



Family Connection



“It’s The Most Wonderful Time Of The Year”



My Favorite Christmas Song Is:

Inside this issue:

- Happy Birthday! & 2
- Christmas Favorites 2
- PWHO Family & 3
- Good for You 3
- In the Spotlight 3
- Special Olympics 3
- Home Visit Concerns 4
- Staff Milestones 4

- O’ Little Town of Bethlehem-Janet P.
- Grandma Got Run Over By a Reindeer-Jessica D.
- Rocking Around the Christmas Tree-Laura Baumann
- Angels We Have Heard on High-Jenny M.
- Hark the Harold Angels Sing-Brandon W.
- Little Drummer Boy-Amanda C.
- Rudolph the Red Nosed Reindeer-Melissa M.
- Jingle Bell Rock-Alyssa Fox
- Away in the Manger-Robin W.
- Frosty the Snowman-Brett B.
- Christmas with a Capital C-Beth H.
- Santa Claus Is Coming To Town-Ashley B.
- All I Want For Christmas is You-Andy C.
- New Kids on The Block Christmas-Lisa L.

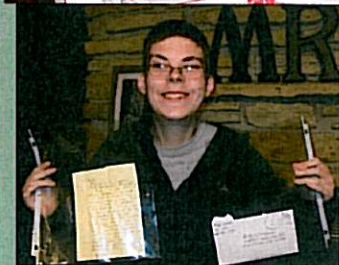
- Oh Tannenbaum-Laura G.
- Winter Wonderland-Marsha Fox
- We Need a Little Christmas- Kaaren S.
- Silent Night-Renee R.
- What Child Is This-Richard D.
- Silver Bells-Shaun K.
- Carol of the Bells-Kara Bender
- Feliz Navidad-April K.
- Jingle Bells- Kate K.
- Deck the Halls-Peter F.
- Twelve Days of Christmas-Karen S.
- Let it Snow-Jeff Z.



Margaret Ruth; Supporting Our Troops for the Holidays



In July of 2009 the Residents at Margaret Ruth Home began supporting the 732nd Combat Sustainment Support Battalion out of Tomah, WI currently stationed in Iraq. Once per month the residents make crafty cards for the troop. Residents have sent cards for Labor Day, the 4th of July, and just to say “thank you.” During the second week of November, The individuals at Margaret Ruth helped gather and put together items for a care package to send to the troops for Christmas from Oconomowoc Residential Programs. Everyone was very excited and eager to send some Christmas cheer overseas. In addition, Andrew C., a resident of Margaret Ruth, has become pen pals with the Captain of the 732nd and continues to look forward to getting his letters. Mail takes roughly two weeks to get to Iraq so Andy always has a lot to tell his pen pal about his experiences here in Wisconsin. Andy also has learned a lot about what a Captain in the National Guard does and how to work as a team.



Andy with his pen-pal letters

Overall, this experience has enriched the lives of the residents of Margaret Ruth through learning values of team work, support, and sense of sharing. The Margaret Ruth residents have become an Inspiration to us all.

Putting together the troops care package



Happy Birthday to You!!!

December Birthdays

- Kat B.
- Carlie J.
- Carol O.
- Maribel R.
- Ben V.

January Birthdays

- Greg B.
- Peter F.
- Laura G.
- Jessica K.
- Dominic N.
- Katie S.
- Karen S.
- Jeffrey Z.

February Birthdays

- David B.
- Andrew C.
- Sophie C.
- Jennifer K.
- Beth L.
- Curtis M.
- Kaaren S.
- Kevin T.



Resident Milestones

5 years-

January-Tony D.

January-Kai E.

Christmas Favorites

My favorite Christmas activity is making snowmen & decorating the Christmas tree-Tony S.

My favorite Christmas tradition is that my mom always lets me open one gift on Christmas Eve.-Melissa M.

My favorite Christmas activity is walking down Candy Cane Lane and admiring the lights and creativity-Jean Anne B.

My favorite Christmas activity is the PWHO Christmas Party- Kat



My favorite Christmas memory is sneaking into the living room in the middle of the night to peak at the presents.- Andy C.

My favorite memory is when I was five and my mom bought me a dog that I've always wanted and my mother kept him under her coat to keep him warm-Jeff Z.



My favorite thing about Christmas is spending time with family who are far away-Ashley B.

My favorite Christmas Tradition is going to Midnight Mass on Christmas Eve.-Kate K.

My favorite Christmas activity is opening Christmas presents-Kaaren S.

My favorite Christmas activity is shopping and listening to Christmas music-Meredith W.



Good For You

Party Pleasers- Only 25 calories each!

Tomato Treats: Place 1/4 ounce piece of lean meat (turkey breast, chicken, pork tenderloin) on a cheese flavored mini rice cake, place one-half cherry tomato on top with a sprinkle of parmesan cheese. Brown lightly in a toaster oven or serve cold.

Cucumber Sandwiches: Use "lite" wheat bread (40 cal.) Spread a thin layer of horseradish sauce on two bread slices. Make a sandwich with 4 slices of cucumber and 1/2 cup of alfalfa sprouts. Cut into four squares.

Spinach Balls: Mix together one 10-ounce package of chopped spinach (thawed and drained), 3 egg whites, 1/4 C. grated parmesan cheese, bread crumbs (from 2 slices of regular bread), 1 t. minced garlic, and 1 T. chopped onion. Shape into 18 balls. Bake on a cookie sheet for 20 minutes at 350 degrees.

Ham Rollups: Spread a one ounce slice of low-fat ham with 2 T. low-fat cream cheese. Sprinkle with chopped green onion. Roll up. Cut into 3 pieces.

By: Teresa Kellerman

In the Spotlight



PWHO would like to congratulate Peter F. who was chosen by Special Olympics of Wisconsin to recite the Special Olympics oath at the opening ceremonies at this years Regional Bowling Tournament. Peter practiced his lines and announced the pledge for over 400 athletes who



participated in the tournament. We are so very proud of Peter. He did an outstanding job representing himself and PWHO.

Great Job Peter!!!!

Upcoming Special O. Events-

- December 5th State Bowling Competition
- February 7th Big Bend Basketball Area Competition



- Ian D.
- Jessica K.
- Gary S.
- Kevin T.

Congratulation and Good Luck at State!!!



Special Olympics



On Sunday November 8th, 24 athletes participated in the regional bowling tournament at AMF Bowlero in Wauwatosa. We are excited to congratulate the 11 athletes who have qualified for the State Bowling Competition that will take place on December 5th.



Those individuals are:

- Jeff B.
- Ashley B.
- Peter F.
- Sarah H.
- Carlie J.
- Nick B.
- Tom B.

2009 Family & Friends Fall Picnic

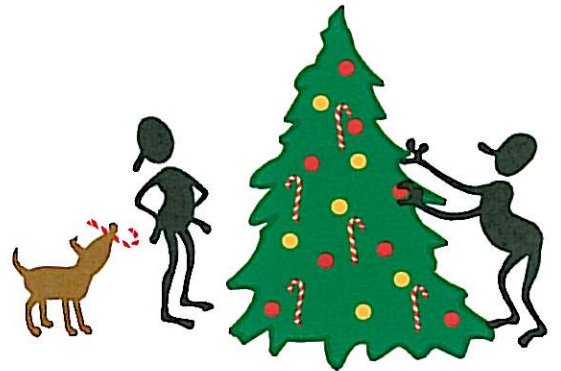
On October 10th, 265 of PWHO's families and friends gathered at Turner Hall in Watertown, WI to celebrate this year's annual fall picnic. Families were accompanied by their loved ones and enjoyed the opportunity to visit with old friends, and make some new ones. A beautiful fall theme decorated the hall and provided a festive backdrop as together we enjoyed our conversations and luncheon. We danced the afternoon away with a little help from our favorite DJ, Scott. He has definitely brightened the hearts of our residents with his thoughtful ways. We also had a special recognition ceremony for twenty individuals who have made PWHO their home for over twenty years, five who have blessed our lives for twenty-five. Families and friends commented throughout the afternoon on how much fun they were having. "What a wonderful picnic. This was the best year yet." As always, the time flew by and before we knew it, the picnic was over. We thank everyone who attended, and for sharing their families and such a wonderful day with us. We look forward to next year's picnic with great anticipation.





Have A Safe & Happy Holiday Season

It's that time of year again when we like to remind everyone of the importance of following the nutritional plan set by the registered dietician here at PWHO. This is important as it will help individuals maintain their weight as well as prevent severe medical complications which may occur in unsecured food environments, or where there is additional access to food servings. We know that it is next to impossible to prevent every opportunity to get additional food, nor can we completely avoid the anxiety surrounding the fact that they are hungry and secretly hoping someone will leave something out, however we can all use a reminder of how serious this syndrome can be even when individuals are doing well, look great, and appear as if a little "extra" is okay. We wish everyone a safe and happy holiday season!



PWHO Employee Anniversaries and Milestones

PWHO would like to thank each and every employee for their countless hours of service and dedication to supporting the individuals who reside at PWHO. Their long term commitment is an inspiration to us and is truly appreciated.

December Anniversaries

Jackie Mallow- 20 years
 Jack Worden-16 years
 Jerry Robinson-12 years
 Danielle Krueger- 3 years
 Bob Wagner- 1 year
 Kristina Lumby- 1 years
 Jenny Gnewuch - 1 year
 Julie Potenburg - 1 year
 Emily Short-1 year

January Anniversaries

Mike Pierson - 15 years
 Janet Marinez - 8 years
 Nick Stefanski - 3 years
 Kim Wickert - 3years
 Erin Milaeger- 1 years
 Peggy Burns - 1 years
 Ashley Blair - 1 years
 DeAnn Eighmy - 1 years
 Kim Stammer - 1 years

February Anniversaries

Dick MacNally- 23 years
 Rena Mills-21 years
 Sue Roemhildt-10 years
 Liz Moser-Sadzewicz- 9 years
 Susan Debrozso- 6 year
 Jamie Milaeger- 4 years
 Ryan Finkenbinder - 1 year
 Robert Pierson - 1 year

