



MEADOWBROOK

—CHETEK—



**Upcoming Event >>>**

- Sun 1:** 2:00 St. Boniface Catholic church
- Mon 2:** BOGGLE/ Barber/ 2:00 February Trivia
- Tue 3:** Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo
- Wed 4:** 10:00 Valentine Craft Group / 1:15 Pizza Party
- Thu 5:** 10:00 Dice / 2:00 Happy Hour
- Fri 6:** 10:00 Independence Games / 2:00 Bingo
- Sat 7:** 2:00 Bingo

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- Sun 8:** 2:00 Activity Staff
- Mon 9:** BOGGLE/ Barber/ B/B / 2:00 Steve Midboe Music
- Tue 10:** Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo
- Wed 11: Inservice/** 1:15 Movie of the Week
- Thu 12:** Pen Pals? 2:00 Happy Hour
- Fri 13:** 11:00-12:30 Harp Dine Room/ 12:00 Sweetheart Dinner
- Sat 14:** 2:00 Bingo

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- Sun 15:** 2:00 The Refuge
- Mon 16:** BOGGLE/ Barber/ 2:00 Jack Gorski
- Tue 17:** Beauty Shop/ 10:00 Cribbage Dice / 1:15 Resident Council/ 2:00 Bingo
- Wed 18:** 10:00 Manicures/ 2:00 Monthly Birthday Party
- Thu 19:** 2:00 Happy Hour
- Fri 20:** 10:00 Communion/ Memorial Service/ 2:00 Bingo
- Sat 21:** 2:00 Bingo

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- Sun 22:** 2:00 Faith Baptist Church
- Mon 23:** BOGGLE/ 2:00 Bean Bag Toss
- Tue 24:** Beauty Shop/ 10:00 Cribbage Dice/ 2:00 Brown Bag auction
- Wed 25:** 10:00 Manicures/ 2:00 Bingo
- Thu 26:** 10:00 Baking Group/ 2:00 Happy Hour
- Fri 27:** 10:00 Catholic Mass / 2:00 Bingo
- Sat 28:** 2:00 Bingo

**Beauty Shop Open Tuesdays 9:30, Barber Shop Monday 9:30  
 Thursdays 6:00 PM Assorted games in Family Room  
 Thursday 6:00 PM Movie in Family Room/West  
 Second Wednesday 10:00 AM Chetek Lutheran/Tabitha Circle  
 Wednesday 10:00 AM Coffee with a Veteran**

\*\*\*Calendar 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 \_\_\_\_\_

## Meet our Team >>>

Hometown: Rice Lake, WI

Job Overview.

Caring for and enjoying the company of the residents.

Tell us about your Family.

I have my husband Steve, sister Elisa and niece. Five children, 30, 23, 17, 14 and 8. Four boys, 1 girl-14.

What are your outside Interests?

I love riding my Harley! crafts, carving diamond willow walking sticks or being on a beach.

Something not everyone may know about you.

I would love to be a race car driver.

Favorite sport team.

High School Sports, Rice Lake boys' soccer team.

**Erica S.**  
Activity Aide



## Testimonial >>>



*"My stay was really good. The food was the best.  
Meadowbrook at Chetek is a very nice place and very clean."*

**- C. Smith - Resident**



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[www.meadowbrookchetek.com](http://www.meadowbrookchetek.com)



## Employee Birthdays

Kailee J., Feb 05  
Sandy F., Feb 05  
Amy G., Feb 08  
Mariah G., Feb 09  
Trinity H., Feb 10  
Hailey R., Feb 14  
Molly J., Feb 15

Layla K., Feb 18  
Sara C., Feb 18  
Stephanie T., Feb 18  
Jessica J., Feb 18



## 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 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

## Also, February is...

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