



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

#Meadowbrookteamstron

FEBRUARY 2021



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Mon 1: 9:30 Good Old Days/ 1:1 visits/mail delivery/ 1:30 Jackpot

Tue 2: 9:30 Lutheran devotion/ 1:1 visits/mail delivery/1:30 Bingo/

Groundhog Day

Wed 3: 9:30 Exercises/ 1:1 visits/mail delivery/1:30 Reminisc

Thu 4: 9:30 Manicures / 1:1 visits/mail delivery/ 1:30 Bingo

Fri 5: 9:30 Catholic devotion/ 1:1 visits/mail delivery/ 1:30 Super Bowl Tailgate

Sat 6: 1:1 visits

Sun 7: **Superbowl**

Mon 8: 9:30 Music & Memory/ 1:1 visit/mail delivery/ 1:30 Jackpot

Tue 9: 9:30 Exercises/ 1:1 visits/mail delivery / 1:30 Bingo

Wed 10: 9:30 Manicures/1:1visit/mail delivery/ 1:30 Cookie decorating

Thu 11: 9:30 Valentine Trivia/ 1:1 visit/mail delivery/ 1:30 Bingo

Fri 12: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Love Stories

Sat 13: 1:1 visits

Sun 14: 1:1 **Happy Valentine's Day**

Mon 15: 9:30 President Trivia/ 1:1 visit/mail delivery/ 1:30 Valentine Sweet Cart/ **Presidents' Day**

Tue 16: 9:30 Lutheran devotion/ 1:1 visit/mail delivery/ 1:30 Bingo/ **Mardi Gras**

Wed 17: 9:30 Room exercises/ 1:1 visits/mail delivery/ 1:30 Jackpot/ **Ash Wednesday**

Thu 18: 9:30 Manicures/ 1:1 visit/mail delivery/ 1:30 Bingo

Fri 19: 9:30 Catholic dev/ 1:1 visits/mail delivery/ 1:30 Crafting

Sat 20: 1:1 visits

Mon 22: 9:30 Laughter time/ 1:1 visits/mail delivery/ 1:30 Jackpot

Tue 23: 9:30 Resident Council/ 1:1 visits/mail delivery / 1:30 Bingo

Wed 24: 9:30 Room Exercises/ 1:1 visits/mail delivery/ 1:30 Wordscapes

Thu 25: 9:30 Manicures/ 1:1 visits/mail delivery/ 1:30 Bingo

Fri 26: 9:30 Catholic devotion/ 1:1 visits/mail delivery/ 1:30 Birthday board

Sat 27: 1:1 visits / **Full Snow Moon**

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

W M W U Q Y R O T S I H K C A L B N J V L G Q
 L G F O O T B A L L S W E E T H E A R T S R E
 G U B X V U I B N O I T C E F F A D C V K O U
 I C X D Z A I L R A E G K R W V Z I D U L U P
 R C I Q B U L B C A N D Y Q L Q D K U L W N W
 Z P R E S I D E N T S D A Y Y H A F B A F D L
 U V S D C J G S N U A Q I U K M Z D G L L H O
 R F F A Z X N U O T O D P H N H V G Z G O O R
 Z R C K B Z S P V C I G F B P W X Z G H W G S
 U I Z L I L B E K I K N J C U S F Z I L E D Y
 W E F D Z U Z R H P W G E V K A P U C N R A T
 Q N P L O V E B P W U M M S V J F P G K S Y V
 E D L J F V B O B L O J Z Z D F E Y M V D A V
 P S G D E Z C W L J T G W E T A L O C O H C I
 J P B E N K L L J J R H K W D L Y X U E L P N
 H I I C A Z W Y M H T N O M T R A E H E B Y D

AFFECTION
 BLACK HISTORY
 CANDY
 CHOCOLATE
 FLOWERS

FOOTBALL
 FRIENDS
 GROUNDHOG DAY
 HEART MONTH
 LOVE

PRESIDENTS DAY
 SUPER BOWL
 SWEETHEARTS
 VALENTINES DAY



Meet our Team >>>

Hometown: Lena, Wi

How Long have you worked at Oconto Falls?

I've worked here for 1 plus years.

Tell us about your family?

We are all nuts!!!! I have 1 son.

What is the best part of your job?

The best part is being with my coworkers and residents.

What is something you'd like to accomplish?

I would like to win the lottery.

What is your favorite TV Show, Movie, and Vacation Spot?

My favorite TV Shows are Friends and Grim. Movies are Dirty Dancing, Pretty Woman, and Breakfast Club and my favorite vacation spot is Washington DC.

Nicole Conine

CNA



GO PACK GO!



Employee Birthdays

- Colleen Hrubesky, February 1
- Melissa Porath, February 1
- Victoria Micoley-Phillips, February 6
- Renee Lee, February 7
- Carolyn Barke, February 20
- Caitlyn Verduzco, February 21

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. 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!



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