



Upcoming Event >>>

- Sat 1:** 8:00 Visiting Hour/ 10:00 Coffee & News/ 2:00 DIY Crafting
- Sun 2:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 3:** 9:30 Resident Shopping/1:30 Manicures/ 5:00 Evening news
- Tue 4:** 10:00 Coffee & Cribbage/ 1:30 Thank You Cards for Kitchen
- Wed 5:** 9:30 1:1 Visits/ 1:30 Crafting Together
- Thu 6:** 10:00 Volleyball/ 1:30 Root beer float social
- Fri 7:** 10:30 Bingo/ 1:30 Movie & Popcorn/ 5:00 Reading Hour
- Sat 8:** 8:00 Visiting Hours/ 10:00 Coffee & News/2:00 DIY Crafting
- Sun 9:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 10:** 9:30 Resident Shopping/1:30 Jackpot
- Tue 11:** 10:00 Color Me Calm/1:30 Farkle/ 5:00 Evening News
- Wed 12:** 9:30 1:1 Visits/ 1:30 Crafting Together/ 5:00 Reading Hour
- Thu 13:** 10:00 Volleyball/ 1:30 Bingo Store/ 2:30 Hangman
- Fri 14:** 10:30 Bingo/ 1:30 Valentine Party/ 2:00 Karaoke
- Sat 15:** 8:00 Visiting Hours/ 10:00 Coffee & News/ 1:30 Crafting
- Sun 16:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 17:** 9:30 Resident Shopping/1:30 Baking/ 5:00 Evening News
- Tue 18:** 10:00 Coffee & Cribbage/ 1:30 President Trivia & Facts
- Wed 19:** 9:30 1:1 Visits/ 1:30 Canvas Painting
- Thu 20:** 10:00 Volleyball/ 1:30 Muffin Social/ 2:30 Hangman
- Fri 21:** 10:30 Bingo/ 1:30 Movie & Popcorn/ 5:00 Reading Hour
- Sat 22:** 8:00 Visiting Hours/ 10:00 Coffee & News/ 1:30 DIY Crafting
- Sun 23:** 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 24:** 9:30 Resident Shopping/1:30 Birthday Bingo
- Tue 25:** 10:00 Color Me Calm/1:30 Yahtzee/ 5:00 Evening News
- Wed 26:** 9:30 1:1 Visits/ 1:30 Crafting Together
- Thu 27:** 10:00 Volleyball/ 1:00 Resident Council/ 2:00 Special Treats
- Fri 28:** 10:30 Bingo/ 1:00 Movie & Popcorn

ALL ACTIVITIES SUBJECT TO CHANGE

DAILY ACTIVITIES: 8A MORNING VISITS, 9A FOX-11 NEWS IN TV ROOM, 3P SNACK PASS.

RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

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 infocis@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: Ground Hog Day

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



Employee Birthdays

- | | |
|--------------------|-------------------|
| Rhienna G., Feb 08 | Jamie C., Feb 26 |
| Sadhana L., Feb 08 | Amanda V., Feb 26 |
| Lacy B., Feb 14 | |
| Jacob M., Feb 16 | |
| Sophia B., Feb 18 | |
| April R., Feb 22 | |
| Cody L., Feb 23 | |



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 >>>

Hometown: Appleton, WI.
Tell us about your Job.
 Caring for all the residents and their nursing needs.
Tell us about your family.
 Josh my significant other of 19 years. I have three children, a son Jayd 19 years old, a son Dexter 11 years old, and a daughter Lilo 7 years old.
What are your outside Interests?
 Music, baking, cooking, crafts, and being outdoors!
Something not everyone may know about you.
 I love Jeeps and spending time with family and friends.
Favorite sport team
 Green Bay Packers!

Nickie D.
RN



Testimonial >>>



"I chose Meadowbrook as I wanted to stay close to friends and family. There was an adjustment period but good when I found my routine. Activities are my favorite, and Kayla does a good job with a variety of things to do. I would recommend and I have talked to my family and friends about Meadowbrook. I was worried about getting proper care. The caregivers are reassuring and accommodating. The workers are so nice. Heather, Grace and Olga are outstanding." - Patricia E. - Resident



1335 S. Oneida St.
 Appleton, WI 54915
 Contact us at **920-731-6646**
www.meadowbrookappleton.com/



Also, February is...
 Heart Awareness Month
 Black History Month