



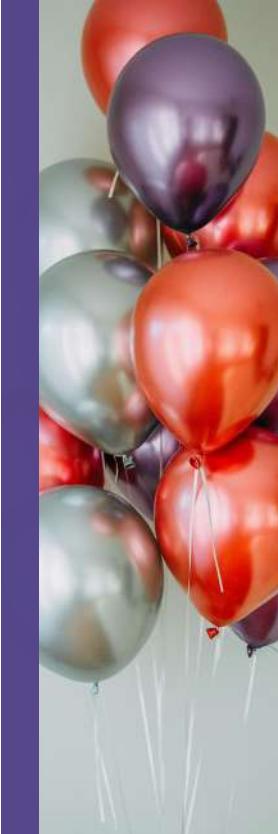
## February 2026 Community Newsletter

*Discover what's going on in our community!*

### Resident Birthdays

3rd	Art S.	#225
4th	Paul R.	#310
6th	Alyce M.	#112
10th	Judy L.	#226
10th	Tom C.	#114
12th	Kevin D.	#320
18th	Marty W.	#323
18th	Bill V.	#335
21st	Linda C.	#334
26th	Tom L.	#226

*Best wishes for a  
wonderful Birthday!*



### Staff Birthdays

5th	Nicolas B.	CNA
10th	Rachel J.	Server
10th	Malechi B.	Culinary
17th	Kaylee M.	HHA
28th	Stacey S.	HHA
28th	Brady V.	Culinary

### Staff Anniversary

3rd	5yr.	Marie L.	Reception
6th	1yr.	Eliana B.	HHA
14th	2yr.	Rachel J.	Server
18th	1yr.	Aubree C.	HHA
25th	1yr.	Erin B.	Reception

## Welcome to February Eagle Point residents and families!

*“February is the border between winter and spring.”* – Terri Guillemets

As we welcome the month of February, we step into a time that feels a little lighter—short, sweet, and full of moments to appreciate connection, kindness, and community, even while winter still has its grip.

I want to begin by sincerely thanking our residents and families for your patience and support over the past month. I've spent much of my time at Eagle Court assisting with training and onboarding Dallas, our new Housing Manager. As we continue to support Dallas in her new role, I'll be splitting my time between Eagle Point and Eagle Court. Please know that I'm never far—if you need anything, just let one of the wonderful ladies in the office know and they'll be sure to pass the message along to me.

February also happens to be National Snack Food Month, which I feel very strongly about. Anyone who knows me knows I love a good snack—sweet, salty, crunchy, you name it. My only complaint? How is such a joyful celebration squeezed into the shortest month of the year? It hardly seems fair! That said, I fully support us making the most of it—one snack at a time.



I also want to take a moment to thank our residents and families for being such welcoming, supportive neighbors. We've welcomed many new faces into the community recently, and the kindness, friendliness, and sense of belonging you extend truly makes Eagle the best community in the Valley.

### A Friendly Housekeeping Reminder:

We'd like to share a small request to help support our housekeeping team. We've noticed that garbage bags containing used kitty litter can become extremely heavy and difficult to maneuver safely. To help reduce strain and prevent injury, we kindly ask that kitty litter boxes be cleaned more frequently than once a month and/or that litter be divided into multiple smaller bags when disposing. We truly appreciate your consideration and partnership in helping keep our community safe and supportive for everyone.

As we move through February, I'm hopeful that warmer temperatures—and maybe even a glimpse of spring—are just around the corner. Until then, let's keep enjoying good company, good snacks, and all the small moments that make Eagle Point feel like home.

**Warmly, Tess Griffin**  
Executive Director



## February is National Heart Month



February is National Heart Month, a special time to focus on taking care of our hearts and celebrating healthy habits that help us feel our best. Our hearts work hard for us every day, and even small steps can make a big difference!

Here in our community, your health, comfort, and happiness are always our top priorities. Our nursing and care teams are here to support you in staying active, safe, and well—at a pace that feels right for you.

### Simple Heart-Healthy Tips

Taking care of your heart doesn't have to be complicated! Here are a few easy ways to show your heart some love:

- **Keep Moving:** Gentle walks, chair exercises, or group activities help keep your heart strong.
- **Eat for Your Heart:** Enjoy balanced meals with fruits, vegetables, lean proteins, and whole grains.
- **Stay Hydrated:** Drinking enough water helps your body—and your heart—work better.
- **Know Your Numbers:** Blood pressure, blood sugar, and cholesterol matter. Our nursing team is happy to help.
- **Relax & Enjoy:** Laughter, music, social time, and good sleep are great for your heart too!

It is a true privilege to care for such a wonderful group of residents. Your smiles, stories, and strength inspire us every day. Thank you for trusting us with your care.

Let's continue working together to keep our hearts healthy—not just this month, but all year long.

With Warm Regards,  
**Alexi Kalinowski, RN**  
Director of Health Services

## Sales & Marketing

As we remain at 100% occupancy, we'd love to showcase more of our beautiful apartments. If you're interested in volunteering your apartment for a future tour, please reach out to Katie— your participation is greatly appreciated!

Please welcome our newest neighbors!

Randy & Karen Mathewson	#115
Glenn & Pat Sanville	#223
Bob & Milly Herder	#311
Marcie Freimuth	#235
Jim & Ruth Park	#314

## Dining Updates

The birthday meal choice meeting will take place **Friday, February 6th, 2:00 PM in the dining room**. If your birthday is in February, please attend this meeting!

The birthday lunch is planned for **February 13th, at 11:30 AM**.

## WiFi Updates

Please update all WiFi enabled devices to the new WiFi login!



Network:

LSSL Guest

Password:

LifesparkWelcome

**Community Channel at Eagle Point-** Channel 956 on your TV will give you the most up-to-date information at Eagle Point in your own apartment!

**Eagle Point Community App-** Download the "Quilts" app from your phone's app store and enter the community code MLARQ. The app provides daily events, the menu, weather updates, and photos. Enable push notifications to receive important updates directly to your phone via text. Your family can also install the app. Need help? Ask the front desk or Community Life staff!

Please remember to sign out at the front desk if you leave the building! And make sure guests are signing in at the front desk when they arrive. We are asking families to please only use the front doors when entering or exiting the building.

# In Times of Protest and Pain, What Would Jesus Do?

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As I write this there are mass protests in Minneapolis over the killing of two innocent citizens by Immigration and Customs Enforcement officers. What should Christians be doing? What would Jesus do? Well, we have a pretty good idea, because Jesus faced a similar situation at the very beginning of his ministry. John the Baptist, the founder of the messianic movement that prepared the world for Jesus, had just been arrested. There was already unrest in the Roman-occupied streets of Jerusalem, and we can imagine that John's arrest created further turmoil. We might expect that Jesus, the movement's new leader, would join those protests and even rally his followers to attack the Roman soldiers trying to maintain order. But that is not what Jesus did. Instead, Jesus "withdrew to Galilee," and there gathered disciples, proclaimed the Good News, and healed the sick.

So, what might we do when faced with the pain and injustice we see in places like Minneapolis? I wonder if we should do what Jesus told us to do as he ministered in Galilee after withdrawing from Jerusalem: promote justice, love kindness, walk humbly with God, and encourage others to do the same. The sad truth is that we do not have the power to create a peaceful and just world—only God can do that. We have to surrender the hubris to think we can change the world, and give that task up to God, instead doing what he asks of us again and again and again: to love one another, to turn the other cheek, to care for the poor and the prisoner and the foreigner, and to encourage others to do the same. If we do that, if we follow the message Jesus spread after withdrawing from the conflict in Jerusalem, then God can create, through us, what none of us can—a world where Minneapolis could never happen, a world, instead, where all seek to promote justice and to love kindness and to walk humbly with him.



--Chaplain Peter

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## Everyone is always welcome to attend:

**Dementia Support Group:** 1st Friday of each month at 10:45 AM

**Parkinsons Support Group:** 3rd Friday of each month at 10:45 AM

**Living with Grief & Loss:** 4th Friday of each month at 10:45 AM

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*Chaplain Peter's door is always open if you, your family, or any staff member needs assistance. If he is not in his office, please contact any staff member or leave him a note in his office on the 3rd floor across from the theater.*

# Highlights of Upcoming February Events:

- 2nd: Oboe Ensemble: Lawrence University Students
- 2nd: Fox Valley Literacy Council Presentation w/ Graduate Student!
- 5th: Lifelong Learning: Mote Laboratory & Aquarium
- 6th: Cello and Harp music for Happy Hour
- 10th: Love & Relationships in Your Golden Years with the "Golden Years Alliance"
- 11th: Arthritis: Tips and Myths with Prevea Health
- 13th: John Maino, Author, Discusses his book: "50 Strong: Four Decades of Vets Share"
- 14th: Sunshine Singers Love Song Edition Performance
- 15th: Marisa deOliveira playing Violin
- 19th: BMO Bank Presentation on Banking Scams
- 20th: ELVIS IS IN THE BUILDING!!! (John Harginski will be here to sing your favorites!)
- 23rd: Versiti Blood Drive: Your Opportunity to Give Back
- 25th: Trombone Ensemble: Lawrence University Students
- 26th: Dawn Ebert with Simple Simon Bakery Presentation

Check your weekly calendar for more information, times, and locations!  
Events subject to change.

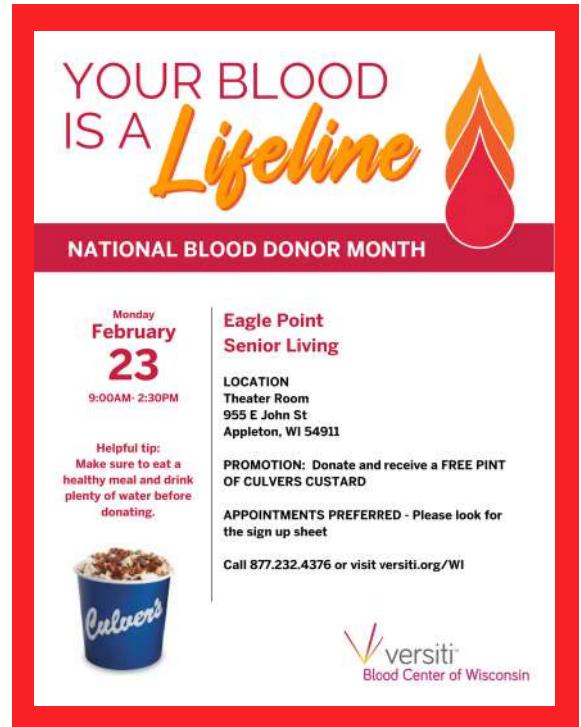
## Blood Donation with Versiti

Mark your calendars and roll up your sleeves! On **Monday, February 23rd**, we're hosting a Blood Donation Day from **8:00 AM to 2:30 PM**, and we invite you to be part of something truly lifesaving. Whether you're a seasoned donor or considering it for the first time, your generosity can make a real difference.

This is a volunteer opportunity like no other. Versiti is the only provider of blood to the community hospitals where you live and work. Medical technology has provided many life-saving discoveries over the years, but there is still no substitute for blood. In a medical emergency, often the most important element is the availability of blood. Your blood could save a life!

As a thank-you for donating, participants will receive a coupon for a pint of Culver's ice cream. While the donation itself usually takes just 10–15 minutes, we ask that you plan for up to one hour to complete the process.

**APPOINTMENTS PREFERRED (sign up at front desk)**



## Bob Burdick Receives Quilt of Valor



On December 27th, 2025, Bob Burdick was presented with a Quilt of Valor. The Quilts of Valor Foundation is a national 501c3 organization with a mission to cover veteran and military personnel who have served in combat with healing and comforting quilts. The quilts are made by volunteers and represent the gratitude for the veteran's service and sacrifice.

Bob served our country in the United States Army from 1970-1972, serving as an Army MP at Cam Rahn Bay in Vietnam. He was humbled and honored to receive this quilt, and it was an especially moving gift because his family joined him for the presentation.

The Quilt of Valor Project is dedicated to honoring service members and veterans who have been touched by war, recognizing their service and sacrifice with a handmade quilt. Each quilt is lovingly created by volunteers and presented in a meaningful ceremony as a tangible expression of gratitude, comfort, and healing. More than just a blanket, a Quilt of Valor represents appreciation, respect, and the lasting impact of a veteran's commitment to our country, while also connecting communities through acts of service and remembrance. **More information at: [www.qovf.org](http://www.qovf.org).**

## Knit Pickers Let Their Needles Fly!



Inga Flowers with her latest afghan!

The Knit Pickers fiber arts group has been creating up a storm, with needles clicking and creativity flowing at every gathering. This talented and enthusiastic group works on a wide variety of projects—from cozy scarves and hats to intricate patterns and thoughtful handmade gifts—sharing skills, ideas, and plenty of laughs along the way. Whether members are seasoned knitters or simply enjoy the camaraderie of working with fiber arts, the Knit Pickers continue to turn any fiber into beautiful creations while fostering connection, creativity, and a strong sense of community.

**The Knit Pickers gather every 2nd & 4th Monday  
at 1:00 PM in the first floor North alcove!**

# What We Were Up To In January



Ringing in the New Year with the Jazz Ratz!



John is the official mascot of 2026!

Made snowflakes and sweaters for New Years!!



Champagne toast and cocktails for the New Year!

Visited with our old pal Bernie (the dog)!



Shared Stories with students.



Wrote and sent dozens of Valentines to our Veteran's in Appleton and other locations near us.



Soaring Eagles celebrated with a SPARK Feast and started the TRYathlon competition with Captain Linda at the helm!



GO Donna!



Learned about Judaism from Jerry Labronsky.



Ladies Gathering held a old fashioned Yankee Gift Swap.



Resident Council hard at work: Judith, Ginger, and Pam!



The New Year starts with wonderful memories!



Remembered those who passed in 2025



Enjoyed the Curious Kids Coop poetry and artwork!



Tossed up and sampled healthy snacks with Mellisa.

