



Residents making Valentine Cards.



MEADOWBROOK
—BLACK RIVER FALLS—

Upcoming Event >>>

- Mon 1:** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage
- Tue 2:** 10:30 1-1visits/2:00 Checkers/3:00 Snack/Beverage
- Wed 3:** 10:30 1-1visits/2:00 Fly Ball/3:00 Snack/Beverage
- Thu 4:** 10:30 1-1visits/ 2:00 Pokeno/ 3:00 Snack/Beverage
- Fri 5:** 10:30 1-1visits/ 2:00 Basketball / 3:00 Snack/Beverage
- Sat 6:** Brewers Vs Cubs/ 5:00 Lawrence Welk Ch 12

- Sun 7:** Morning Church Ch 65 – Badgers Vs Iowa Basketball TBA
- Mon 8:** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00Snack/Beverage
- Tue 9:** 10:30 1-1visits/ 2:00 Spring craft/ 3:00 Snack/Beverage
- Wed 10:** 10:30 1-1visits/ 2:00 Cards/ 3:00 Snack/Beverage
- Thu 11:** 10:30 1-1visits/ 2:00 Manicures/ 3:00 Snack/ Beverage
- Fri 12:** 10:30 1-1visits/2:00 Shuffleboard/ 3:00 Snack/Beverage
- Sat 13:** 2:10 Brewers Vs Texas Rangers/5:00 Lawrence Welk

- Sun 14:** Morning Church Ch. 65/ 3:10 Brewers Vs Mariners
- Mon 15:** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage – **Ides of March**
- Tue 16:** 10:30 1-1visits/ 2:00 Noodle Volleyball/3:00 Snack/Bev
- Wed 17:** 10:30 1-1visits/ 2:00 Irish bingo/ 3:00 Snack/Beverage / **St Patrick's Day!**
- Thu 18:** 10:30 1-1visits/ 2:00 craft/ 3:00 Snack/ Beverage
- Fri 19:** 10:30 1-1visits/3:00 Snack/Beverage – **Red Nose Day**
- Sat 20:** 5:00 Lawrence Welk Ch. 12 – **First day of Spring.**

- Sun 21:** Morning Church Ch. 65/ 3:10 Brewers Vs Mariners
- Mon 22:** 1-1 visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage
- Tue 23 :** 10:30 1-1visits/ 2:00 Trivia/ 3:00 Snack/Beverage
- Wed 24:** 10:30 1-1visits/ 2:00 Shake 10-Dice/ 3:00 Snack/Beverag
- Thu 25:** 10:30 1-1visits/ 2:00 Manicures/ 3:00 Snack/ Beverage
- Fri 26:** 10:30 1-1 visits/ 2:00 Cover-up/ 3:00 Snack/Beverage
- Sat 27:** 2:10 Brewers Vs KC Royals/ 5:00 Lawrence Welk Ch 12

- Sun 28:** Morning Church Ch. 65/ 2:10 Brewers Vs Cincinnati Reds
- Mon 29** 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverag
- Tue 30:** 10:30 1-1visits/2:00 Bowling/3:00 Snack/Beverage
- Wed 31:** 10:30 1-1visits/2:00 Surprise Activity/3:00 Snack/Beverage

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



CLOVER
COINS
GREEN
INTERNATIONAL WOMEN

IRISH
LEPRECHAUN
LUCKY
POT OF GOLD



RAINBOW
SHAMROCK
ST PATRICK DAY

Meet our Team >>>

Danielle Hunter, our newest Director of Nursing, joined our team in December 2020. She was born and raised in Jacksonville, Florida. Danielle has worked in healthcare since 2004, working in Jacksonville at Baptist Health Systems with billing, coding, and patient check-in. Danielle graduated nursing school in 2014 where her first nursing position was in the Emergency Department. In 2017, she and her husband moved to La Crosse, Wisconsin to assist family in the area. For the past three years, Danielle has worked at the Mayo Clinic Systems at the La Crosse facility with the cardiology and chemotherapy unit. She served on the Practice Council, participating in reconfiguring several processes for the system including quality assessment and blood transfusion protocols. Danielle looks forward to utilizing those skills at Meadowbrook as the nursing director, furthering nursing practices and care for our residents.

Danielle is married to a wonderful man named Derek who works in childcare. They have 2 daughters, a 5th grader and a 3rd grader who enjoy their time playing board games and discovering new recipes. Derek and Danielle plan a trip each year to go back to Florida, visiting different parts of the state each time. The girls have particularly loved Disney World! Danielle enjoys sewing and gardening, growing her own vegetables during the summer.

Danielle has worked in healthcare for seventeen years and has enjoyed taking care of patients each time. This role gives her an opportunity to become invested in our resident's treatment plans, carrying some out from admission to discharge. Danielle also teaches simulation lab at the nursing school at Viterbo University in La Crosse. She is almost finished with her master's in education and enjoys what these different roles have to offer as she is able to expand her practice to include formal education. Danielle is looking forward to sharing what she has learned about educating our residents, families, and staff.

Danielle Hunter Director of Nursing



Celebrating Mari Gras with masks and Beads

Employee Birthdays

- Gail Jackson, March 01
- Kristen Johnson, March 05
- Kathryn Hosler, March 20
- Samantha Wunrow, March 20



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 the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!

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.



1311 Tyler Street
Black River Falls, WI 54615
Contact us at **715-284-4396**
www.meadowbrookbrf.com

