST</sup>** - We will now be offering Saturday Activities. Look at your calendar for all the fun things taking place. Also look closely to what room the activities are in. It is subject to change each week if the room reserved over the weekend.

Some Activities that will be offered: *Bible Study-Exercise-Craft-Cards & Games- Themed Bingo*  
Please come and enjoy the fun and socialize with others.

If you have any suggestions on Activities you would like to do on the weekend please let Janet or Lauren know.



### What Does Christmas Mean To You?



Fill in your  
4 answers to what  
Christmas means  
to you.  
Come share them  
on 12/7



1)

2)



3)



4)

## 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