



**Upcoming Event >>>**

**Sat 1:** 2:00 Bingo/ Serve Ice Cream Sandwiches

**Sun 2:** 2:00 Activity Staff

**Mon 3:** BOGGLE/ Barber Shop/ 10:00 Dice

**Tue 4:** 10:00 Cribbage / 2:00 Bingo

**Wed 5:** 10:00 Baking / 2:00 Movie of the Week

**Thu 6:** Beauty Shop / 2:00 Happy Hour

**Fri 7:** 2:00 Bingo/ **Wear Red**

**Sat 8:** 2:00 Bingo

**Sun 9:** 2:00 Activity Staff

**Mon 10:** BOGGLE/ B/B/ 2:00 Valentine Cookie Frosting

**Tue 11:** 10:00 Cribbage/ 2:00 Bingo

**Wed 12:** 2:00 Monthly Birthday Party

**Thu 13:** Beauty Shop/B/B/ 2:00 Happy Hour Valentine Party

**Fri 14:** 11:30 Harp in Activity Room/ Sweetheart Dinner

**Sat 15:** 2:00 Bingo

**Sun 16:** 1:00 The Refuge Church

**Mon 17:** BOGGLE/ Barber Shop/ 2:00 Jack Gorski

**Tue 18:** 10:00 Cribbage/1:15 Resident Council/ 2:00 Bingo

**Wed 19:** 10:00 Coffee with a Veteran/ 1:15 Movie of the Week

**Thu 20:** Beauty Shop/ 2:00 Happy Hour

**Fri 21:** 10:00 Monthly Communion/ 2:00 Bingo

**Sat 22:** 2:00 Bingo

**Sun 23:** 2:00 Faith Baptist Church

**Mon 24:** BOGGLE

**Tue 25:** 10:00 Cribbage / 2:00 Bingo

**Wed 26:** 1:15 Movie of the Week

**Thu 27:** Beauty Shop/ 2:00 Happy Hour

**Fri 28:** 10:00 Catholic Mass/ 2:00 Bingo

**Other activities are scheduled, or available daytime and evening include:**

**Games:** Scrabble, Yahtzee, Checkers, Dice, Cribbage, Word Find/Crossword Puzzles

**Movies:** Scheduled Tuesday/Thursday evening 6pm in the family room

Movies are always available in the family room with a variety of movies on hand.

We will get movies from the public library upon request.

**Crafts and Jigsaw Puzzles:** Always available in activity room and the West Conference Room.

**Books/Magazines:** Activity room Large Print Library and variety of magazines always available.

**Aviary:** Residents are free to come and go at any time in the activity room and see the birds.

\*\*\*Calendar 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 [infocis@infocision.com](mailto: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.



Reference: <https://dailycaring.com/get-rid-of-junk-mail-to-prevent-elder-fraud/>

# Let's play! Word Scramble: Groundhog Day

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

## Meet our Team >>>

Hometown: Quad Cities, IL.

Tell us about your Job.

I've been working as Registered Nurse for 20 plus years.

Tell us about your family.

Married with four children, six grandchildren and three "Fur Babies".

What are your outside Interests?

I love fishing, gardening and being outdoors.

Something not everyone may know about you.

I have lived in Illinois my whole life and my husband, and I moved to Wisconsin two years ago and live on the lake. "We LOVE it".

Favorite sport team.

Chicago Cubs.

Jennifer G.

RN



## Testimonial >>>



"Mom is maintaining at Mother of Mercy. She only has about 7 women on her floor, and they eat together 3 days a week, pray the rosary together every afternoon and mom attend bingo a few times a week. Where she was at last year, this is a victory. Thank you for the great care at Meadowbrook and fighting for her. She would not be doing what she does without her time there." - Anne. - Resident's Family



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## Employee Birthdays

Sandy F., Feb 05

Stephanie T., Feb 18

Mariah G., Feb 09

Jessica J., Feb 19

Devan Z., Feb 09

Trinity H., Feb 10

Sarah C., Feb 18



## 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

## Also, February is...

Heart Awareness Month  
Black History Month