



**M U E L L E R**  
**T H E R A P Y , i n c .**

# Easy Living

Home Health Care Agency, inc.

Events and Important Dates

Kiel Opening	12/1
Skills Fair	Now
Holiday Party	12/16
Kick off the new year with our Holiday Series. We are teaming up with the lighthouse of West Bend to offer a 3 part series focusing on Alzheimer's and Dementia.	1st Thurs of January, Feb. and March

**Easy Living Home Health Care and Mueller Therapy Open a new branch in Kiel , Wisconsin!**

We are so excited to announce the opening of our newest location in Kiel ,Wisconsin! We are getting our team in place and will be having an open house and meet and greet soon! We can now service Brown, Outagamie, Winnebago and Manitowoc Counties!

Skills Fair

The skills fair is up and running at the Easy Living Germantown location.

Stations are set up and all employees must go through each station

There are informational boards set up and a test that is given at each station

All skills are re-tested on an annual basis as well as new and upcoming treatments

GIVE BACK

Barb and Laura are offering discounted rates for employees interested in a wellness program starting January first. We will meet at the Germantown location Weekly for 12 weeks , contact the office for more information.



• CORE CORNER

CONGRATULATIONS to Mary Annen in Green Bay for winning a Kalahari get away last quarter!

Congratulations to our Star Employees for the month of November

- Angie
- Deb
- Jan
- Megan
- Jill
- Brenda
- Mary

You have all received Core Kudos this month and are entered in a drawing for FABULOUS prizes! Winners drawn at quarterly meeting! Next Meeting is in March!

**Holiday Party December 16th Tips for Staying Healthy During the Holidays**

Barb and Laura will be hosting a wonderful Holiday Celebration for all Easy Living Home Health Care and Mueller Therapy Staff on December 16th.

We want to Thank Everyone for such a wonderful year!

1. Eat smaller meals, 4-6 of them
2. Workout before that big holiday party
3. Slow down when you eat
4. Offer to bring a healthy dish
5. Beware of liquor calories
6. Don't hang out at the appetizer table,
7. Use a journal, if you log your food you have a better chance of staying on the right path during the holidays
8. Enjoy your favorites, but just a few bites!

