



KEEPING ACTIVE >>>

We had a wonderful February.

Our Chetek community is amazing! The Dollar General Store decided on their own that they wanted to do a "Pay It Forward" for our residents. So, they put a sign at their checkout that said, "Pay It Forward For The Meadowbrook and Senior Living Residents" Then, people bought balloons, box of chocolates, and teddy bears. Well, on the Friday before Valentine's Day, Dorothy, our Activities Director had the challenge of putting that bouquet of balloons in her truck on a cold winter morning. Between laughter and tears of joy she managed to put all the balloons in the truck.

Other staff members bought the cookies in wrappers for residents and staff. Spreading Joy daily is so wonderful but when you can throw in a holiday, well it gets truly amazing.

We have a brown bag auction and pizza delivery party along with a weekly BOGGLE word-making game in which residents get very competitive trying to get the most words out and get the weekly prize.

We are looking forward to Spring although with the below temperatures seems a long way away, but it is just around the corner.

Newsletter

Myths and Facts about COVID-19 Vaccines

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a **current infection**. If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19.

Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Will a COVID-19 vaccine alter my DNA?

No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

For more information go to <https://www.cdc.gov/coronavirus/2019-ncov/vaccines>

March Word Search



CLOVER
 COINS
 GREEN
 INTERNATIONAL WOMEN

IRISH
 LEPRECHAUN
 LUCKY
 POT OF GOLD



RAINBOW
 SHAMROCK
 ST PATRICK DAY

Meet our Team >>>

Hometown: It's just down the road at Dallas, WI

How Long have you worked at Chetek?

I am the newest staff member at Chetek.

Tell us about your family?

I'm married to my wonderful husband and we are still honeymooning as we just tied the knot September of 2020. I have 3 Geckos named Bow, Shy, and Guy.

What is the best part of your job?

The best part of my job is working with and for the people around me every day.
 "I am definitely a sociable person."

What is something you'd like to accomplish?

Becoming a photographer at some point in my life.

What are your favorite TV shows?

My favorite TV shows include Greys Anatomy and NCIS.

Alyssa McGoldrick
 Social Worker



Employee Birthdays*

- Shane Mickelson, March 02
- Mary Jo Samens, March 07
- Angela McKeever, March 08
- Shana Soul, March 15
- Cynthia Schmunk, March 24
- Sheila Moyer, March 24

The Month of March

In the early Roman calendar, March (or *Martius*) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of New beginnings.

March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

MARCH CALENDAR

March 8 is International Women's Day, which is a day that celebrates the achievements of women and the progress made toward women's rights.

March 14 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!

March 15 is Clean Monday. Also called Pure Monday, this day marks the beginning of Great Lent for followers of the Eastern Orthodox Christian Church. This day is similar to Ash Wednesday of the Western Church.

March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.

March 27 is the start of Passover, which begins at sundown on this day.

March 29-31 are known as the Borrowing Days. According to lore, the last three days of March have a reputation for being stormy.