



MEADOWBROOK

— BLOOMER —



## Upcoming Event >>>

**Wed 1:** 10:30 Fun & Fitness/11:00 Trivia/ 1:00 UNO

**Thu 2:** 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

**Fri 3:** 10:30 Chicken Soup Stories/ 1:30 Farkle

**Sat 4:** Independent Activities in Activity Room

**Sun 5:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

**Mon 6:** 10:30 Musical Memories /1:30 Yahtzee

**Tue 7:** 10:45 Worship/ 1:30 Bingo/ 5:30 Puzzles

**Wed 8:** 10:30 Fun & Fitness/ 11:00 Hangman/ 1:30 Crafts

**Thu 9:** 10:00 Coffee Clutch/ 1:30 Bingo/ 5:30 Puzzles

**Fri 10:** 10:30 Current Events/ 1:30 Root beer float cart

**Sat 11:** Independent Activities in Activity Room

**Sun 12:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

**Mon 13:** 10:30 Music w/Amy/ 1:30 Rummy

**Tue 14:** 10:45 Worship/ 11-3 Bake Sale/ 1:30 Bingo/ 5:30 Puzzles

**Wed 15:** 10:30 Fun & Fitness/ 11:00 Name that Tune/ 1:30 Oktober Fest Social

**Thu 16:** 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

**Fri 17:** 10:30 Farkle / 1:30 Movie and Popcorn

**Sat 18:** Independent Activities in Activity Room

**Sun 19:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

**Mon 20:** 10:30 Armchair Travel/ 1:30 Let's Bake Apple Crisp

**Tue 21:** 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles

**Wed 22:** 10:30 Fun & Fitness/ 11:00 Name 5/ 1:30 Res. Council

**Thu 23:** 10:00 Reminisce/ 1:30 Bingo/ 6:00 Memorial Service

**Fri 24:** 10:30 Halloween Bingo/ 1:30 Crafts

**Sat 25:** Independent Activities in Activity Room

**Sun 26:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9

**Mon 27:** 10:30 Music w/Amy/ 1:30 Rummy

**Tue 28:** 10:45 Worship/ 1:30 Bingo/ 5:30 Puzzles

**Wed 29:** 10:30 Fun & Fitness/ 11:00 Word Games/ 1:00 Trick or Treat Cart

**Thu 30:** 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

**Fri 31:** 10:00 BE Kids Sing/ 1:30 Halloween Party & Music w/Deborah

**Daily Mail Pass at 9:30 AM**

**Hair Salon is Open every other Thursday 9:30 am - 12:00 pm**

**Schedule appointment and make payment to the Activity Department.**

**\*\* Activities are Subject to Change\*\***

# Newsletter

## Sweet but Safe: Managing Diabetes During Halloween

Halloween is one of the most festive times of the year. Costumes, pumpkins, and spooky decorations fill the air with excitement. But for residents who live with diabetes, this holiday can also bring unique challenges. With candy and sugary snacks everywhere, it's important to find ways to celebrate safely while still joining in the fun.

### Focus on Fun, Not Just Food

Halloween doesn't have to be all about candy. Activities like pumpkin painting, costume contests, spooky movie nights, or themed crafts can help shift the focus away from sweets. Celebrating in creative ways brings joy without adding to blood sugar concerns.

### Choose Healthier Treats

If treats are part of the celebration, there are plenty of options that won't cause sugar spikes. Sugar-free candies, fruit cups, popcorn, cheese bites, or veggie trays with festive dips can all be delicious and satisfying. These small changes keep the spirit of Halloween alive while supporting healthy choices.

### Stay Active

Movement helps the body manage blood sugar more effectively. Gentle activities such as walking, stretching, or even dancing to Halloween-themed music can add fun while supporting overall health.

### Keep Hydration in Mind

Water is one of the best "treats" for the body. Staying hydrated helps control cravings and keeps blood sugar levels steadier throughout the day. Offering festive water options — like fruit-infused water in orange and black cups — can make it more fun.

### Monitor Blood Sugar Closely

Since holidays often mean changes in routine, it's important for residents to keep a closer eye on their glucose levels. Regular monitoring, balanced meals, and timely medications are key to feeling well and enjoying the holiday safely.

Halloween should be about laughter, creativity, and community. With a little planning, residents with diabetes can fully enjoy the season without the sugar scares. Here's to a safe, festive, and spook-tacular Halloween for everyone!



Let's play!

# Word Scramble: Halloween Movies



## Employee Birthdays

Taylor R., Oct 18

Cheyenne H., Oct 19



1. HTE ETCHSIW \_\_\_\_\_
2. TEUIJBLECE \_\_\_\_\_
3. TEH DSDAMA MLIFAY \_\_\_\_\_
4. PSRCEA \_\_\_\_\_
5. EHT HAUTNED SNMIANO \_\_\_\_\_
6. OEPBMOSSGU \_\_\_\_\_
7. OHUCS CUSPO \_\_\_\_\_
8. OUGYN TRIASNKKEEFN \_\_\_\_\_
9. SOPYOK SEDIUBD \_\_\_\_\_
10. ONTERMS SDAUQ \_\_\_\_\_
11. THE TTLLEI MAVPIRE \_\_\_\_\_
12. RACSEP AND DWENY \_\_\_\_\_
13. ETOHL NTLSARNYAAIV \_\_\_\_\_

## Meet our Team >>>

### Tell us about your Job.

I work as a Resident Assistant on the RCAC. I absolutely love helping others with anything they need, no matter what it takes!

### Tell us about your family.

I come from a large family. Many of us live around the United States.

### What are your outside Interests?

I love to spend time fishing, cleaning my house, walking my dog, and helping my boyfriend with projects!

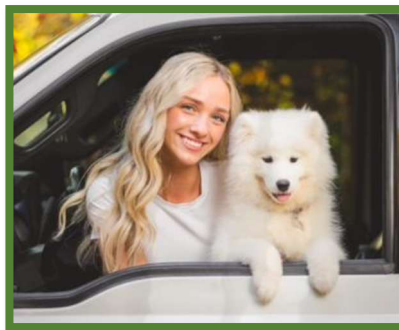
### Something not everyone may know about you.

I have 13 brothers and sisters!

### Favorite sport team

Green Bay Packers!

*Cheyenne H.  
Resident Assistant*



## 2025 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Pumpkin Spice Day
- ▶ Oct 2 Smarties Day
- ▶ Oct 4 Card Making Day
- ▶ Oct 4 Cinnamon Bun Day
- ▶ Oct 5 Chic Spy Day
- ▶ Oct 6 Hat Day
- ▶ Oct 7 Taco Day
- ▶ Oct 7 Fruit Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 11 Pizza Day
- ▶ Oct 12 Old Farmers Day
- ▶ Oct 13 Indigenous People's Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 I Love Lucy Day
- ▶ Oct 16 Sport Day
- ▶ Oct 16 Boss's Day
- ▶ Oct 17 Pasta Day
- ▶ Oct 18 Sweetest Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 22 Color Day
- ▶ Oct 23 Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 First Responders Day
- ▶ Oct 29 Cat Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 **Halloween**

## Also, October is...

Breast Cancer awareness Month  
National Food Services Week – Oct 05-11,2025



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