



MEADOWBROOK

—CHETEK—

KEEPING ACTIVE >>>

We are so happy for this month of February and for the Valentine's Day.

We love sending Valentine's cards to family and friends. We will send all of our cards to Valentine Texas to have the post office their postmark with their beautiful Valentine hand stamp.

Families enjoy the fun envelope from the residents and the beautiful card and greeting inside.



We are having our monthly pizza party that "We Deliver" to the rooms with soda and pizza.

Weekly popcorn and movie candy to enjoy while watching some TV.



There is fierce weekly competition with our BOGGLE word sheets, residents are sometimes making 175 words from 16 letters given on the sheet. Prizes are awarded weekly.

Spring is just around the corner; we are excited about this time of year!



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.wheretheyoulivematters.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: Chetek, WI

How Long have you worked at Chetek?
I've been working for 15 years.

Tell us about your family?
I'm the only child, helped take care of my grandparents at home and in the nursing home.

What is the best part of your job?
I love putting a smile on residents faces. They are like a second family to me.

What is your favorite TV show, movie, or Vacation Spot?
My favorite TV show is The Masked Singer, or movies with horses in it. When I'm on vacation, I like to visit family in Michigan or stay home with my horse.



Andrea Gronning
CNA



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

#Meadowbrookteamstrong



- Brenda Fraizer, February 11
- Naomi Reed, February 11
- Sarah Christensen, February 18
- Kelly Johnson, February 18
- Debra Jacobs, February 21
- Erika Anderson, February 22
- Susan Davis, February 27

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 Heart Health Month. And it's also Black History 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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