



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Fri 5: 1:30 Friendly folders/ 2:00 Table Game

Mon 8: 1:30 Friendly folders/ 2:00 Table Game

International Women's day

Tue 9: 1:30 Friendly folders/ 2:00 Table Game

Wed 10: 1:30 Friendly folders/ 2:00 Table Game

Thu 11: 1:30 Friendly folders/ 2:00 Table Game

Fri 12: 1:30 Friendly folders/ 2:00 Table Game

Mon 15: 1:30 Friendly folders/ 2:00 Table Game

Tue 16: 1:30 Friendly folders/ 2:00 Table Game

Wed 17: 1:30 Friendly folders/ 2:00 Popcorn

St Patrick's Day!

Thu 18: 1:30 Friendly folders/ 2:00 Table Game

Fri 19: 1:30 Friendly folders/ 2:00 Table Game

Mon 22: 1:30 Friendly folders/ 2:00 Table Game

Tue 23: 1:30 Friendly folders/ 2:00 Table Game

Wed 24: 1:30 Friendly folders/ 2:00 Table Game

Thu 25: 1:30 Friendly folders/ 2:00 Table Game

Fri 26: 1:30 Friendly folders/ 2:00 Table Game

Mon 29: 1:30 Friendly folders/ 2:00 Table Game

Tue 30: 1:30 Friendly folders/ 2:00 Table Game

Wed 31: 1:30 Friendly folders/ 2:00 Table Game

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



W P F D J D D B X O R A M N E E R G L Y Y X X
 P G S T P A T R I C K D A Y B O G R H Q R F E
 O G A S Q V I T I E U Y I N S K B A P L H J D
 H Q E W O Z I H K X L O D P H O A T U W J Y O
 C I I Y F Y K W E S T B W E A M B B P J F Z S
 U W R V K S P H S I R I M R M F H H Z Y S W U
 Y B E H P A W Y P C O W E D R T U S N F J W F
 P W T X P O T O F G O L D I O N Y N U R L R L
 D R C C L O V E R R W E F J C C S I D J E T I
 F X O Y C A Z I D H U X Q M K L X O C M F U L
 W Y K C U L O I P O V O J P T U B C T F J C H
 T C U Q B Z N K O H D E I J H Q C N B W F K K
 S N O W O B N I A R C O T G J D K R X W E O M
 R E N F V O L Y F R Q L T S W Q K S E Q H R K
 C L H N E M O W L A N O I T A N R E T N I R K
 V V X E W E C W R O L E P R E C H A U N L I C

CLOVER
 COINS
 GREEN
 INTERNATIONAL WOMEN

IRISH
 LEPRECHAUN
 LUCKY
 POT OF GOLD



RAINBOW
 SHAMROCK
 ST PATRICK DAY

Meet our Team >>>

Hometown: Appleton, WI

How Long have you worked at Appleton?

About 2 months.

Tell us about your family?

I have a fiancé and a 10 year old daughter. Also I have a lot of plants.

What is the best part of your job?

Being able to bring back happy memories to our residents through food.

What is something you would like to accomplish?

Get to know each resident so she can make sure to add a personal touch to each of their meals.

What is your favorite TV show, movie, and Vacation spot?

I love the Animal Planet channel, American Pickers, Pawn Stars TV Shows; I have many favorite movies, but my favorite love story is A Walk To Remember; I haven't found my favorite vacation spot yet, but I think it would be a tropical beach somewhere exotic like Fiji.

Melanie Espinoza Dietary Aide



Employee Birthdays

- Kelli Fieck, March 02
- James Thao, March 04
- Shane Miller, March 05
- Taylor Schumacher, March 7
- Jean McCutcheon, March 15
- Janice Perekovich, March 16
- Jacqueline Christie, March 20
- Lisa Vanden Hogen, March 25
- Nicole VanDenBroek, March 25
- Pa Houa Vetter, March 31



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.



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"I'm a great believer in Luck, and I find the harder I work, the more Luck I have." — Thomas Jefferson