



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

- Tue 1:** 9:30 Lutheran Devotion / 2:00 Bingo
- Wed 2:** 9:30 Manicures/ 2:00 Reading Circle
- Thu 3:** 10:00 Catholic Communion/ 2:00 Chair Exercises
- Fri 4:** 9:30 Reminisce/ 2:00 Bingo/ **Wear Red Today**
- Sat 5:** 1:1 visits
- Sun 6:** 11:00 Polka Time/ 12:00 Pro Bowl
- Mon 7:** 9:30 Valentine Trivia / 2:00 Jackpot
- Tue 8:** 9:30 Valentine Cookies/ 2:00 Bingo
- Wed 9:** 9:30 Manicures/ 2:00 Chair Exercises / Pizza Day!
- Thu 10:** 10:00 Rosary/ 2:00 Bingo
- Fri 11:** 9:30 Super Bowl Trivia/ 2:00 Making Valentines
- Sat 12:** 1:1 visits / Super Bowl Predictions
- Sun 13:** 5:30 Superbowl LVI
- Mon 14:** 9:30 Valentine Prep/ 2:00 Valentine's Party
- Tue 15:** 10:00 Wisconsin Trivia/ 2:00 Resident Council/Bingo
- Wed 16:** 9:30 Manicures/ 2:00 Reminisce
- Thu 17:** 10:00 Cath Communion/ 2:00 Jackpot/ Random Act of Kindness Day!
- Fri 18:** 9:30 Music & Memory/ 2:00 Bingo
- Sat 19:** 1:1 Visits
- Sun 6:** 11:00 Polka Time Ch 10.1
- Mon 21:** 10:00 President Day Trivia/ 2:00 Jackpot
- Tue 22:** 9:30 Lutheran Dev/ 2:00 Bingo w/ Margaritas
- Wed 23:** 9:30 Manicures/ 2:00 Reading Circle/ Nat. Dog Biscuit Day!
- Thu 24:** 10:00 Rosary/ 2:00 Bingo
- Fri 25:** 10:00 Craft/ 2:00 Climb the Mountain
- Sat 26:** 1:1 visits / Craft cont.
- Sun 6:** 11:00 Polka Time Ch 10.1
- Mon 28:** 9:30 B-Day Board/ 2:00 Jackpot

**** Activities Subject to change ****

Mail Delivered Daily

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/>



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 | | |



Employee Birthdays

- Collee Hrubersky, Feb 01
- Suzanne Loritz, Feb 07
- Carolyn Barke, Feb 20
- Tanya Massey, Feb 25
- Medeia McAllister, Feb 26



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:

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

Meet our Team >>>

Hometown: Oconto, WI

Tell us about your Job?

I am the Human Resource.

Tell us about your family?

I'm married, mom of 6, Grandma of 7

What are your outside Interests?

Camping, fishing, PC games.

Something not everyone may know about you

I currently student at NWTC

What is your favorite Sport Team?

Jimmy Johnson #48 NASCAR.

Stacy Dillinger Human Resource



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Contact us at **920-848-3272**

www.meadowbrookcoontofalls.com



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