



Upcoming Event >>>

- Tue 1:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 2:** Fun Cart / 1:15 Movie & Popcorn
- Thu 3:** 10:00 Valentine Card Event/ 2:00 Golf/ 6:00 Movie
- Fri 4:** Fun Cart/ 2:00 VFW Aux Bingo
- Sat 5:** Morning on SCU Afternoon Conversations & Games
- Sun 6:** 2:00 Church/ Activity Staff
- Mon 7:** Weekly BOGGLE/ 2:00 Balloon/Noodle/ 6:00 Misc Games, available in Family Room
- Tue 8:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 9:** BeautyShop Open/Natl Pizza Day! 1:00 Trivia Video
- Thu 10:** 10:00 Dice/ 2:00 Bowling/ 6:00 Movie in Family Rm
- Fri 11:** Fun Cart / 2:00 Bingo
- Sat 12:** Morning on SCU Afternoon Conversations & Games
- Sun 13:** 2:00 Church/ Activity Staff
- Mon 14:** Weekly BOGGLE/ 11:45 Valentine Brunch/ 2:00 Dice/ 6:00 Dice
- Tue 15:** Cookout/Picnic/ Pastor Letter-Treat/ 2:00 Bingo
- Wed 16:** Inservice/Activity Room/ 1:15 Movie Family Rm
- Thu 17:** 10:00 Dice/ 2:00 Root Beer Floats/ 6:00 Movie
- Fri 18:** 10:00 Communion/ 2:00 Bingo
- Sat 19:** Morning on SCU Afternoon Conversations & Games
- Sun 20:** 2:00 The Refuge
- Mon 21:** Weekly BOGGLE/ 2:00 Word Tile Challenge/ 6:00 President Day Games in Family Room
- Tue 22:** Pastor Letter-Treat/ 2:00 Bingo
- Wed 23:** Beauty Shop Open/ 1:15 Movie/ Popcorn
- Thu 24:** 10:00 Resident Council/ 2:00 Brown Bag Auction/ 6:00 Movie in Family Room
- Fri 25:** 10:00 Catholic Mass/ 2:00 Bingo
- Sat 26:** Morning on SCU Afternoon Conversations & Games
- Sun 27:** 2:00 Faith Baptist
- Mon 28:** Weekly BOGGLE/ 2:00 Dice/ 6:00 Assorted Games in Family Room.

**** Activity Calendar is 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		

Meet our Team >>>

Hometown: Stevens Point, WI

Tell us about your Job?

I've worked at Meadowbrook for 2 ½ years.

Tell us about your family?

I am married to my husband Gerry, and we have two children, Ellery and Easton. We have a dog, Elsa and a cat, Ana.

What are your outside Interests?

We love going to concerts, fishing, swimming, camping, grilling out and enjoying the outdoors. Visiting with family is a most important thing to us.

Something not everyone may know about you

Some people don't know that I have 2 brother and a sister.

Favorite sport team

Favorite sports teams of course are, Brewers, Bucks and Packers.

Cassie Miller CNA



Tom Emerson the veteran was honored

Employee Birthdays

Sandy James, Feb 05
Brenda Frazier, Feb 11
Naomi Reed, Feb 11
Kelly Johnson, Feb 18
Sarah Christensen, Feb 18
Debra Jacobs, Feb 21
Erika Anderson, Feb 22
Susan Davis, Feb 27



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.

Read more

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



725 Knapp St
Chetek, WI 54728
Contact us at **715-924-4891**
www.meadowbrookchetek.com

