



MEADOWBROOK

— OCONTO FALLS —



Upcoming Event >>>

- Sun 1:** 7:30 Catholic Church Ch. 5
 - Mon 2:** 9:30 Ballon Volleyball/ 2:00 Jackpot
 - Tue 3:** 9:30 Reading Circle / 2:00 Bingo/ Manicures all day
 - Wed 4:** 9:30 Trivia / 2:00 Hangman
 - Thu 5:** 9:30 Reminisce/ 10:00 Catholic Communion / 2:00 Cover-Up
 - Fri 6:** 9:30 Music & Memory/ 2:00 Bingo
 - Sat 7:** 9:30 Popcorn / 1:30 Cover Up
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- Sun 8:** 7:30 Catholic Church Ch.5 / 5:30 Super Bowl
 - Mon 9:** 9:30 Valentine Reminisce/ 2:00 Jackpot
 - Tue 10:** 9:30 Lutheran Devotions / 2:00 Bingo
 - Wed 11:** 10:00 Catholic Mass / 2:00 L-R-C Dice
 - Thu 12:** 9:30 Frosting Cookies / 2:00 Bingo
 - Fri 13:** 9:30 Reading Circle / 2:00 Valentine Party
 - Sat 14:** 9:30 Valentine Trivia / 2:00 No Cards
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- Sun 15:** 7:30 Catholic Church Ch. 5/ 2:30 Mennonite Singers
 - Mon 16:** 9:30 Presidents Day Trivia / 2:00 Jackpot
 - Tue 17:** 9:30 Manicures / 2:00 Bingo/ Manicure all day
 - Wed 18:** 10:00 Ash Wednesday Service / 2:00 7-stinks
 - Thu 19:** 9:30 Coffee Clutch/ 2:00 Grocery Game
 - Fri 20:** 9:30 Reminisce / 2:00 Bingo
 - Sat 21:** 9:30 Sing Along / 1:30 Cover-Up
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- Sun 22:** 7:30 Catholic Church Ch. 5
 - Mon 23:** 9:30 Big Ball Kick / 2:00 Jackpot
 - Tue 24:** 9:30 Lutheran Devotions/Memorial / 2:00 Bingo
 - Wed 25:** 9:30 Penny Ante / 2:00 Hangman
 - Thu 26:** 10:00 Rosary / 2:00 Birthday Bingo
 - Fri 27:** 9:30 Music & Memory / 2:00 Resident Council
 - Sat 28:** 9:30 Birthday Board / 2:00 L-R-C Dice
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- DAILY:** Good Day Wisconsin Ch. 11, 1:1 morning visits, small sensory activities, Mail Delivery
- MONDAY:** Noodle Ball at 5:30 PM
- TUESDAY:** Barber And Noodle Ball at 5:30 PM
- WEDNESDAY:** Beauty Shop 1st and 3rd

*** Activities Subject to Change***

Newsletter

The Importance of Blood Pressure Checks

February is American Heart Month, a time to focus on heart health and the small steps that make a big difference. One of the most important and simple ways to protect heart health is regular blood pressure monitoring.

Blood pressure measures how strongly blood pushes against the walls of the arteries as the heart pumps. When blood pressure is too high (high blood pressure or hypertension), it forces the heart to work harder and can quietly damage the body over time.

Why Regular Checks Matter

High blood pressure is often called the “**silent killer**” because it usually has **no warning signs**. Many people feel fine even when their numbers are too high. Regular checks help:

- Detect problems early
- Reduce the risk of heart attack and stroke
- Protect the brain, kidneys, and eyes
- Ensure medications are working properly

Blood Pressure & Older Adults

As we age, blood vessels naturally become less flexible, which can increase blood pressure. That’s why frequent monitoring is especially important for older adults. Routine checks allow the care team to:

- Track trends over time
- Adjust treatment if needed
- Support overall wellness and safety

Healthy Habits That Support Good Blood Pressure

In addition to monitoring, these daily habits help support heart health:

- Eating balanced, low-salt meals
- Staying physically active as recommended
- Drinking enough fluids
- Managing stress
- Taking medications exactly as prescribed

A Simple Check, A Powerful Impact

A quick blood pressure check can help prevent serious health complications. This February, we encourage residents and families to join us in prioritizing heart health because a healthy heart supports a healthier, happier life.



Let's play! Word Scramble: Cardio Health



1. HYALETH TDEI _____
2. OLW MUISDO _____
3. ETAWR _____
4. BOOLD EPUSESRR _____
5. VCDAOAO _____
6. ODAMLNS _____
7. RTSPYENIHONE _____
8. REAHT HLHETA _____
9. SHIF ILO _____
10. AHRET TCAAKT _____
11. ATSF _____
12. SHLORTELEOC _____
13. WOL DUOMSI _____
14. RIOABEC ECXIEESR _____
15. BIREF _____

Meet our Team >>>

Kristin P.
Dietary Aide

Hometown: Valders, WI

Tell us about your family.

I have a sister.

What are your outside Interests?

I like farming, running, spending time with my cats and boyfriend.

Something not everyone may know about you.

I grew up on my uncle's farm.

Favorite sport team.

Packers!



Employee Birthdays

Brittany N., Feb 03

Suzanne L., Feb 07

Lillyan N., Feb 08

Kari Ann S., Feb 15

Jeremy B., Feb 16

Amber H., Feb 23



2026 Fun & National Holidays!

- ▶ Feb 2 Ground Hog Day
- ▶ Feb 3 Carrot Cake Day
- ▶ Feb 4 Thank Your Mailman Day
- ▶ Feb 4 Homemade Soup Day
- ▶ Feb 5 National Weatherpersons Day
- ▶ Feb 5 Chocolate Fondue Day
- ▶ Feb 6 Bubblegum Day
- ▶ Feb 6 Ice Cream for Breakfast Day
- ▶ Feb 7 Send a Card to a Friend Day
- ▶ Feb 8 SUPER BOWL
- ▶ Feb 8 Pizza Day
- ▶ Feb 9 Bagel and Lox Day
- ▶ Feb 10 Umbrella Day
- ▶ Feb 11 Make a Friend Day
- ▶ Feb 13 World Radio Day
- ▶ Feb 14 Library Lovers Day
- ▶ Feb 14 Valentine's Day
- ▶ Feb 15 Gumdrop Day
- ▶ Feb 16 President's Day
- ▶ Feb 17 Random Act of Kindness Day
- ▶ Feb 17 Mardi Grass
- ▶ Feb 18 Ash Wednesday
- ▶ Feb 19 Chocolate Mint Day
- ▶ Feb 20 Muffin Day
- ▶ Feb 22 Single Tasking Day
- ▶ Feb 22 Be Humble Day
- ▶ Feb 23 Dog Biscuit Appreciation Day
- ▶ Feb 24 Tortilla Chip Day
- ▶ Feb 26 Pistachio Day
- ▶ Feb 26 Chili Day
- ▶ Feb 27 Retro Day

Also, February is...

- American Heart Month
- Black History Month
- Pride in Foodservice Week – Feb 02-06



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