

Rachelle Henkel is a clinically trained Social Worker who is available to assist and support you confidentially. Her office hours are via phone each Wednesday from 12-2pm. Please feel free to call and leave a message anytime and she will call you back 612-760-9183. In person visits can be accommodated as needed

Please friend us and "like" us on Facebook. We are sharing a lot of wonderful pictures and stories there.



BEAUTY SHOP

Please continue to work with Brenda to make appointments and arrangements. Remember you will need to wear a mask at all times in the Beauty Shop
Brenda Wade 651-208-0290

Meadows on Fairview
25565 Fairview Ave
Wyoming, MN 55092

MEADOWS ON FAIRVIEW DIRECT CONTACT INFORMATION
Dial 651-466-extension listed below

| | | | |
|--------------------------------------|----------|-----------------------------|----------|
| David McCray, Campus Administrator | Ext 1301 | John Hagen, Env Svc Dir | Ext 1314 |
| Ileen Jaeb, Dir of Health Services | Ext 1303 | Lori Norman, Activity's Dir | Ext 1306 |
| Ann Grode, Asst ED and Marketing Dir | Ext 1302 | Lindsay Hedgers, TCU Admin. | Ext 1307 |
| Melanie Midthun, TCU Dir. of Nursing | Ext 1307 | Asst Living Nurses | Ext 1305 |
| Shawn Pierce, Dir of Nutrition | Ext 1308 | TCU Nurses Desk | Ext 1312 |

Meadows Messenger

Meadows on Fairview * 25565 Fairview Ave. Wyoming, MN* 651-982-6228 * Fax 651-466-0714



**Christmas is forever,
not for just one day.
It's for loving, sharing,
for giving...not to be put
away like bells and lights
and tinsel... The good
you do for others is the
good you do for
yourself...**

E-Mail Contacts:
David McCray, Campus Administrator
David.Mccray@fairview.org
Ann Grode, Asst ED/Marketing
agrode1@fairview.org
Ileen Jaeb, Director of Health Services
ljaeb1@fairview.org
Lori Norman, Activities Director
lnorman4@fairview.org
Shawn Pierce, Director of Nutrition
Shawn.Pierce@fairview.org
Rita Benjamin, Administrative Assistant
rbenjam1@fairview.org

David, Campus Administrator

The Christmas Dog
What's that now—footsteps on the rooftop?
Could it be a cat or a mouse?
Who's this down the chimney?
A thief with a beard—
And a big sack for robbin' the house?
I'm barkin', I'm growlin', I'm bitin' his butt.
He howls and jumps back in his sleigh.
I scare his strange horses, they leap in the air.
I've frightened the whole bunch away.
Now the house is all peaceful and quiet again.
The stockin's are safe as can be.
Won't the kiddies be glad when they wake up tomorrow
And see how I've guarded the tree.

-Shel Silverstein



Stella

Fish tank in Memory Care



Thank you to the Pillars Memory Care Grant Fund for helping us to be able to add this great addition to The Cottages!

Onie Crafting



In-House Optometry
 Thursday, December 3rd
 See Rita for appointment times

Christmas Spirit
 Upcoming Activities – See weekly calendar for dates and times.

Hot Cocoa Bar
 Christmas Tea Cart
 Yummy treats like Herring, Eggnog, lefsa and Christmas Cookies
 Christmas music will be added to channel 68

December Birthdays

| <u>Residents</u> | <u>Volunteers</u> |
|------------------|--------------------|
| 11 Dames Kroska | 03 Mary Munger |
| 15 Ellie Jasmin | 10 Carol Longsdorf |
| 20 Joyce Baklund | |

Meadows Employee

| | |
|--------------|----------------|
| 01 Olivia P. | 19 Marianne S. |
| 06 Carol S. | 27 Rita B. |
| 07 David M. | 31 Calvin S. |
| 07 Leann T. | |

Happy Birthday Ione!



Mae, Norman and Police Chief Hoppe



Mae and Norman represented Meadows on Fairview in Police Hoppe's holiday public service announcement urging people to stay home and stay safe.

The video appeared on Facebook and included staff from the hospital and members of the Wyoming Police and Fire Department.

Thank you Mae and Norm!



Nurse Notes
Ileen, Director of Health Services

Work on keeping your digestive system happy!

The digestive system is where vitamins, minerals, and nutrients are absorbed. Some tips to keep you and your digestion operating smooth:

1. Drink lots of fluids. Fluids help ease the passage of food through the digestive tract. Drink at least one glass of water at every meal. Instead of plain water, add slices of lemons or oranges, or whole berries to pack a punch of flavor.
2. Get moving. Regular exercise, including taking a walk after a meal, is a great way to keep your digestive tract on track.
3. Understand the gut-brain connection. The "gut feeling" isn't just a myth; the gut and brain are closely connected, and if you're feeling stressed, angry, or nervous, it can affect your digestive system. Try to find ways to stay relaxed and stress-free.

Kitchen Korner
Shawn, Culinary Director

Hello All,

As you all know by now, we had to make the decision to shut our dining room down again due to the positive case rise in our county. It also looks as if this will be the case for the upcoming holidays, so unfortunately we will have to continue doing meal service as we have been. We recently sent out a survey for our Christmas meal and the response was in favor of Prime Rib, so we will be serving Prime Rib for the afternoon meal on Christmas Day. Glazed Ham also had a good response, so we decided to have this meal on Christmas Eve for the afternoon meal. I know the situation is not ideal, I would like to thank all of you for your continued patience and support as we continue to navigate the challenges presented to us.

Thank you.