



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Tue 1: 11:00 Movers/ 2:00 Shuffleboard/ 3:00 Refreshments

Wed 2: 1-1 visits/ 2:00 Snacks/ 3:00 Pastor Jenny

Thu 3: 11:00 Movers/ 2:00 Manicures/ 3:00 Refreshments

Fri 4: 2:00 Games Linda/ 3:00 Refreshments/ Natl Red Day!

Sat 5: 5:00 Lawrence Welk/ 5:00 Badgers Vs Penn State

Sun 6: Church Serv Ch. 65

Mon 7: 10:30 Visits/ 2:00 Bingo/ 3:00 Snacks

Tue 8: 11:00 Movers/ 2:00 Valentine Craft/ 3:00 Refreshments

Wed 9: 1-1 visits/ 2:00 Yahtzee/ 3:00 Pizza Day

Thu 10: 11:00 Movers/ 2:00 Bean Bag Toss/ 3:00 Refreshments

Fri 11: 2:00 Games with Linda/ 3:00 Refreshments

Sat 12: 1:00 Badgers Vs Rutgers/ 5:00 Lawrence Welk

Sun 13: Church Serv Ch 65/ 5:30 Super Bowl Game - NBC

Mon 14: 2:00 Bingo / 3:00 Valentine's Party

Tue 15: 11:00 Movers/ 2:00 Visit of Wi State Parks/ 3:00 Refreshments

Wed 16: 11:00 Visits/ 2:00 Snacks/ 3:00 Church Pastor August H

Thu 17: 11:00 Movers/ 2:00 Resident Council/ 3:00 Refreshments

Fri 18: 2:00 Games with Linda/ 3:00 Refreshments

Sat 19: 5:00 Lawrence Welk

Sun 20: Church Services Ch. 65/ 12:00 Badgers Vs Michigan

Mon 21: 10:30 Visits/ 2:00 Bingo/3:00 Snacks

Tue 22: 11:00 Movers/ 2:00 Monthly B-day's

Wed 23: 2:00 Dog Biscuit- Humane Society/ 3:00 Snacks

Thu 24: 11:00 Movers/ 2:00 Bowling/ 3:00 Refreshments

Fri 25: 2:00 Games with Linda/ 3:00 Refreshments

Sat 26: 5:00 Lawrence Welk / 5:00 Badgers Vs Rutgers

Sun 27: Church Services Ch 65/ Int Polar Bear Day!

Mon 28: 10:30 Visits/ 2:00 Bingo/ 3:00 Refreshments

**** Activity 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.



- 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.*
- 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.*
- 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.*
- 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.*
- 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		



Thank You!
 Nathan,
 Karen,
 Tabby,
 Patsy, Deb, &
 Ryan

Feb 7th – 11th

HaPpy BiRthDay FEBRUARY Born

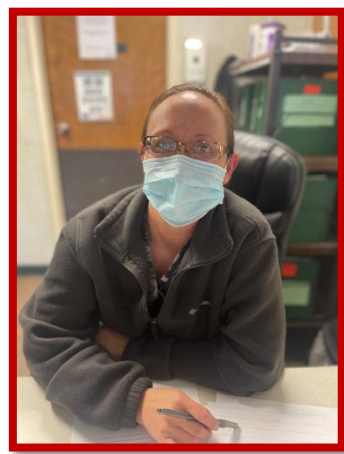
Do you feel that people born in February are quite interesting and unique? Well, then we are here with some of the personality traits of people born in the month of February:

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.

Read more
 at: <https://www.boldsky.com/insync/life/personality-traits-of-people-born-in-february/articlecontent-df211517-131947.html>

Meet our Team >>>

Rhonda Hainz
 Med Tech/ Manager at
 Senior Living



Hometown: Neillsville, WI.

Job Overview

I oversee the health and wellbeing of our senior living residents. I am also overseeing & managing the resident assistant staff.

Tell us about your family?

I have a daughter, 19 and a pet pig, Cookie.

Outside Interest?

I like shopping and gardening.

What is your favorite Sport Team?

Vikings.



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