



Winter is here! Poet Edith Sitwell said, "Winter is time for comfort, for good food and warmth, for the touch of a friendly hand and talk beside the fire: it is the time for home."

Winter may also be a season of pain for some arthritis sufferers. We may experience increased pain from arthritis due to stiffer ligaments, tendons, and joints caused by the lower temperatures and barometric pressure. Also, often in the winter, we become more sedentary and gain a couple of extra pounds which can lead to decreased range of motion and more joint pain. Below are some tips for protecting your vulnerable joints and reducing pain from arthritis this season:

**Stay active-** Participate in light exercise on a daily basis, including aerobic, stretching, and/or muscle strengthening. Prioritize tasks and activities that are meaningful to you and continue to complete them. Take rest breaks as you need to.

**Stay warm-** Dress in layers to keep your core temperature warm. Use hot packs or heating pads before, during, or after activities.

**Reduce pressure and discomfort when working with or holding objects-** Wrap handles of commonly used objects with foam, cloth, or tape to cushion the grip. Use ergonomically designed tools to make everyday jobs easier, such as jar openers and button hooks.

**Increase the ease to stand up and reduce risk to fall-** Use armrests to push yourself up from. A raised toilet seat and/or toilet rails can help stand up. Avoid using throw rugs in any area of your home.

**Avoid or reduce stress to your joints-** Push larger items, instead of pulling or lifting them. Use items with wheels, such as carts and suitcases, to avoid lifting and carrying. Replace round door knobs with lever-style handles.

**Keep up your energy-** Get plenty of sleep. Position painful joints on pillows or blankets for comfort when in bed. Eat well and stay hydrated. Adequate sleep and a balanced diet will also help manage the inflammation.

An occupational therapist and physical therapist can help in customizing a physical activity program, modifications and adaptations of tasks and objects, and pain management alternatives specific to you and your goals.



Sara Fitch, OTR



BAKA presents  
**BEAVER DAM**  
 ASSISTED LIVING & MEMORY CARE

104 Fakes Ct.  
 Beaver Dam, WI 53916  
 Phone: (920) 356-9818

### Beaver Dam Directory

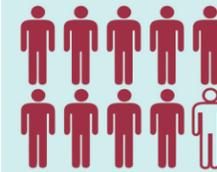
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## HOLIDAY Fun Facts



**9 OUT OF 10**  
 Americans celebrate Christmas.

### HOW WILL AMERICANS CELEBRATE CHRISTMAS?

Attend a gathering with extended family or friends	<b>86%</b>	Give homemade gifts (baked goods, crafts, etc.)	<b>58%</b>
Buy gifts for family or friends	<b>86%</b>	Attend a religious service	<b>54%</b>
Put up a Christmas tree	<b>79%</b>	Pretend Santa Claus will visit home	<b>31%</b>
Send Christmas or holiday cards	<b>65%</b>	Go caroling	<b>16%</b>

The U.S. Postal Service receives **MILLIONS** of letters to Santa each year.

More than **1.8 BILLION CANDY CANES** are made each year. **90%** of those are sold between Thanksgiving and Christmas.

American adults are expected to spend an average of **\$720** on Christmas gifts this year.

**8-12 MILLION ARTIFICIAL TREES** are sold in the U.S. every year.  
**25-30 MILLION REAL TREES** are sold in the U.S. every year.

Top items Americans are planning to buy this year:

Clothing	<b>79%</b>
Gift Cards	<b>65%</b>
Toys	<b>60%</b>
Books	<b>51%</b>

Estimated retail sales by the nation's department stores:  
**\$24.4 BILLION DOLLARS**

### HOW DOES ST. THOMAS CELEBRATE CHRISTMAS?

St. Thomas's artificial tree decorating the student center is **34 FEET** tall.  
**46,000** Christmas lights will illuminate the St. Thomas campus this holiday season.



## HOLIDAY MOVIE TRIVIA

1. In the 1964 classic "Rudolph The Red Nose Reindeer", what was the name of the elf that wanted to be a dentist?
2. What was Rudolph's father's name?
3. What was the name of the coach of the Reindeer Games?
4. What was the name of the rabbit in the magic hat in "Frosty the Snowman"?
5. What was the name of the little girl in "Frosty the Snowman"?
6. In "Frosty the Snowman", what was the name of the magician with the magic hat?
7. How much did Lucy charge for a psychiatric session in the classic Christmas TV special "A Charlie Brown Christmas"?
8. What was the most likely reason that the Grinch hated Christmas?
9. Who narrated the original 1966 TV show "How the Grinch Stole Christmas"?
10. In the Christmas Classic, "It's A Wonderful Life", what happened every time a bell rang?
11. What did Ralphie want for Christmas in the movie "A Christmas Story"?

\*\*Answers located on newsletter insert page\*\*

## Testimonial

"I love it here. Everyone is so kind and friendly."

~ Millie S.

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# Happy Holidays!

## Christmas Word Search

G	R	E	E	N	A	B	E	S
P	E	A	C	E	D	O	L	L
N	D	M	O	W	M	W	F	A
T	R	E	E	N	M	I	L	K
P	L	R	G	I	F	T	B	A
C	H	R	I	S	T	M	A	S
O	C	Y	Y	A	I	N	L	G
K	L	A	T	N	B	E	L	L
I	A	T	H	A	O	Y	E	B
E	U	E	A	A	N	O	S	E
S	S	R	U	D	O	L	P	H
	C	L	I	G	H	T	S	H

MERRY  
CHRISTMAS  
SANTA  
CLAUS  
BELL

TOY  
DOLL  
BALL  
GIFT  
BOW

TREE  
LIGHTS  
ELF  
COOKIES  
MILK

RED  
GREEN  
RUDOLPH  
NOSE  
PEACE

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND  
THE ANSWER:

WHAT IS RED AND WHITE AND SLIGHTLY MELTED?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ 😊

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## RESIDENT SPOTLIGHT



### Laura K.

Laura was born in Beaver Dam in 1930. She has always loved Beaver Dam and has many fond memories of its history and legacy. Laura's father was a milk hauler and remembers him working very hard for the family before he passed away when she was only three years old. Laura married her husband, Don, and together they had seven children – four boys and three girls. “You don’t see many big families like that today”, she said. Her husband worked for Kirsh Foundry for 42 years. When her kids were in school, she worked as a nursing assistant at the Beaver Dam Community Hospital. She also worked as a dental assistant for Dr. J.C. Leathberry. After her husband passed away, she worked for seven years as a caregiver for the babies in the infant lab at Beaver Dam Hospital. This allowed mothers to go back to school while she cared for their babies. One of Laura's true passions is doing puzzles, which started after her husband passed away. Laura said she can't possibly estimate the number of puzzles she's completed over the years, but she knows it's a lot. Her latest puzzle is I am With You Always and features a number of crosses, which has substantial meaning to her. . This year, she put together a puzzle for all her grandchildren - 11 grandchildren and 22 great grandchildren. Her other interests include baking coffee cakes and sweet rolls, as well as raising her children. Her companion these days is her beloved cat, Sophie.

## Trivia Answers

- |                      |                                       |
|----------------------|---------------------------------------|
| 1.) Hermie           | 7.) 5 Cents                           |
| 2.) Donner           | 8.) His heart was two sizes too small |
| 3.) Comet            | 9.) Boris Karloff                     |
| 4.) Hocus            | 10.) An angel gets their wings        |
| 5.) Karen            | 11.) Red Ryder BB gun                 |
| 6.) Professor Hinkle |                                       |

## Meet Our New Resident!



### Mildred L.

Mildred was born on May 4<sup>th</sup> in Milwaukee, Wisconsin. Her and her husband, Donald, moved to South Dakota, where she worked as a nurse. She explained being a nurse in South Dakota as hard to work because of the brutal winters and long drives. Mildred has two daughters, who both reside in Florida. She and her husband spent a lot of their time together doing woodworking and other crafts. Her other hobbies include knitting and sewing. Mildred loves to travel and has been to all the National Parks, and her favorite state to visit was Washington. Mildred has a bit of a sweet tooth, and loves to indulge in her favorite treat - ice cream. She doesn't have a favorite holiday because she says every day is a holiday. Mildred is excited to be here and be a part of our community where she can meet new people. Welcome, Mildred!

## Meet Our New Team Member ~ Bruce Santos ~



Bruce grew up in Milwaukee and in late childhood eventually moved to East Troy, a farm town just west of Milwaukee. Later there he met his wife Kerri who lived in the neighboring town of Mukwonago. They lived in many areas such as Milwaukee, Waukesha, and Sussex before planting their roots in the small fishing town just west of Oshkosh called Winneconne. He lives there with Kerri and his three girls ages 6, 4, and 2. Bruce received his Bachelor's Degree in

Business Administration and Management from Liberty University, and comes to us with over a decade of customer service, sales, and marketing experience. Since childhood, Bruce has always loved working hard and playing hard. His sport growing up was basketball, and if you've seen him walking by you can clearly see why. However, he also has a unique talent of being quite the sketch artist and loves to draw. In his spare time, he loves to spend time with his family, being involved in his local church in Oshkosh, and playing in the great outdoors. From fishing, to camping, to hunting, nothing really fails to bring fun and excitement to him. Though born and raised in Wisconsin, one of Bruce's guilty pleasures is to travel to Florida with his family where they spend day after day on the beautiful Gulf Shores beaches. He is never unwilling to smile and meet another friendly face, so if you see him passing by, don't be afraid to say hi!



## WELCOME OUR NEW RESIDENT



**Joan B.**

Please welcome Joan, our new resident who moved into apartment 211. Joan was born June 30, 1929 in Marshfield, Wisconsin. Joan married her husband, Art, at a dance in Roseville, Wisconsin. Together, they raised six children; three boys and three girls. Joan proudly says that she and her late husband bought 37 1/2 acres of land in the country for a reasonable price. This is where they built their family home and raised their children. In addition to having a large family, the couple enjoyed traveling to Norway, Sweden, London, Scotland and Ireland. Joan says that each destination have a special meaning to her. She also enjoyed traveling to Germany and Italy the most. Her son, Carl, started Brehm's Wondercreek Nursery, where he keeps busy making wreaths for the hospital. Joan's hobbies include reading, listening to music, knitting and sewing. Please join us in welcoming Joan to Beaver Dam!



### December Birthdays at Beaver Dam!

- |                     |                    |
|---------------------|--------------------|
| 12/4 - Vivian S.    | 12/22 - Judy W.    |
| 12/10 - Patricia N. | 12/27 - Pat K.     |
| 12/11 - Myrtle C.   | 12/31 - Bernice C. |



## Dates to Remember in December

**December 2**  
 Aldi's Shopping Trip

**December 3**  
 Ugly Sweater Contest

**December 4**  
 National Cookie Day

**December 5**  
 Cooking Club: Stuffed Baked Potatoes

**December 6**  
 Lunch outing to Arby's

**December 10**  
 Tree Decorating w/ Eggnog -bring a holiday ornament along

**December 11**  
 Move Wednesday: It's a Beautiful Life

**December 12**  
 Cooking Club: Party Mix

**December 16**  
 Norway Christmas trip w/ Libby

**December 17**  
 Live Music: Beaver Dam Middle School Band

**December 18**  
 Holiday Light Tour

**December 19**  
 Holiday Resident & Family Gathering

**December 20**  
 Lunch outing: Benvenuto's

**December 23**  
 Holiday photo sharing with hot coco

**December 24**  
 Holiday Sing-a-longs

**December 25**  
 Merry Christmas!!

**December 27**  
 Resident/Family/Staff Chili Cook Off

**December 31**  
 New Year Eve Party at 2:00



Time Square's New Year's Eve Ball was first dropped in 1907 after there was a fire-works ban. The original ball weighed 700 pounds and featured 100 25-watt bulbs. Much different to the ball we know today!

