

Upcoming Event >>>

Mon 1: 10:30 Card Games/11:30 Sugar cookies & cocoa/ 1:00

Inside/Outside 1:1/ 3:30 12 Resident choice

Tue 2: 10:30 What is love?/ 11:30 Board Games/ 1:00 Inside/Outside

1:1/ 3:30 Morning Activity.

Wed 3: 10:30 Valentine's card/ 11:00 & 3:30 Cello Concert/ 1:00

Inside/Outside 1:1/ 4:00 Morning Activity

Thu 4: 10:30 Manicures/ 11:30 Facials/ 2:00 Hallway Bingo/ 3:30

Inside/Outside 1:1/ 4:00 Morning Activity

Fri 5: 10:30 Inside/Outside 1:1/ 11:30 Heart mobiles/ 2:00 Hallway

Bingo/ 3:30 Morning Activity

Sat 6: 10&4 Inside/Outside 1:1/11:00 card games/2:00 Wordsearch.

Sun 7: 10:00 Church Serv/11:00 Inside/Outside/1:30 Superbowl snack

Mon 8: 10:30 Card Games/ 11:30 Stitched felt heart/ 1:00 Outside 1:1/

3:30 Morning craft

Tue 9: 10:30 Board Games/ 11:30 Chocolate tasting/ 1:00

Inside/Outside 1:1/ 3:30 Morning Activity

Wed 10: 10:30 Valentine's card/ 11:00 & 3:30 Cello Concert/ 1:00

Inside/Outside 1:1/ 4:00 Morning Activity

Thu 11: 10:30 Manicures/ 11:30 Facials/ 2:00 Hallway Bingo/ 3:30

Inside/Outside 1:1/ 4:00 Morning Activity

Fri 12: 10:30 Inside/Outside 1:1/ 11:30 Chinese paper lantern/ 2:00

Hallway Bingo/ 3:30 Morning craft

Sat 13: 10&4 Inside/Outside 1:1/11:00 Card Games/2:00 Wordsearch

Sun 14: 10:00 Church Serv/11:00 Chocolate cover strawberries/ 1:30

Valentine's celebration – **Happy Valentine's Day!**

Mon 15: 10:30 Card Games/ 11:30 Mardi Gras prep/ 1:00

Inside/Outside 1:1/ 3:30 Morning Activity/ **President's Day**

Tue 16: 10:30 Garden Planning/ 11:30 Board game/ 1:00 Inside/Outside

1:1/ 3:30 Morning Activity / **Mardi Gras**

Wed 17: 10:30 Random Acts of Kindness/ 11:00 & 3:30 Cello Concert/

1:00 Inside/Outside 1:1/ 4:00 Morning Activity / **Ash Wednesday**

Thu 18: 10:30 Manicures/ 11:30 Facials/ 2:00 Hallway Bingo/ 3:00

Morning Activity

Fri 19: 10:30 Inside/Outside 1:1/ 11:30 Resident Council/ 2:00 Hallway

Bingo/ 3:30 Morning Activity

Sat 20: 10&4 Inside/Outside/11:00 Card Games/2:00 YouTube concert

Sun 21: 10:00 Church Service/ 11:00 Inside/Outside 1:1/1:30 Reading

Mon 22: 10:30 Card Games/ 11:30 Cupcake decorating/ 1:00

Inside/Outside 1:1/ 3:30 Margarita Activity

Tue 23: 10:30 Garden Planning/ 11:30 Board Games/ 1:00

Inside/Outside 1:1/ 3:30 Morning Activity

Wed 24: 10:30 Pen pals/ 11:00 & 3:30 Cello Concert/ 1:00

Inside/Outside 1:1/ 4:00 Morning craft

Thu 25: 10:30 Manicure/11:30 Facials/ 2:00 Hallway Bingo/ 3:30

Morning Activity

Fri 26: 10:30 Inside/Outside 1:1/ 11:30 Resident Choice/ 2:00 Hallway

Bingo/ 3:30 Card Games/ 4:00 Morning Activity

Sat 27: 10&1 Inside/Outside 1:1/11:00 Card Games/2:00 Full moon

Reflections.

Sun 28: 10:00 Church Serv/ 11:00 Inside/Outside/1:30 YouTube

Concert

Every day at 9:30 Exercise / Monday-Friday at 5:30 Meal Tickets

Saturday & Sunday at 1:30 Meal Tickets

FEBRUARY 2021



MEADOWBROOK

—BLOOMER—

Newsletter

Cultivating Resilience in Older Adults

Resilience is not simply the ability to survive a difficult experience, but the ability to adapt and cope with circumstances in a way that enables one to emerge stronger, to thrive in the aftermath, and to integrate the lessons learned. These are traits that can be learned and can have an effect on positive aging, including senior health and wellness as they relate to healthy aging. In fact, research has shown that senior adults can exhibit traits of high resilience regardless of their socioeconomic background, life experiences or health challenges.

If you'd like to practice the behaviors of resilient aging in an effort to increase your own ability to cope with difficult circumstances, these tips can get you started:

- *Maintain an optimistic attitude and always look for the "silver lining."*
- *Engage in new activities.*
- *Accept that some things are out of your control and take action on the things you can affect.*
- *Practice stress-management techniques.*
- *Develop a spiritual practice like prayer, meditation, yoga or mindful journaling.*
- *Maintain perspective; don't let your thoughts run away with you.*
- *Practice self-care through proper nutrition, regular exercise and good sleep habits.*
- *Volunteer your time to help others.*
- *Ask for help when you need it.*
- *Look for the lessons you can learn from the situation.*

As you repeatedly turn your focus toward practicing the things you can do to overcome difficult circumstances, you may soon find that it becomes second nature – leading you toward a more empowered, engaged, happy and, yes, resilient life.

Source: <https://www.wherelyoulivematters.org/resilience-and-aging/>

February Word Search



AFFECTION
BLACK HISTORY
CANDY
CHOCOLATE
FLOWERS

FOOTBALL
FRIENDS
GROUNDHOG DAY
HEART MONTH
LOVE

PRESIDENTS DAY
SUPER BOWL
SWEETHEARTS
VALENTINES DAY



Meet our Team >>>

Hometown: Ridgeland, WI

How Long have you worked at Bloomer?

For 5 months.

Tell us about you

Been with my husband 30 years in August. We have 3 children Natassia, Dylan and Riley and 3... soon to be 4 grandchildren all of kids live nearby us and we do a lot as a family. We all enjoy kayaking, horseshoes, and camping and fishing.

What is the best part of your job?

Being able to be an advocate for those that might now have a voice and to meet a wonderful generation of people and learn from them.

What is something you would like to accomplish?

Learning new tricks to the trade in Social Services and some additional certificates to help in that role.

What are your Hobbies?

Pastime to see mini waterfalls throughout the state of WI. Hobby farm that we have miniature horses for therapy, Muscovy ducks, beef cattle, goats and chickens and Sebastopol geese, and 3 off the track thoroughbred horses and I love loom.

Deanna Rice
Social Services & LPN



We got the first round of shots!
What a great way to start the year!

#Meadowbrookteamstrong



Employee Birthdays

- Jazmin Peterson, February 13
- Kaecia Dorch, February 14
- Diane Perrin, February 22
- Stephanie Duffield, February 23

The Month of February

February comes from the Latin word *februa*, which means "to cleanse." The month was named after the Roman *Februalia*, which was a month-long festival of purification and atonement.

FEBRUARY CALENDAR

February 2 is Groundhog Day—the day we find out whether winter will last six more weeks or call it quits early.

February 12 is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor.

February 12 is also Chinese New Year. This year is the Year of the Ox.

February 14 is always Valentine's Day. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate.

February 15 brings Presidents' Day, a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22.)

February 16 is Mardi Gras (aka "Fat Tuesday" or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.

February is The **Black History Month**, and **American Heart Month**

February's full Moon, the **Snow Moon**, reaches peak fullness at 3:19 A.M. EST on Saturday, February 27, 2021. Look skyward on Friday night to catch the best view of this full Moon!



1840 Priddy St.
Bloomer, WI 54724
Contact us at **715-568-2503**
www.meadowbrookbloomer.com

