

Stearns

Nursing and Rehabilitation Center, LLC

StearnsRehabCenter.com

3900 Stearns Ave • Granite City, IL 62040 • (618) 931-3900

Our Leadership Team

Christy Warcup Executive Director
Lori Bland Director of Nursing
Angela Walker Director of Admissions
Sheridan Franklin Business Office Manager
Alexis Lawrence Social Services
Dontelisia Moore Activity Director
Jakki Bryant Dietary Manager
Monique Manning Housekeeping/Laundry
Felipe Levya Maintenance Director
Kerri Karlas Director of Rehab

Rehabilitation...What We Offer

Our therapists have enhanced training on using enhanced therapy techniques in combination with modality equipment.

Our modality equipment includes equipment such as ultrasound, electrotherapy, a motorized therapeutic exercise system called the Omnicycle, shortwave diathermy system and much more. All consist of evidence based clinical programs and assist our patients with getting better faster.

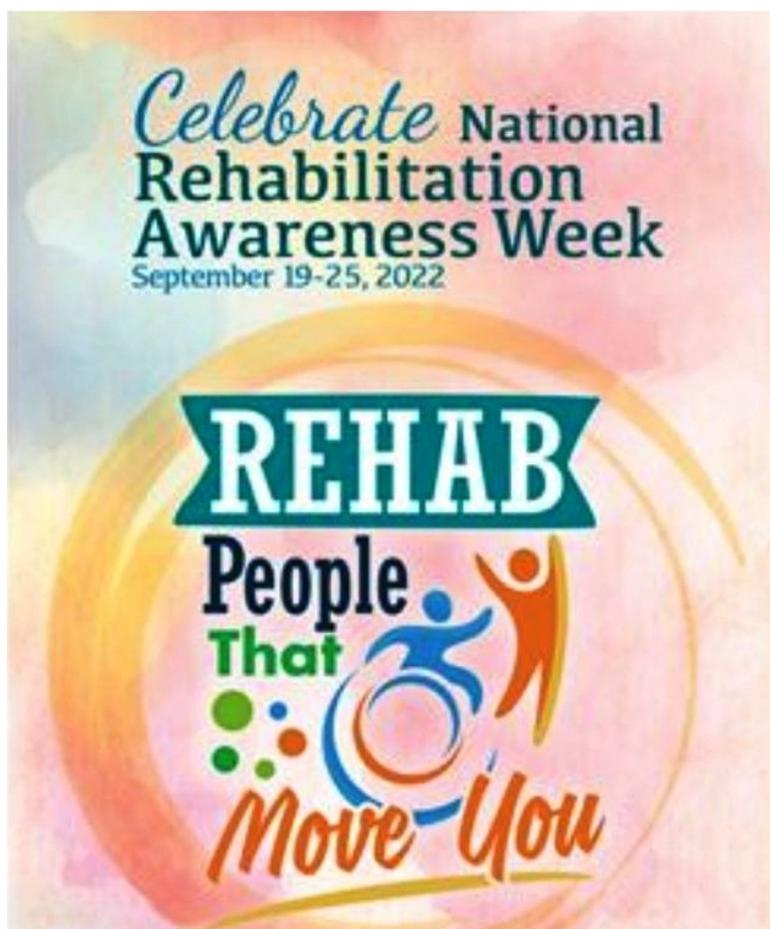
Some of our programs consist of orthopedic rehab, stroke rehab, cardiac rehab, fall prevention & balance, pain management, continence improvement and wound management.

So whether you need inpatient short term therapy or temporary outpatient therapy, our dynamic team of therapists and assistants is here for you! Don't hesitate to contact Kerri Karlas, Director of Rehab, with any questions.

'Ripe' Is One

How many words can you come up with using the letters in "apple cider"?

September 2022



Thank You to Our Therapists

Every day of the year we value our therapists and therapy assistants. The week of Sept 19-25th we want to celebrate the rehabilitation professionals who all work together to make a difference in the lives of others. Our therapists have both a thorough knowledge of the human body and the right mix of patience and understanding.

Our Lemonicious Day

When life hands you lemons....make lemonade! And that's what we did on our "Lemonicious Day"! We painted lemons, enjoyed a lemon photobooth, snacked from a buffet of yellow and lemon flavored goodies and simply had a blast!



Lemon was the flavor of the day! Yellow was the color!



The "Lemon Gang" -



Marty displays her talented artwork!



Happy Birthday



RESIDENT BIRTHDAYS

| | |
|------------------|---------|
| Jesse Sanford | Sept 10 |
| Rosa Williams | Sept 13 |
| Doloris Kidwell | Sept 13 |
| Donna Jett | Sept 13 |
| Shirley Bennett | Sept 17 |
| Donna Burke | Sept 18 |
| Willie Tanner | Sept 21 |
| Richard Hesse | Sept 21 |
| Pamela Pepmiller | Sept 22 |
| Reena Hayashi | Sept 29 |

EMPLOYEE BIRTHDAYS

Please Join Us in Wishing Them a Wonderful Day!

| | |
|-------|-------------------|
| 09/10 | Henry Young |
| 09/05 | Tasha Wilson |
| 09/13 | Natalie Sipole |
| 09/09 | Phyllis Ernst |
| 09/21 | Samara Hicks |
| 09/06 | Carlos Smith |
| 09/06 | Jesus Scott |
| 09/26 | Ashley Pugh |
| 09/20 | Gail Woolfolk |
| 09/15 | Shanethia Gilmore |
| 09/18 | Marnita Brady |
| 09/18 | Kelly Yancey |

Wit & Wisdom

"Hope is the only bee that makes honey without flowers."
—Robert Green Ingersoll

"A day without a friend is like a pot without a single drop of honey left inside."
—A.A. Milne

"To be forgiven is such sweetness that honey is tasteless in comparison with it. But yet there is one thing sweeter still, and that is to forgive."
—Charles Spurgeon

"The words of kindness are more healing to a drooping heart than balm or honey."
—Sarah Fielding

"I admire people who are suited to the contemplative life. They can sit inside themselves like honey in a jar and just be. It's wonderful to have someone like that around, you always feel you can count on them."
—Elizabeth Janeway

"The sweetness of life lies in usefulness, like honey deep in the heart of a clover bloom."
—Laura Ingalls Wilder

"Any land will flow with milk and honey if it is worked with honest hands."
—Rudolfo Anaya

"If life is a cup of tea, gratitude is the honey that makes it sweet."
—Natasha Potter



Kona Ice Truck to Celebrate CNAs!



National Ice Cream Cone Day

Join Us Sept 22

Join us in the dining room Thursday, Sept 22 at 2pm to celebrate one of the best treats to come out of the World's Fair in 1904. Can you imagine a world without ice cream? What's your favorite flavor?



