

SSM Health Adult Day Services Newsletter Winter 2025/2026

Did You Know?

Did you know the Winter Solstice is the shortest day and longest night of the year? Even though the Northern Hemisphere is closer to the sun during December, the Earth's tilt away from the sun gives less direct sunlight which causes cold temperatures. The Southern Hemisphere has their Winter Solstice in June.

From Julie's Desk

As we approach the end of 2025, I want to express my heartfelt gratitude for your trust in our program and staff. You inspire each of us every day, and it is an honor to care for your loved ones. At SSM Health, we live out our mission through our Catholic health care roots and the calling to serve.

- Thanks to a generous donation from the Agnesian HealthCare Foundation, we've recently installed a new call light system to improve safety and privacy for our clients.
- To ensure availability of equipment, please bring your loved one's personal assistive devices (wheelchairs, walkers, etc.) when possible.
- For accurate documentation, the person dropping off or picking up their loved one should enter the time and their initials in our sign-in/out log.

Our newsletter and calendar can be found by clicking on [this link](#) under Forms and Resources.

Friendly Reminders: Cold/Flu/COVID-19/Norovirus

According to the CDC, influenza burden is expected to be particularly high this year due to an already mutating strain. We strongly recommend you consult with your health care provider regarding immunization for influenza and COVID-19. Norovirus often makes an appearance during the winter months and is an extremely contagious gastrointestinal virus typically involving prolonged and severe vomiting and diarrhea.

Note: It is necessary to stay home if you are feeling unwell. Please call the center and speak to a nurse (Julie/Judy/Jenny) if your loved one is ill and/or if someone in the immediate household has fever, body aches, respiratory symptoms, or gastrointestinal symptoms. We will make a recommendation for when the client can return to program. **Clients that arrive with obvious respiratory symptoms like runny nose and sneezing or coughing, fever, or gastrointestinal symptoms will be masked and sent home immediately.** Thank you for helping us keep all of our clients and staff safe and healthy this winter!

Inclement Weather: In the event of inclement weather, our program is closed indefinitely when the Fond du Lac School District closes, which can generally be found on television and/or through KFIZ cancellations/closings website. In that case, we will not call you. For two-hour school delays, we will call you if we will be closing our program. For situations of impending large snowstorms or freezing rain, we may call you in advance if we will be closing the program. Our main concern and goal is for the safety of our clients and staff.

Schedule changes: If you are calling to make a schedule change or cancel a scheduled day, please contact the main number 920-921-5812 and let a staff member know. If you only call Julie's phone, she may be out of the office for the day and staff will not receive the message until later. **If you cancel your appointment with us through MyChart, please also call the building to cancel.**

Outings/Events

Please check with staff regarding your loved one's account balance prior to the outing/event. Smaller bills are appreciated, if possible, for the purpose of making change.

Our winter community outings are more limited during the cold weather months; however, we will offer carryout from various restaurants throughout the winter and may attempt an impromptu outing on the van on a warm, sunny day if the roads are in good condition.

Alzheimer's and other Dementia Caregiver Support Group

Our Alzheimer's Association support group is held here in our conference room on **the second Tuesday of the month from 1:30 - 2:30 pm. Please do not attend if you are ill or have been diagnosed with COVID-19.** If you are unable to attend our meeting, you may visit the Alzheimer's Association website at www.alz.org or call their 24/7 Hotline at 800-272-3900 for support and assistance. Facilitator: Julie Schwartz, RN. Co-Facilitator: Sandra Isaac, CNA

****Special Note**** We will have guest speakers at our meeting on December 9 (Palliative Care RN, Naomi Howland) and Kelly Brunet, NP, from Neurology on February 9, 2026.

Wish List

Jergens body lotion (cherry almond scent ONLY); regular or sugar-free miniature-sized bingo candy (no hard candy please); baby wipes (sensitive skin); holiday-themed tableware and paper products; gift cards for any dollar store, Hobby Lobby, Amazon, Walmart, etc., to be used toward activity supplies or monthly bingo basket items

Thank You!

If you made a donation from our wish list in the past, we are so thankful for your generosity and support of our program!

Looking Ahead to Holiday Closings

- Wednesday & Thursday, December 24 and 25: Merry Christmas!
- Wednesday & Thursday, December 31 and January 1: Happy New Year 2026!