



We got the first round of shots!
What a great way to start the year!

#Meadowbrookteamstrong

FEBRUARY 2021



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 Groundhog game/3:00 Snack/Beverage

Wed 3: 10:30 1-1visits/2:00 Making snowflakes/3:00 Snack/Bev

Thu 4: 10:30 1-1visits/ 2:00 Checkers/ 3:00 Snack/Beverage

Fri 5: 10:30 1-1visits/ 2:00 Basketball / 3:00 Snack/Beverage/

National Wear Red

Sat 6: Badgers Vs Illinois –TBD/ 5:00 Lawrence Welk Ch 12

Sun 7: Morning Church Ch 65 – **Super Bowl** 5:30 AFC Vs NFC?

Mon 8: 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00Snack/Beverage

Tue 9: 10:30 1-1visits/ 2:00 Shuffleboard/ 3:00 Snack/Beverage

Wed 10: 10:30 1-1visits/ 2:00 Make Valentine 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 Valentine Bingo/ 3:00 Snack/Beverage

Sat 13: 5:00 Lawrence Welk Ch.12

Sun 14: Morning Church Ch. 65/ Badgers Vs Michigan – TDB

Happy Valentine's Day

Mon 15: 10:30 1-1visits/ 2:00 Hallway Bingo/ 3:00

Snack/Beverage / **President's Day**

Tue 16: 10:30 1-1visits/ 2:00 Mardi Gras trivia/3:00

Snack/Beverage

Wed 17: 10:30 1-1visits/ 2:00 Pokeno/ 3:00 Snack/Beverage/ **Ash**

Wednesday

Thu 18: 10:30 1-1visits/ 2:00 Shake 10/ 3:00 Snack/ Beverage

Fri 19: 10:30 1-1visits/2:00 Noodle Volleyball/3:00 Snack/Bev

Sat 20: 5:00 Lawrence Welk Ch. 12

Sun 21: Morning Church Ch. 65/ Badgers Vs Northwestern - TBD

Mon 22: 1-1 visits/ 2:00 Hallway Bingo/ 3:00 Snack/Beverage

Tue 23 : 10:30 1-1visits/ 2:00 TicTacToe/ 3:00 Snack/Beverage

Wed 24: 10:30 1-1visits/ 2:00 Cover-up/ 3:00 Snack/Beverage

Thu 25: 10:30 1-1visits/ 2:00 Manicures game/ 3:00 Snack/

Beverage

Fri 26: 10:30 1-1 visits/ 2:00 Bowling/ 3:00 Snack/Beverage

Sat 27: 5:00 Lawrence Welk Ch 12/ Badgers Vs Illinois - TBD

Sun 28: Morning Church Ch. 65

Newsletter

Cultivating Resilience in Older Adults

Resilience is not simply the ability to survive a difficult experience, but the ability to adapt and cope with circumstances in a way that enables one to emerge stronger, to thrive in the aftermath, and to integrate the lessons learned. These are traits that can be learned and can have an effect on positive aging, including senior health and wellness as they relate to healthy aging. In fact, research has shown that senior adults can exhibit traits of high resilience regardless of their socioeconomic background, life experiences or health challenges.

If you'd like to practice the behaviors of resilient aging in an effort to increase your own ability to cope with difficult circumstances, these tips can get you started:

- *Maintain an optimistic attitude and always look for the "silver lining."*
- *Engage in new activities.*
- *Accept that some things are out of your control and take action on the things you can affect.*
- *Practice stress-management techniques.*
- *Develop a spiritual practice like prayer, meditation, yoga or mindful journaling.*
- *Maintain perspective; don't let your thoughts run away with you.*
- *Practice self-care through proper nutrition, regular exercise and good sleep habits.*
- *Volunteer your time to help others.*
- *Ask for help when you need it.*
- *Look for the lessons you can learn from the situation.*

As you repeatedly turn your focus toward practicing the things you can do to overcome difficult circumstances, you may soon find that it becomes second nature – leading you toward a more empowered, engaged, happy and, yes, resilient life.

Source: <https://www.wheretheyoulive.com/resilience-and-aging/>

February Word Search



AFFECTION
BLACK HISTORY
CANDY
CHOCOLATE
FLOWERS

FOOTBALL
FRIENDS
GROUNDHOG DAY
HEART MONTH
LOVE

PRESIDENTS DAY
SUPER BOWL
SWEETHEARTS
VALENTINES DAY



Meet our Team >>>

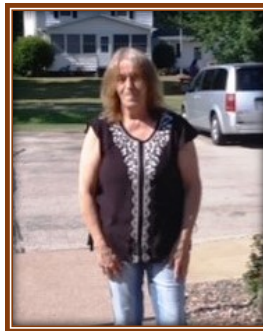
I was born and raised in Merrilan, WI. I began working as a CNA in 1988 on the night shift, and I worked on that shift for about 5 years, and then transferred to 2nd shift.

I have been here for 32 years.

The best part of my job is Making the residents happy and seeing their Smiling faces every day. All residents and staff have become my family over the years and that's why I'm here.

In my retirement years I would like to go fishing and just relax.

Peggy Zinn
CNA




Employee Birthdays

- Drew Ehlert, February 18

Thank you for Caring! 

Meadowbrook residents and staff would like to thank so many community members for making Christmas 2020 and Happy Memory. With COVID denying us access to family and friends this community made 2020 a Christmas to remember because of the outpouring of love, caring and support. I'd like to thank the many groups and individuals that sent cards or came to the center to make life better for our residents during the holidays. Several groups went far above any expectation we might have had. Special thanks to the Park View Church Youth Group, staff at Krohn Clinic, Jackson County Interfaith Volunteer Caregivers, Co-op Credit Union and Regal Beloit-Fasco. These organizations decorated our center to look like a Christmas card. Decorated trees and window decorations kept residents in the holiday spirit. Members Sharing tree at Revolutions provided gifts for residents which in turn caused 'Oh's and Ah's' when delivered by Santa's Elf. Our news is full of gloom and doom related to COVID and the world in general. Here is Black River Falls that world was not allowed during the holidays. Thanks to so many of you our residents were filled with happiness and gratitude instead of despair. Thank you, thank you, thank you!



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