Laurelbrooke Personal Care Monthly Activity Calendar - February 2021

	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4		5	Wear Red Day	6	
*	Calandan	10AM	Trivia Time - GR	10AM	Sit and Be Fit - GR	10AM	Daycare Story Time - GR	10AM	Volleyball - GR	10AM	Nail Salon - GR	10AM	Spread the News - PC
*Calendar			National Freedom Day!	1PM	Wooden Heart	2PM	Tea Time-GR	3PM	Church- GR	12:45PM	Bingo - PCDR	1PM	Saturday Matinee
	subject to change*		Hangman - GR		Door Craft - PCDR	3PM	Spiritual Discussions-GR		Featuring Pastor Baker	1PM	Nutella Bites - PCDR		Fresh Popcorn
			Texas Edition!								World Nutella Day!		
		5:45PM	Bingo-PCDR			Hon	ay Dirthday, Joan I						
						пар	oy Birthday Jean!						
7		8	J	9	1	10	1	11	J	12	1	13	
10AM	Hymn Sing - GR	10AM	Explore lowa! - GR	10AM	Sit and Be Fit - GR	10AM	Spa Session - GR	10AM	Noodle Ball - GR	10AM	Find Your Fortune!	10AM	Spread the News - PC
3PM	Communion-GR		National Iowa Day	1PM	Spring Wreath	2PM	Tea Time-GR	3PM	Church- GR		Fortune Cookie Activity	1PM	Saturday Matinee
	With Pastor Baker	1PM	Race to the Finish - GR		Craft - PCDR	3PM	Spiritual Discussions-GR		Featuring Pastor Baker	12:45PM	J		Fresh Popcorn
		5:45PM	Bingo-PCDR							1PM	Chinese Appetizer		
											Samplers		
14	Valentines Day	15		16	Mardi Gras	17	Ash Wednesday	18		19		20	
10AM	Hymn Sing - GR	10AM	Reminisce - GR	10AM	Sit and Be Fit - GR	10AM	Nail Salon - GR	10AM	Move and Groove - GR		Trivia Time - GR	10AM	Spread the News - PC
1PM	Live Church-GR		Who Was Your Valentine?	1PM	Mardi Gras	2PM	Tea Time-GR	3PM	Church- GR		Black History Month	1PM	Saturday Matinee
	Lakeside United	1PM	Name That Couple - GR		Celebration!	3PM	Spiritual Discussions-GR		Featuring Pastor Baker	12:45PM	Bingo - PCDR		Fresh Popcorn
	Methodist		Valentine's Social							1PM	Soul Food Snacks - PCDR		•
	Dubois, PA	5:45PM	Bingo-PCDR										
	Dubois, I'M		Diligo i obik										
21		22		23		24		25		26		27	
		10AM	Baseball Dice Game - GR	10AM	Sit and Be Fit - GR	10AM	Spa Session - GR	10AM	Wii Bowing - GR	10AM	Who Won It? - GR	21	
10AM	Hymn Sing - GR	1PM	Beach Trivia - GR	1PM	Finish Spring	2PM	Tea Time-GR	3PM	Church- GR		Oscar Edition	10AM	Spread the News - PC
	· ·				Wreath Craft - PCDR	3PM		JEIN		12.4EDM		1PM	•
1PM	Weekly Live Church-GR Joanie Williams	5:45PM	Mocktail Margaritas! Bingo-PCDR		Wieath Clait - PCDR	38101	Spiritual Discussions-GR		Featuring Pastor Baker	12:45PM 1PM	Bingo - PCDR Hors d'oeuvres	TPIVI	Saturday Matinee Fresh Popcorn
		5.45FIVI	Dingo-PCDK								HUIS U DEUVI ES		FreshFupcom
28 10AM	Hymn Sing - GR												
3PM	Church-GR												
	With Pastor Baker												

Help Strengthen The Immune System

The human immune system is constantly fighting to protect the bodies of the seniors in our care. We do our best to keep that system in shape and help it do its job.

A good diet and needed hydration are important. So we make tasty, nutritious foods and plenty of liquids available. Then we encourage our residents to eat and drink for need and for enjoyment. If they resist, we look for swallowing, taste, dental and digestive issues that can affect desire.

Studies have shown that regular physical activity can support the aging immune system. This can be a challenge with Covid-19 restrictions. However, we have found that putting on some music can get people moving on their feet or in a chair. And we fit in walks when it is safe to do so.

Keeping stress levels down is a must. Relaxing music can help with that. Most important is staying connected with one's family and friends. So we do our best to organize personal visits (when permitted). In addition, we arrange video and telephone calls, and help those in our care follow family social network pages.





RESIDENT SPOTLIGHT This month's Resident Spotlight is on Lajeanne "Jean" Miller

Jean is a local, born in Summerville. She states her favorite travels were going to Florida. Her hobbies include crochet and playing bridge. She worked in insurance at a medical center, but her most cherished position in life was being a wife and mother to her three children. She was married to her husband Clair for 70 beautiful and cherished years. Jean has been a joy to our Laurelbrooke family, instantly winning the hearts of all. She is kind, compassionate, and caring for all those around her, having patience and grace in all she does. Jean is a flawless example of beauty and strength, join us as we rejoice and celebrate Lajeanne "Jean" Miller as our resident of the month.

God says, "Take my hand and let me lead the way. Be still and know I am God and we can do this together."







The Nation Goes Red in February

National Wear Red Day® - Friday, February 5, 2021

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke. American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963. -The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month. -While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.