

# 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  
Catherine Groff ..... Business Office Manager  
Alexis Lawrence ..... Social Services  
Dontelisia Moore ..... Activity Director  
Jakki Bryant ..... Dietary Manager  
Monique Manning ..... Housekeeping/Laundry  
Felipe Levy ..... Maintenance Director  
Kerri Karlas ..... Director of Rehab



## **Brainteaser**

Question: What word is six letters long, but when you remove one letter, you're left with 12?  
Answer: Dozens.

## **November 2022**

### **PINK OCTOBER**

We had a wonderful time celebrating Pink October for Breast Cancer Awareness! We decorated pumpkins, had dress up days and celebrated a wonderful cause. Please enjoy some pictures from our week! Stearns wishes all those affected by Breast Cancer a healthy future!





## Supporting Veterans Year-Round

Our country's military veterans have given so much to keep our freedoms alive. Show your gratitude and support with these ideas:

*Pay it forward.* Many people decorate their car or wear clothing to proudly declare their veteran status. If you see one of these folks at a restaurant or coffee shop, pay for their order or briefly thank them for their service.

*Share veterans' stories.* Talk to veterans in your circle about their experiences and record them so others can learn of their sacrifices. Encourage them to share their stories online at the Veterans History Project, and provide technical help if needed.

*Join a local organization.* Several veterans' groups have auxiliary memberships for people without military experience. Local chapters are the best resources for learning about what the community needs most and taking action.

*Support veteran-friendly businesses.* Shop at businesses owned by veterans or that make a point to hire veterans or support veterans' issues.





### Note for Families:

Please don't forget to switch out your loved one's clothes as it gets colder. This is a great time to take home summer items.

Purging closets is always necessary so that all residents have plenty of room for their belongings!



### Celebrate the Possibilities

"May your walls know joy, may every room hold laughter and every window open to great possibility." —Mary Anne Radmacher

### Plentiful Pumpkins

Carved, painted or simply sitting in decorative displays, pumpkins symbolize the fall season. From coast to coast, they're found in many sizes and colors, but the classic round, orange squash you'll find ripe for the picking at pumpkin patches and markets is the Connecticut field pumpkin.

Of the 2 billion pounds of pumpkins grown in the U.S., most are processed into food products.

### Courage Makes a Hero

"Being a hero doesn't mean you're invincible. It just means that you're brave enough to stand up and do what's needed." —Rick Riordan



### Wit & Wisdom

"With every deed you are sowing a seed, though the harvest you may not see."  
—Ella Wheeler Wilcox

"We are each other's harvest; we are each other's business; we are each other's magnitude and bond."  
—Gwendolyn Brooks

"Your talent is a seed; cultivate it, and in no time, you will harvest success."  
—Matshona Dhliwayo

"The law of harvest is to reap more than you sow. Sow an act and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny."  
—James Allen

"Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious."  
—Bill Meyer

"Care less for your harvest than for how it is shared, and your life will have meaning and your heart will have peace."  
—Kent Nerburn

"I am in love with this world ... I have tilled its soil, I have gathered its harvest, I have waited upon its seasons, and always have I reaped what I have sown."  
—John Burroughs

HAPPY  
*Thanksgiving*

The text "HAPPY Thanksgiving" is centered on a dark blue background. "HAPPY" is in a white, uppercase, sans-serif font. "Thanksgiving" is in a white, cursive script font. The text is decorated with several autumn leaves in shades of green, yellow, and orange, some appearing to be part of a branch.