



Upcoming Event >>>

- Sun 1:** 9:00 Virtual Church/ 10:00 Coffee group / 2:00 Puzzles
 - Mon 2:** 10:00 Hagman/ 1:30 Jackpot/ 5:30 Color me calm
 - Tue 3:** 8:00 1-1 Visit/ 10:00 Coffee/ 1:30 Crafting / 4:00 Library Cart
 - Wed 4:** 10:00 Nails/ 2:00 Resident shopping
 - Thu 5:** 10:30 Bingo/ 1:00 Yahtzee/ 5:30 Puzzles
 - Fri 6:** 10:00 Volleyball / 2:00 Catholic Prayer & Memorial
 - Sat 7:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 8:** 9:00 Virtual Church/ 10:00 Coffee group/ 2:00 Puzzles
 - Mon 9:** 10:00 Hagman/ 1:30 Jackpot/ 5:30 Color me calm
 - Tue 10:** 8:00 1-1 Visit/10:00 Coffee/1:30 Crafting / 4:00 Library Cart
 - Wed 11:** 10:00 Dog Therapy / 2:00 Cookie Décor Day
 - Thu 12:** 10:30 Bingo/ 1:00 Bingo Store/ 5:30 Puzzles
 - Fri 13:** 10:00 Volleyball / 1:30 Movie & popcorn/ 4:00 Music & Memory
 - Sat 14:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 15:** 9:00 Virtual Church/ 10:00 Coffee group/ 2:00 Puzzles
 - Mon 16:** 10:00 Hagman/ 1:30 Jackpot/ 5:30 Color me calm
 - Tue 17:** 8:00 1-1 Visit/10:00 Coffee/1:30 Crafting / 4:00 Library Cart
 - Wed 18:** 10:00 Nails/ 2:00 Resident shopping
 - Thu 19:** 10:30 Bingo/ 1:00 Yahtzee/ 5:30 Puzzles
 - Fri 20:** 10:00 Volleyball / 2:00 Music & Memory
 - Sat 21:** 10:00 Coffee Group/ 2:00 DIY Crafts
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- Sun 22:** 9:00 Virtual Church/ 10:00 Coffee/ 2:00 Cards/Cribbage
 - Mon 23:** 10:00 Hagman/ 1:30 Jackpot/ 5:30 Color me calm
 - Tue 24:** 8:00 1:1 Visit/ 10:00 Coffee/ 1:30 Canvas/ 4:00 Library Cart
 - Wed 25:** 10:00 Resident council / 1:00 Nails
 - Thu 26:** 10:30 Bingo/ 1:00 Bingo Store/ 5:30 Puzzles
 - Fri 27:** 10:00 Volleyball / 1:30 Movie & popcorn/ 4:00 Music & Memory
 - Sat 28:** 10:00 Coffee Group/ 2:00 DIY Crafts

MONDAY - SATURDAY: 8:00 MORNING VISITS

ALL ACTIVITIES SUBJECT TO CHANGE

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

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

- | | |
|-------------------|------------------|
| Mai M., Feb 03 | Cody L., Feb 23 |
| Amy O., Feb 10 | Cire F., Feb 24 |
| Maria G., Feb 13 | Janie C., Feb 26 |
| Lacy B., Feb 14 | |
| Jacob M., Feb 16 | |
| Sophia B., Feb 18 | |
| Shania L., Feb 20 | |



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 Bubbegum 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 Gumdrop 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

Meet our Team >>>

Hometown: Hartland, WI

Tell us about your Job.

I have the opportunity to talk with residents throughout the day and I'm able to help people to solve issues they may have.

Tell us about your family.

I have a husband 4 kids, 5 dogs, 4 cats, and 3 chickens and currently live in a Borth (tiny town that only has a church and a bar).

What are your outside Interests?

I love camping and I foster dogs through Sandi Paws Rescue, wild and free rescue, and white paws German Shepard rescue.

Something not everyone may know about you.

I enjoy going on mission trips to Appalachian Mountains in Kentucky. I also love spending time in Dollywood and Disney.

Favorite sport team

Packers (by default!)

Sarah

Social Services Assistant



Testimonial >>>



"My mom had been staying at this facility for about 4 months. I just want to take the time to thank everyone involved in her care for those 4 months. Her name is Sheryl. She had been in two others (facilities) in the area, and this one was by far the best one. The people were caring and friendly. Thank you." -

Kris. – Resident's Family



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Also, February is...

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