



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

Tue 1: 10:45 Church/ 2:00 Bingo/ 3:00 Snack Cart/ 5:30 Card Games

Wed 2: 10:30 Exercises/ 11:00 Card Games/ 1:30 Popcorn cart/ 5:30 Word Searches

Thu 3: 10:30 Manicures/ 11:00 Card Games/ 2:00 Bingo/ 3:00 Refreshments/ 5:30 In Room Visits

Fri 4: 10:30 Coffee Cart/ 2:00 Happy Hour/ Snack Cart/ 5:30 Bingo

Sat 5: 11:00 Card games/ 2:00 In Room Visits

Sun 6: 10:00 Televised Church Serv/ **Happy Food Service Week!**

Mon 7: 10:30 Coffee Cart/ 11:00 Card Games/ 2:00 Handmade cards/ 3:00 Snack Cart/ 5:30 In Room Visits

Tue 8: 10:45 Church/ 2:00 Bingo/ 3:00 Snack Cart/ 5:30 Card Games

Wed 9: 10:30 Exercises/ 11:00 Card Games/ 1:30 Movie & Popcorn

Thu 10: 10:30 Manicures/11:00 Card Games/ 2:00 Bingo/ 3:00 Refresh

Fri 11: 10:30 Coffee Cart/ In Room Activities/ 2:00 Music by Jack Gorski/ 3:00 Snack Cart

Sat 12: 11:00 Card games/ 2:00 Bingo/ 3:00 Snack cart/

Sun 13: 10:00 TV Church/11:00 Card Game/2:00 Movie & Popcorn

Mon 14: 10:30 Coffee Cart/ 11:00 Card Games/2:00 Valentine's Day cards/ 3:00 Snack Cart/ **Happy Valentine's Day!**

Tue 15: 10:45 Church/ 2:00 Bingo/ 3:00 Snack Cart/ **Natl WI Day!**

Wed 16: 10:30 Exercises/ 11:00 Card Games/ 2:00 Checkers/ 3:00 Snack Cart/ 5:30 Word Searches

Thu 17: 10:30 Manicures/11:00 Card Games/2:00 Bingo/3:00 Refreshments/ 5:30 Trivia

Fri 18: 10:30 Coffee Cart/ 2:00 Card Games/ 3:00 Snack Cart/5:30 In Room Visits

Sat 19: 11:00 Card games/ 2:00 In Room Visits

Sun 20: 10:00 Televised Church Serv/ In Room Activities

Mon 21: 10:30 Coffee & Cinnamon Rolls/ 11:00 Card Games/2:00 Beach Ball Baseball/ 3:00 Snack Cart/ 5:30 Bingo

Tue 22: 10:45 Church/ 2:00 Bingo/ 3:00 Snack Cart/ 5:30 Manicures

Wed 23: 10:30 Banana Bread baking/ 2:00 Resident Council/ 3:00 Snack Cart

Thu 24: 10:30 Manicures/11:00 Card Games/2:00 Bingo/ 3:00 Refresh

Fri 25: 10:30 Coffee Cart/ 2:00 Happy Hour/ Snack Cart

Sat 26: 11:00 Card games/ 1:30 Bingo/ 3:00 Snack cart

Sun 27: 10:00 Televised Church/ 1:30 Strawberry cups/ 3:00 Trivia

Mon 28: 10:30 Coffee cart/ 11:00 Card Games/2:00 Resident B-day party!

Activities offered Daily: 1:1 Visits/ Sensory Programs/ Music & Memory iPod/ Newspaper Pass Out

**** Calendars are subject to change****

Newsletter

5 Things to Do Every Day to Keep Your Heart Healthy

February is the American Heart Month. Let's see what else you can do besides exercise and a good diet to keep your heart healthy. Here are five key things you need to do every day to help your heart work more efficiently. Incorporate these habits into your lifestyle and your heart health will be the best it can be for you.



- 1. Eat healthy fats, NOT trans fats.** We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans-fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. **TIP:** Read the labels on all foods. Trans fat appears on the ingredients list as partially hydrogenated oils. Look for 0 percent trans fat. Make it a point to avoid eating foods with trans fat.
- 2. Practice good dental hygiene, especially flossing your teeth daily.** Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. **TIP:** Floss and brush your teeth daily to ward off gum disease. It's more than cavities you may have to deal with if you are fighting gum disease.
- 3. Get enough sleep.** Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. **TIP:** Make sleep a priority. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease and arrhythmias.
- 4. Don't sit for too long at one time.** In recent years, research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. This is bad news for the many people who sit at sedentary jobs all day. **TIP:** Experts say it's important to move throughout the day. Park farther away from the office, take a few shorter walks throughout the day and/or use a standing work station so you can move up and down. And remember to exercise on most days.
- 5. Avoid secondhand smoke like the plague.** Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries. **TIP:** Be firm with smokers that you do not want to be around environmental smoke — and keep children away from secondhand smoke.

Follow these five tips and you'll be doing your heart a favor. You'll feel better and be able to stay active with a heart-healthy lifestyle.


Resource:

<https://health.clevelandclinic.org/5-things-to-do-every-day-to-keep-your-heart-healthy/>

123 Sudoku Puzzle Level Easy

		4		5				
9			7	3	4	6		
		3		2	1		4	9
	3	5		9		4	8	
	9						3	
	7	6		1		9	2	
3	1		9	7		2		
		9	1	8	2			3
				6		1		




 Birthday!
 Glen
 #103

Employee Birthdays

Kaecia Durch, Feb 14

Stephanie Duffield, Feb 23



HaPpy BiRthDay FEBRUARY Born

Do you feel that people born in February are quite interesting and unique? Well, then we are here with some of the personality traits of people born in the month of February:

1. They are Quite Innovative. They are blessed with creative minds.
2. They are Straightforward and Outspoken. They always prefer being honest.
3. They are Loyal Being. No matter what kind of relationship it is.
4. They are Not Copycats. These people will always stick to their original nature
5. They Live Their Life at the Fullest. They live every moment and understand the essence of life.
6. They have Strong Determination for Their Goals. They are always focused on their goals and love handling challenging situation.
7. They are Compassionate by Nature. They are always away from ego and selfishness.
8. They Prefer Doing Things Their Way. These people are interested in doing things according to their wishes.
9. They are Family Oriented People. Instead of spending their time away from family members, they prefer being with their loved ones.
10. They are Passionate Artists. They love expressing themselves through art and therefore, they are quite good at this.

Meet our Team >>>

Hometown: I grew up between Altoona and Fall Creek.

Job Overview

I am the new Dietary Manager.

Tell us about your family?

I am married (33 years) and have 1 daughter who turns 21 on St. Patrick's Day.

Outside Interest?

I like to read, watch movies, play games (especially Hunt a Killer games)

Something not everyone may know about you:

I am fascinated by true crime/mysteries. And I believe in the supernatural.

What is your favorite Sport Team?

The Green Bay Packers

Lisa Neff Dietary Manager



1840 Priddy St.

Bloomer, WI 54724

Contact us at **715-568-2503**

www.meadowbrookbloomer.com/



Read more

at: <https://www.boldsky.com/insync/life/personality-traits-of-people-born-in-february/articlecontent-pf211517-131947.html>