



MEADOWBROOK  
— APPLETON —

### Upcoming Event >>>

- Tue 1:** 10:30 AM Exercises/ 11:00 Adult Coloring/ 2:00 Crafts
- Wed 2:** 11:00 Bingo/1:30 Movie w/Popcorn/**Ground Hog Day!**
- Thu 3:** 10:30 AM Exercise/11:00 Coffee/Tea cart/ 6:00 Puzzles
- Fri 4:** 1:1 Visits/ 2:00 Heart Activity/ **Wear Red Day!**
- Sat 5:** 10:30 Ice Cream Social/ 1:00 Word Searches/crosswords
- Sun 6:** Pro Bowl NFL
- Mon 7:** 11:00 Nail Care/ 2:00 Current events w/coffee cart
- Tue 8:** 10:30 AM Exercises/ 1:00 Resident Council
- Wed 9:** 11:00 Bingo/ 1:30 Movie w/Popcorn
- Thu 10:** 10:30 AM Exercises/ 11:00 Coffee/Tea cart/ 6:00 Puzzles
- Fri 11:** 1:1 Visits/11:00 Board games w/staff/ 1:30 Resident B-day Party
- Sat 12:** Self-directed Activities in Activities Room!
- Sun 13:** Super Bowl! Self-directed Activities in Activities Rm!
- Mon 14:** 11:00 Nail Care/ 2:00 Handout Valentines/ **Happy Valentine's Day!**
- Tue 15:** 10:30 AM Exercises/ 2:00 Jump Around! video/ **Natl Wisconsin Day!**
- Wed 16:** 11:00 Bingo/2:00 Movie-Popcorn/6:00 Word Searches
- Thu 17:** 10:30 AM Exercises/ 11:00 Coffee/Tea Cart/ 1:30 Kindness Activity
- Fri 18:** 1:1 Visits/ 2:00 Write letters to Caregivers/ 6:00 Movie Night/ **Natl Caregiver Day!**
- Sat 19:** 11:00 Board/Card games/ 1:00 Puzzles
- Sun 20:** 11:00 Spring Craft/ 1:00 Sudoku
- Mon 21:** 10:30 Presidential Trivia/ 11:00 Nail Care/ / 2:00 Current events/ **Presidents Day!**
- Tue 22:** 10:30 AM Exercises/ 1:00 Fiesta! Natl Margarita Day! 6:00 Finish the Lyrics
- Wed 23:** 11:00 Bingo/ 2:00 Baking Dog Biscuit/ **Natl Dog Biscuit!**
- Thu 24:** 10:30 AM Exercises/ 11:00 Coffee/Tea cart/ 2:00 Center Piece craft/ 6:00 Adult Coloring
- Fri 25:** 1:1 Visits/ Pet Visits/ 1:00 Board/card games w/staff
- Sat 26:** Self-directed Activities in Activities Room!
- Sun 27:** Self-directed Activities in Activities Room!
- Mon 28:** 11:00 Nail Care/ 2:00 Current Events w/coffee cart

**\*\*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		



## Employee Birthdays

Sharon Steffen, Feb 01  
 Sadhana Lamichhane, Feb 08  
 Maria Aguilar-Campos, Feb 09  
 Jacob Mast, Feb 16  
 Stella Peppin, Feb 16  
 Amber Spritka, Feb 21  
 Cody Lachleitner, Feb 23



## 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.

## Meet our Team >>>

Hometown: Phoenix, Arizona

Tell us about your Job?

CNA, I help the nurses with all the residents. I help care for the residents needs and answer call lights on the units.

Tell us about your family?

I have 2 brothers and 2 daughters and my mother.

What are your outside Interests?

I like to ride motorcycles I own a Harley. I also like to go camping and play poker.

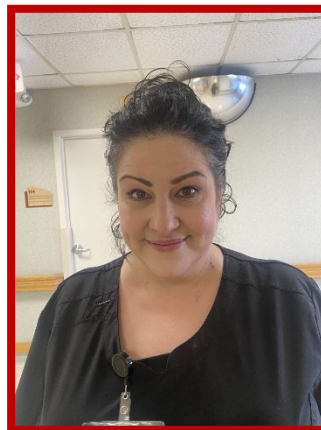
Something not everyone may know about you

I would like to win the lottery. Donate have my winnings and use the other half to buy a 5th wheel camper and truck to travel around the country helping others.

Favorite sport team

I like both the Packers and the Cardinals.

Amy Griego  
CNA



1335 S Oneida St  
 Appleton, WI 54915  
 Contact us at 920-731-6646  
[www.meadowbrookappleton.com/](http://www.meadowbrookappleton.com/)



Read more

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