



MEADOWBROOK
— APPLETON —

Newsletter

Cultivating Resilience in Older Adults

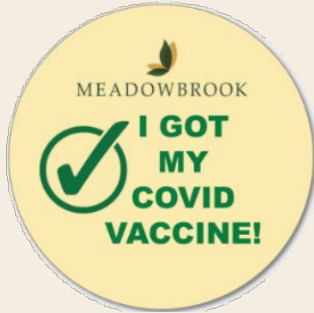
Resilience is not simply the ability to survive a difficult experience, but the ability to adapt and cope with circumstances in a way that enables one to emerge stronger, to thrive in the aftermath, and to integrate the lessons learned. These are traits that can be learned and can have an effect on positive 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:

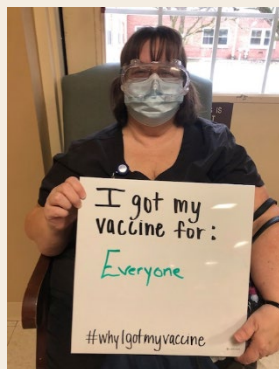
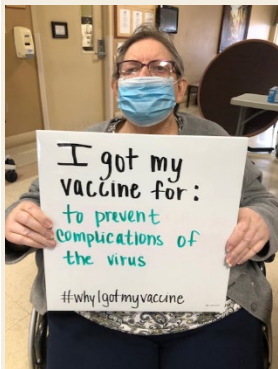
- *Maintain an optimistic attitude and always look for the "silver lining."*
- *Engage in new activities.*
- *Accept that some things are out of your control and take action on the things you can affect.*
- *Practice stress-management techniques.*
- *Develop a spiritual practice like prayer, meditation, 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/>



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



#Meadowbrookteamstrong

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: Apalachin, NY

How Long have you worked at Appleton?

14 months. I lived in Wisconsin for 15 months.

Tell us about your family?

My wife and I served in the US Army for 8 years. My wife is an Accountant that specializes in tax. I have a 13 year old son Alex who plays hockey almost year round. My Son was born in Texas at Darnell Army Hospital. My daughter Fiona is 7 and wants to learn the violin. My daughter was born in Watertown New York. I also have a 9 year old Newfoundland named Lancer.

What is the best part of your job?

Being approachable and knowing that the staff is comfortable with coming to me about problems.

What is something you would like to achieve?

I would like to find the ultimate employee engagement program that will influence employees to work at their best and feel comfortable within the organization to develop. I would also like to complete my doctorate in business administration with a concentration in Human Resources Management

What is your favorite movie?

My favorite movie is Miracle on Ice because it shows that determination will win over all.



Drew Dorans
 Human Resources



Employee Birthdays

- Mary Gilbert – February 09
- Ashaunti Silva – February 11
- Jacob Mast – February 16
- Rebecca Schnell – February 28

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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“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.” — Morris West