

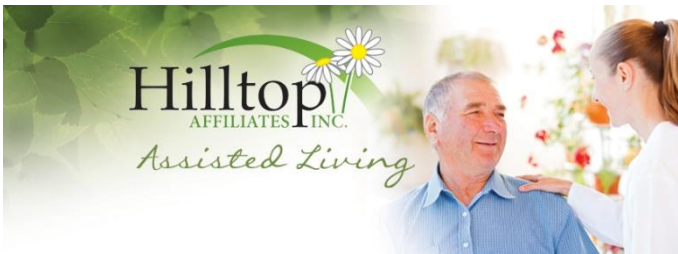


“Making every moment matter.”

February newsletter

Welcome to Hilltop Affiliates Inc. new newsletter. We hope to offer you monthly insights into our business and community of residents and staff members who make every moment matter.

If you’ve not visited our website, we encourage you to do so. Find it at www.hilltopaffiliatesinc.com. You can learn valuable information about Hilltop and see the story behind Hilltop Affiliates. You’ll also learn it’s our mission to make every moment matter for our residents.



Sometimes, it’s easy for us to get caught up in our day-to-day existence. We have work, families and responsibilities. We might overlook the little things that make this life worth living. A smile, a twinkle in someone’s eye, a hug. A sunrise, a good cup of coffee, a new book or a favorite song. Be sure to take time for the little things. Spend a minute today looking for something that makes you happy.



We’ve also launched a Facebook page for Hilltop Affiliates. You can find it by searching Hilltop Affiliates on Facebook or at <http://tinyurl.com/Hilltop-Facebook>. Be sure to like us and watch for upcoming

events and activities, meetings of the Alzheimer’s Support Group and more.



Santa visited with residents during Christmas parties this holiday season.

Gleniavere, left, and Santa pose for a photo at Alpine Terrace.

Below, Minnette and Santa get their picture taken.



Alzheimer’s Support Group

Speaking of the Alzheimer’s Support Group, let’s look at what it has to offer. The group meets the second Thursday of each month at 9:30 a.m. at the Aging & Disability Resource Center, 220 Third Ave. S., Suite 1, Wisconsin Rapids. It is open to all family members and caregivers or anyone who has questions about Alzheimer’s disease and

other dementia. There is no cost to attend and no donations.

Each meeting includes a guest speaker as well as a time for discussion and sharing. We hope to see you there.

Upcoming meetings will include:



“UNDER THE TREE” BY RAWICH, COURTESY FREEDIGITALPHOTOS.NET

- Feb. 12, Todd Cour of Cour Financial on life and financial planning.
- March 12, Ruth Wagner of Ministry Hospice on preparing for end stages of life.

Who's new

Hilltop announces new employees and a staff change. Say hello when you see them around.

- Stephanie Knauf, who was hired in January, works at Alpine Terrace.
- Mystique Macomber, who started in January, will provide community relations and other duties for

all Hilltop facilities. She works at the Hilltop of Pepper office.

- Bernice Jenkin, who joined Hilltop in November 2012, will take her skills from Hilltop of Pepper to Alpine Terrace.

Remember when?

According to www.History.com, February 1964 made history when four lads from London first set foot on American soil. The Beatles arrived Feb. 7, 1964, to a riot of screaming fans. Two days later, they made their first appearance on the “Ed Sullivan Show.” Although it was difficult to hear them perform over the screams of their fans in the audience, an estimated 73 million U.S.



“TURNTABLE” BY DAN COURTESY FREE DIGITALPHOTOS.NET

television viewers, or 40 percent of the U.S. population, tuned in to watch.

The Fab Four were young. Paul McCartney was 21, Ringo Starr and John Lennon were both 23, and George Harrison was 20 when they visited America for the first time.

According to History.com’s “This Day in History” feature, the Beatles “singles and albums sold millions of records, and at one point in April 1964 all five best-selling U.S. singles were Beatles songs.”

Do you remember when Beatlemania was sweeping the nation? The Beatles left a musical and cultural legacy that impacted nearly every facet of music to follow.

Activities at Hilltop



AGUSTA AND JOAN MAKE A VALENTINE AT HILLTOP OF PEPPER.

We have updated activity schedules at Hilltop of Pepper and Alpine Terrace. At Hilltop of Pepper, new times will be 2 p.m. to 3 p.m. Jessa will provide activities Monday, Thursday and Friday and Agusta on Tuesday and Wednesday.

At Alpine Terrace, times are 1 p.m. to 2 p.m. Agusta will provide activities Tuesday and Wednesday and Chris on Monday, Thursday and Friday.

Want to know what activities are planned? Check out the calendars posted at the sites. Featured favorites coming up include Chuck the Piano Man and pet therapy.

Recently, residents spent time creating Valentine's Day decorations. Look for them on their doors at the facilities. Some Hilltop



Estate and Ravenwood residents attended the Valentine's Day dance hosted by the Association for All Handicapped Citizens.



DOROTHY LINES UP HEARTS FOR A VALENTINE.

Something to do

If you're ever looking for something to do, check out <http://visitwisrapids.com> for a list of upcoming events as well as numerous places to visit in the Wisconsin Rapids area.

Here's something to do on a winter afternoon. Alexander House in Port Edwards provides a historic look into our papermaking past as well as a venue for artwork from Wisconsin artists. The space at 1131 Wisconsin River

Drive in Port Edwards is open from 1 p.m. to 4 p.m. Tuesdays, Thursdays and Sundays. There is no charge to attend. Call 715-887-3442 for more information or go to <http://www.alexanderhouseonline.org>.

The current exhibit features hand painted porcelain pottery by Bill Kaufmann and Cynthia Mosedale of Linden Hills Pottery, Hudson, with weavings by Mary Burns of Manitowish River Studio, Mercer. This exhibit will be on display through Feb. 24.

Winter safety



"SNOWY TREES NEXT TO A SNOWY FOOTPATH" BY PAPAIIJA2008
COURTESY FREEDIGITALPHOTOS.NET

Just because it's cold doesn't mean we have to stay inside. It does mean we have to take steps to be prepared for being outside in the cold.

The Centers for Disease Controls and Prevention, or CDC, offers these suggestions.

- Wear appropriate outdoor clothing: use layers of clothing and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cellphone.

Happy Birthday!

January birthdays were celebrated Jan. 2. The February group party will be Feb. 27. We wish a happy birthday to all on their special day.



- Jan. 1, Christine Manke
- Jan. 4, Rosemary Wachowiak
- Jan. 24, June McGregor
- Jan. 28, Jacqueline Mueller
- Feb. 1, Kelly Hildebrandt
- Feb. 18, Ed Elliot
- Feb. 22, Donald Marti
- Feb. 24, Dorothy Zimmerman

Final notes

>> Come visit our booth at the Mardi Gras Business Expo from 3 p.m. to 7 p.m. Tuesday, Feb. 17 at the Elks Club. It is hosted by the Heart of Wisconsin Chamber of Commerce and features a Mardi Gras – or Fat Tuesday – theme.

>> Need help filing your income taxes? The AARP Tax Aide Program will help those ages 60 and older. To make an appointment, call 715-422-2776 between 10 a.m. and 1 p.m. Monday through Friday. Appointments will be scheduled from 8 a.m. to 3 p.m. on select days at the Lowell Center. The program is free, but donations are accepted to benefit Lowell Center programming.

>> Sign up for email delivery of your monthly newsletter. Send an email to mystique.macomber@gmail.com to be added to the newsletter list. Do you have ideas or suggestions for the newsletter? Email Mystique or mention your ideas to her.

>> Happy Valentine's Day (Feb. 14) and Presidents' Day (Feb. 16)!

>> Mark your calendar: Daylight Saving Time begins March 8. It's a sure sign that spring is on the way.