



Upcoming Event >>>

- Sun 1:** 9:15 Church/ 2:30 Bucks Game / Self led activity
- Mon 2:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 3:** 10:00 Cup Pong/ 2:00 Karaoke w/Ryan/ 3:00 Social time
- Wed 4:** 10:00 Pokeno/1:30 Games w/Linda/2:30 Social time/ 3:00 Church
- Thu 5:** 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social tm/3:15 Bible study
- Fri 6:** 10:00 Artful hour/ 2:00 6-5-4/ 3:00 Social time/ 6:00 UNO
- Sat 7:** 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity
- Sun 8:** 9:15 Church/ 1:30 Superbowl pregame party/5:30 Superbowl
- Mon 9:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 10:** 10:00 Baking / 2:00 Diceo (dice) / 3:00 Social time
- Wed 11:** 10:00 Crafts/ 1:30 Games w/Linda/ 3:00 Social time/ 3:00 Church/Memorial Service
- Thu 12:** 10:00 AM Exercise/ 2:00 Bingo/3:00 Social tm/ 3:15 Bible Study
- Fri 13:** 10:00 Trivia/ 1:30 Valentine Party/ 3:00 Church/ 6:00 UNO
- Sat 14:** 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity
- Sun 15:** 9:15 Church/ 3:00 Gospel Singers/ Self led activity
- Mon 16:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 17:** 10:00 Manicures/ 1:30 Mardi Grass Party/ 3:00 Social time
- Wed 18:** 10:00 Connect 4/ 1:30 Games w/Linds/ 2:30 Social time/ 3:00 Church
- Thu 19:** 9:00 Catholic Visit/ 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
- Fri 20:** 10:00 Artful Hr/ 2:00 Men's group/3:00 Social tm/6:00UNO
- Sat 21:** 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity
- Sun 22:** 9:15 Church/ 2:30 Bucks Game/ Self led Activity
- Mon 23:** 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 24:** 10:00 Resident Council/ 1:30 Wally & Jerry Monthly Birthday Party/ 3:00 Social time
- Wed 25:** 10:00 Bracelet making/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church
- Thu 26:** 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
- Fri 27:** 10:00 Shuffleboard /2:00 Name that tune/3:00 Social tm/6:00 UNO/ 7:00 Busck Game
- Sat 28:** 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity

Snack and refreshments are served M-F between 2:30-3:00 pm
Wednesday's beauty shop & Wal-Mart/Smoke shop pick up day.
 *Puzzles, board games and activity sheets are always available for self-led activity. Free movie options are set up on the lounge tv.

***Activities are 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

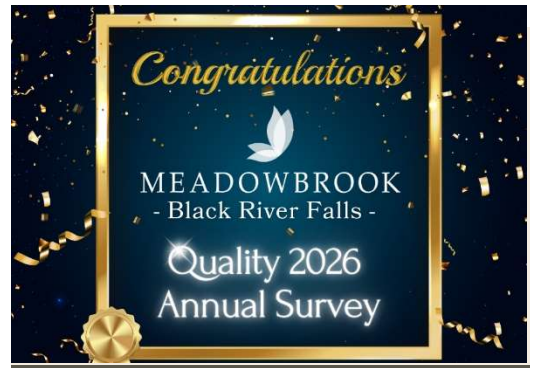
A quick blood pressure check can help prevent serious health complications. This February, we encourage residents and families to join us in prioritizing heart health because a healthy heart supports a healthier, happier life.



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 _____



Employee Birthdays

Jennifer S., Feb 03

Ellen D., Feb 24

Deanne M., Feb 26

Olivia F., Feb 28



Meet our Team >>>

Hometown: Neillsville, WI.

What are your outside Interests?

I love spending time with family, especially my nieces and nephew. Going on vacations and sports.

What is the best part of your job?

Getting to know the residents and building relationships with them.

Favorite vacation spots:

Any big city like NYC or LA. Anywhere warm with a beach!!

Amalia T.

CNA



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 Gumdrops 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

Testimonial >>>



"I am grateful for all of you who give me such good care. You are very important in my life. My best wishes to you for a very Merry Christmas and a Happy New Year!" - Joann D. - Resident



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Also, February is...

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