

February Newsletter

Halle's Headlines

Director's Notes

What an amazing start to the new year we have had! It never ceases to amaze me how fast time goes around here and how we are always planning for the next event! The month of February is a little less crazy but just as fun! Here are some highlights:

DEVOTIONAL—I started this devotional in January but am hoping to get more people involved! This is a 10-15 minute time where we sit down as a group before lunch (11:15) and gives us a chance to grow in our relationship with Christ. I would LOVE to see more of you there!

CARD CLUB—recently there has been lots of interest in playing cards! We started two groups: Canasta (Mondays and Saturdays at 1:00) and 500 (Wednesdays and Sundays at 1:00). ANYONE is welcome to join these groups!

On February 13th and 14th we will be baking and decorating heart shaped sugar cookies! We will then, of course, EAT THEM!

On February 16th, we will be taking a lunch outing! We are calling it “resident’s choice” as we would love for YOU to tell US where you want to go out for lunch!

As always, there are lots of other things going on around here but these are just the highlights! IF there is anything that you have interest in and don’t see it on the calendar, PLEASE come and tell me! I would love to make sure that everyone is happy with the events and activities that are going on and the best way to do that is with YOUR feedback!

Happy Valentine’s Day!

-Halle



What makes some people easier to love? You might say things like, “They are friendly, helpful, grateful or caring.” When life is running smoothly most of us seem to take things

in stride and “go with the flow.” As you know, life tosses us curve balls and we must walk through the trials and tribulations set before us. Some of these incidents are beyond our control. However, we DO have a choice as to how we will maneuver our way through and react to them. Some people seem to walk through these trials with a “glass half-full” attitude while others seem to dwell on the negative and offer no solutions. God gives us our own unique spirit to shine His love through as we walk on earth. **How your light shines is a direct link to your heart.** Having compassion and understanding will fill your heart with love and light, while, thinking negatively only robs the gift of life Jesus offered you. He loves us and directs us to love others; both positive and negative souls.

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” ~ 1 John 4:16-18

Celebrating Valentine’s Day is a holiday to affirm our love to others. How do you shine God’s love, even when it’s difficult?

Loving You...

KathyAnn



Have you checked us out on Facebook?

It’s the best way to keep up with what is going on here! “Like” *Country Meadows of Milaca*



Pastor Dale's Passage



There was once a stonecutter, who was dissatisfied with himself and with his position in life. One day, a high official passed by, carried in a chariot. The stonecutter thought —"I wish that I could be a powerful official!" Miraculously, he became the high official, carried everywhere in a chariot. But it was a hot summer day, and the official felt very uncomfortable in the sticky sedan chair. He looked up at the sun. "How powerful the sun is!" he thought. "I wish that I could be the sun!" Then he became the sun, shining fiercely down on everyone. But a huge black cloud moved between him and the earth, so that his light could no longer shine on everything below. "I wish that I could be a cloud!" he thought. Then he became the cloud, flooding the fields and villages. But soon he found that he was being pushed away by the wind. "he thought. "I wish that I could be the powerful wind!" Then he became the wind. But after a while, he ran up against something that would not move — a huge stone. "I wish that I could be a stone!" he thought. Then he became the stone, more powerful than anything else on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into the solid rock, and felt himself being changed. "What could be more powerful than I, the stone?" he thought. He looked down and saw far below him the figure of a stonecutter. What's the secret to enjoying life? **Contentment.** The bible says: "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation." The secret begins with this —> TRUST God. He has a great plan for your life. *Pastor Dale*

Nurse's Notes

February is National Heart Month.

A woman has a heart attack every 90 seconds in the United States. If you think you or someone you know is having a heart attack, **call staff or 9-1-1 immediately.** The good news is that if you seek help quickly, treatment can save your life and prevent permanent damage to your heart muscle. Treatment works best if given **within 1 hour of when symptoms begin.**

Common Symptoms are:

-) Unusually heavy pressure on chest
 -) Sharp upper body pain in neck, back, and jaw
 -) Severe shortness of breath
 -) Cold sweats (not hot flashes)
 -) Unusual or unexplained fatigue, dizziness, lightheadedness, nausea, or vomiting
- With all our hearts we want you to stay healthy,**

Jeune, Jenny & Vicki

February Birthdays



Merrissa Peterson

February 3rd



Micki Nelson

February 22nd