



## Celebrating February

### Time Management Month

**National Senior Independence Month**

**National Freedom Day**  
*February 1*

**Groundhog Day**  
*February 2*

**Super Bowl Sunday**  
*February 8*

**National Pizza Day**  
*February 9*

**Valentine's Day**  
*February 14*

**Random Acts of Kindness Week**  
*February 15–21*

**Chinese New Year (Year of the Horse) and Mardi Gras**  
*February 17*

**Ash Wednesday**  
*February 18*



## News from the Administrators Desk

🎉 **Happy February!** 🎉

A new year always brings fresh hope and the promise of brighter days ahead. We wish you and your family health, happiness, and peace throughout the year!

As we begin the year, we'd like to share a helpful **pro tip**:

**Applying for Medicaid is an important step—and it can feel overwhelming—but you don't have to navigate it alone. We're here to help.**

If you are currently **private pay**, please contact us **2–3 months before your funds are expected to run out**. Reaching out early allows us to assist with the application process, ensure everything is submitted on time, and help keep your account current without added stress.

📞 **Have questions or need guidance? Please contact us—we're happy to help!**

*Gisele Carbone Kruger MHA, LNHA*  
*Administrator*



## Nursing News

Respiratory Syncytial Virus (RSV) and influenza (flu) are common respiratory illnesses that can be more serious for older adults due to lessened immune systems.

RSV and flu can cause coughing, fever, shortness of breath, fatigue, or congestion. In older adults, symptoms may be mild at first or look different, such as confusion, weakness, or less appetite. These illnesses can sometimes lead to pneumonia or make heart and lung conditions worse.

Both RSV and flu spread easily through close contact, coughing, sneezing, or touching shared surfaces. Because residents live close together, infections can spread quickly without precautions.

### How We Help Protect Residents

- Encouraging good hand hygiene
- Cleaning shared spaces regularly
- Watching closely for symptoms
- Separating residents who are sick when needed
- Vaccinations
- Masking when suggested
- Avoid visiting if you are feeling sick

Let's work together to keep our residents safe and healthy this flu/RSV season.

*Wynn Christen RN  
Director of Nursing*

We are getting our predictions on!!



## Activities in Action

**Hello from Activities!** 🎉

February may be a short month, but it's definitely a busy one! There's so much to recognize and celebrate, including **National Pizza Day** 🍕, the start of **Lent**, **Heart Health Month** ❤️, **Valentine's Day** 💕, **Presidents' Day**, and the **Winter Olympics in Milano Cortina, Italy**—and that's just the beginning!

We'll kick off the month with a **Groundhog Day discussion** and some fun trivia. On **Valentine's Eve**, we'll be crowning our newest **King and Queen** 👑, and on **Valentine's Day** we'll enjoy a festive game of "**Lover's Dice**." 🎲

We also have plenty of crafts to enjoy this month, from **Love Rockets** and **Monkey Valentines** to an **Arctic Owl**—so grab your crafting caps and let's get creative! 🎨

In addition, we'll be celebrating **Mardi Gras**, enjoying **pizza for National Pizza Day**, and wrapping up the month with our **February Birthday Party on February 28th** 🎂

💕 **A heartfelt thank you to all the families who have donated over the past year.** From monetary gifts supporting music programs to thoughtful item donations, your generosity truly makes a difference and helps put smiles on our residents' faces each and every day.

We can't wait to celebrate with you!

*Destiny Ortman  
Recreation Program Director*



## Lincolnwood Activities

Hello, February!

We're already stepping into the second month of the New Year, time sure does fly when you're having fun, and here at Lincolnwood, fun is something we strive for every day!

This month is filled with exciting activities, celebrations, and reasons to smile. We begin on February 2nd with the annual **Groundhog Day** tradition. Will the Groundhog predict a longer winter or bless us with an early spring? We're certainly hoping for sunshine and warmer days ahead! On February 9th, we'll be rolling up our sleeves for **National Pizza Day** 🍕 as residents enjoy making their own delicious homemade pizzas. It's always a favorite activity and a wonderful way to get creative in the kitchen. Love ❤️ will be in the air on **Valentine's Day**, where we'll celebrate with a festive **Happy Hour**, sweet treats, and plenty of cheer to share among friends. We will also honor our wonderful residents with **February Birthday** 🎂 **Celebrations**, along with many more engaging and joyful activities planned throughout the month. Here's to a month filled with warmth, laughter, and plenty of fun!

Happy February from all of us at Lincolnwood!

*Sidney Pritchard*  
Recreation Program Director



## Dietary News

Hi Everyone!

It's that time of year again when we celebrate love—love for our friends, family, colleagues, and even strangers.

❤️ Did you know February is filled with special holidays and days of observation?

This month, our Dietary Department will be celebrating many of these occasions by offering themed drinks and snacks on the snack cart. We are especially excited to celebrate Valentine's Day and Mardi Gras!

Wishing you a wonderful month filled with joy and sweet moments. 💜💛💚

*Kandice Frimml*  
Dietary Supervisor

## Lincolnwood News

We are happy to share that Lincolnwood currently has open apartments available. Our community offers a comfortable, supportive, worry-free lifestyle designed to make daily living easier and more enjoyable.

Tenants enjoy two meals per day, an activity program, and nurse support, along with a 24/7 emergency response system for peace of mind. Apartments include Wi-Fi, electric, water, garbage, and housekeeping, so tenants can focus on living well without the worry of extra responsibilities.

If you or a loved one is considering a move, we invite you to learn more about what makes Lincolnwood a wonderful place to call home.



02/25 – Paige Stramer – 7 years  
02/25 - Beth Hoisington – 13 years  
02/27 - Kristen Willenborg – 7 years



02/02 - Kayla Lake  
02/06 - Sara McCool  
02/07 - Madison Hindley  
Don Mork  
02/10 - Francis Sperfslage  
02/14 - Robert Melchert  
02/15 - Andy Hildebrand  
02/21 - Ramona Perrinjaquet  
02/23 - Sidney Pritchard  
02/28 - Trudi Schnell

*In Loving Memory*



*Doris Tucker*



*Daniel Burbridge*



*Myrna Culbertson*



*Blanche Thomas*



Fur & Furbearers visit from Abby at the Osborne Center, Elkader, Iowa

