

Laurelbrooke Personal Care-Harmony Circle Monthly Activity Calendar - February 2021

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Calendar subject to change	1	9:15AM Trivia Time	2	9:15AM Sit and Be Fit	3	9:15AM Nail Salon	4	9:15AM Move and Groove	5	Wear Red Day	6	10AM Spread the News
		National Freedom Day!								9:15AM Brain Games		
				11AM Hymn Stories with Pastor Baker		12:45PM BINGO		1PM Church Service Devotions Hymn Sing				1PM Saturday Matinee Fresh Popcorn
		1PM Fly Swatter Ball								1PM Nutella Bites World Nutella Day!		
				1PM Wooden Heart Craft		Happy Birthday Jean!						
7	8		9		10		11		12		13	
9:15AM Hymn Sing	9:15AM Explore Iowa!	9:15AM Sit and Be Fit	9:15AM Nail Salon	9:15AM Move and Groove	9:15AM Brain Games	10AM Spread the News						
	National Iowa Day									9:15AM Name that Song		
		11AM Hymn Stories with Pastor Baker	12:45PM BINGO	1PM Church Service Devotions Hymn Sing							1PM Saturday Matinee Fresh Popcorn	
1PM Communion with Pastor Baker	1PM Balloon Toss								1PM Chinese Appetizer Samplers Chinese New Year!			
		1PM Spring Wreath Craft										
14	Valentines Day	15	16		17		18		19		20	
9:15AM Hymn Sing		9:15AM Ball Toss	9:15AM Sit and Be Fit	9:15AM Nail Salon	9:15AM Move and Groove	9:15AM Brain Games Oscar Trivia	10AM Spread the News					
												
			11AM Hymn Stories with Pastor Baker	12:45PM BINGO	1PM Church Service Devotions Hymn Sing						1PM Saturday Matinee Fresh Popcorn	
1PM Church/Worship Featuring Linda		1PM Beach Trivia Mocktail Margaritas							1:00P Hors d'oeuvres			
			1PM Finish Spring Wreath									
21	22		23		24		25		26		27	
9:15AM Hymn Sing	9:15AM Ball Toss	9:15AM Sit and Be Fit	9:15AM Nail Salon	9:15AM Move and Groove	9:15AM Brain Games Oscar Trivia	10AM Spread the News						
		11AM Hymn Stories with Pastor Baker	12:45PM BINGO	1PM Church Service Devotions Hymn Sing							1PM Saturday Matinee Fresh Popcorn	
1PM Church/Worship Featuring Linda	1PM Beach Trivia Mocktail Margaritas								1:00P Hors d'oeuvres			
		1PM Finish Spring Wreath										
28												
9:15AM Hymn Sing												
1PM Church 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."



Laurelbrooke Personal Care
Harmony Circle



American



Heart Month

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.