



**Upcoming Event >>>**

**Sat 1:** 2:00 Self Led Act/ 5:00 Lawrence/ 7:00 Bucks vs Trailblazer

**Sun 2:** 9:15 Church/ Self led games/ 7:30 Bucks vs Grizzlies

**Mon 3:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/ 7:00 Bucks vs Thunder

**Tue 4:** 10:00 Family Feud/ 2:00 Manicures/ 3:00 Social time

**Wed 5:** 10:00 Alphabet Game/1:30 Games w/Linda/ 3:00 Church/ 6:00 Bucks vs Hornets

**Thu 6:** 10:00 Board Games/ 2:00 Bingo/ 3:00 Social time

**Fri 7:** 10:00 Bean Bags/ 2:00 Beach ball volley/ 3:00 Social time/ 6:30 Bucks vs Hawks

**Sat 8:** 10:00 Book on CD/ 2:00 Self Led Act./ 5:00 Lawrence Welk

**Sun 9:** 9:15 Church/ 1:00 Bucks vs 76ers/ Super Bowl Party

**Mon 10:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/7:00 Bucks vs Warriors

**Tue 11:** 10:00 Craft/ 2:30 9 letters (brain game)/ 3:00 Social time

**Wed 12:** 10:00 Resident Council/ 1:30 Game w/Linda/ 3:00 Church/ 7:00 Bucks vs T. Wolves

**Thu 13:** 9:00 Catholic/ 10:00 Guess the phrase/ 2:00 Bingo/ 3:00 Social time

**Fri 14:** 10:00 6-5-4/ 2:00 Valentine Party/ 3:00 Social time

**Sat 15:** 2:00 Self Led Act./5:00 Lawrence Welk/ 6:00 Valentine Movie

**Sun 16:** 9:15 Church/ 3:00 Gospel Singers/ 6:00 Bucks vs 76ers

**Mon 17:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time

**Tue 18:** 10:00 Music Trivia/ 2:00 Music w/Colman/ 3:00 Social - Cake/ Birthday Party

**Wed 19:** 10:00 Table Bowling/ 1:30 Games w/Linda/ 2:30 Popcorn

**Thu 20:** 10:00 UNO/ 2:00 Bingo/ 3:00 Social tm/ 7:00 Bucks vs Clippers

**Fri 21:** 10:00 Trivia/ 2:00 Cards/ 3:00 Social time/ 6:0 Bucks vs Wizards

**Sat 22:** 2:00 Self Led Act./ 5:00 Lawrence Welk

**Sun 23:** 9:15 Church/ Self led games/ 6:00 Bucks vs Heat

**Mon 24:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time

**Tue 25:** 10:00 Crafts/ 2:00 Wally & the guys/ 2:30 Social time/ 7:00 Bucks vs Rockets

**Wed 26:** 10:00 7's/ 1:30 Games w/Linda/ 2:30 Social time

**Thu 27:** 10:00 Baking/ 2:00 Bingo/ 3:00 Social time/ 6:30 Bucks vs Nuggets

**Fri 28:** 10:00 Board Games/ 2:00 Basketball/ 3:00 Social time

**Snack and refreshments are served M-F between 2:30-3:00 pm**  
**Wednesdays are beauty shop day. See Lyndsey or Joyce to set up an appointment.**

**Evening Activities are self led resident choice. Movies, Wii, board games, activity sheets.**

**\*\*\*Activities are subject to change \*\*\***

# Newsletter

## Reduce fraud risk by getting rid of junk mail

Putting a stop to the junk mail being sent to your older adult's house is essential for reducing their fraud risk.

It also reduces the risk that someone with early dementia would repeatedly donate to multiple charities, sign up for many credit cards, or spend an excessive amount on catalog purchases.

### 4 Options for Getting Rid of Junk Mail

#### 1. DMAChoice:

The junk mail expert says this is the #1 way to stop junk mail and that most people will only need to complete this form.

Registering with DMAChoice stops mail from companies that your older adult has never purchased from or donated to.

You could use the regular form or the one specifically for caregivers.

#### 2. National Do Not Mail List

This is another company you can use to opt-out from junk mail. It's not the same as DMAChoice so you could register with both organizations.

#### 3. Opt-Out Pre-Screen (1-888-5-OPT-OUT)

This company stops credit card offers.

FYI: They will ask for a Social Security Number. The junk mail expert says this is legitimate because that's the way credit bureaus identify people.

#### 4. InfoCision

This is a telemarketing company, but they also manage mailing lists for their clients.

Call (330) 668-1400 or email [infocision@infocision.com](mailto:infocision@infocision.com) to request removal from their lists. This can also help reduce those relentless telemarketing phone calls.

**Note:** Don't be discouraged if the junk mail doesn't stop instantly. Most companies prepare their mailings months ahead of time, so it will take about 3 months to see a reduction.



# Let's play! Word Scramble: Groundhog Day

1. ECORAFST \_\_\_\_\_
2. HNETIEBRA \_\_\_\_\_
3. REMEGE \_\_\_\_\_
4. LIYADOH \_\_\_\_\_
5. YLCODU \_\_\_\_\_
6. EONTDR \_\_\_\_\_
7. RGUNDDOUER \_\_\_\_\_
8. TEICNPDROI \_\_\_\_\_
9. SGIN \_\_\_\_\_
10. SGIPNR \_\_\_\_\_
11. REYABURF \_\_\_\_\_
12. YAVNINSNEAPL \_\_\_\_\_
13. RTOMMA \_\_\_\_\_
14. HEEARWT \_\_\_\_\_



## Employee Birthdays

Olivia F., Feb 28



## 2025 Fun & National Holidays!

- ▶ Feb 1 Ice Cream for Breakfast Day
- ▶ Feb 2 Ground Hog Day
- ▶ Feb 2 Day of the Crêpe
- ▶ Feb 2 Play Your Ukulele Day
- ▶ Feb 3 Carrot Cake Day
- ▶ Feb 4 Thank Your Mailman Day
- ▶ Feb 4 Create a Vacuum Day
- ▶ Feb 4 Stuffed Mushroom Day
- ▶ Feb 5 Chocolate Fondue Day
- ▶ Feb 6 Frozen Yogurt Day
- ▶ Feb 7 **Wear Red Day**
- ▶ Feb 7 Send a Card to a Friend Day
- ▶ Feb 8 Laugh and Get Rich Day
- ▶ Feb 9 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 **Valentine's Day**
- ▶ Feb 14 Library Lovers Day
- ▶ Feb 15 **Wisconsin Day**
- ▶ Feb 16 Do a Grouch a Favor Day
- ▶ Feb 17 Random Act of Kindness Day
- ▶ Feb 18 **President's Day**
- ▶ Feb 19 Chocolate Mint Day
- ▶ Feb 20 Muffin Day
- ▶ Feb 21 Caregiver Day
- ▶ Feb 22 Be Humble Day
- ▶ Feb 23 Dog Biscuit Day
- ▶ Feb 24 Tortilla Chip Day
- ▶ Feb 26 Pistachio Day
- ▶ Feb 26 Tell a Fairy Tale Day
- ▶ Feb 27 Retro Day
- ▶ Feb 28 Chili Day

## Meet our Team >>>

**Where are you from?**  
I grew up in Osseo, WI. I then moved to Oregon and Washington for a couple of years before coming back home to Wisconsin.

**Where are you from?**  
I was a CNA for 12 years. Then, for ran my in-home daycare for 5 years and was able to be home with my youngest until she went to school.

**Tell us about your family.**  
I have 3 daughters, Averie (16), Harper (10) Laurel (6).1 stepson Kyle (16), 2 stepdaughters Kensi (9), Claire (7), and one boyfriend, Brian. Last but not least, 2 dogs named Woots & Charlie.

**What are your outside Interests?**  
I love photography, discovering different music and trying different ethnic foods. Spending time with our crew of littles and watching their sporting events. In the summer you will find us out on our pontoon enjoying the sun.

**What is the best part of your job?**  
I get to spend my day creating, playing games, laughing with our residents and making them smile. How could I not enjoy what I do? I have one of the most fun jobs in the building! Also, working with people I enjoy being around is an added perk. We have a great team here at Meadowbrook BRF.

Lyndsey S.  
Activity Director SNF

