

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 Levya Maintenance Director
Kerri Karlas Director of Rehab

Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

For his efforts, Woodson has been called the father of Black history.

February 2023



February Resident Birthdays

Melody McAdams-02/01
Steve Kelsall-02/01
David Taylor-02/01
Edgar Richardson-02/03
Nancy Michelson-02/09
Patricia Bamford-02/12
Emma Brown-02/19
Jay Borchers-02/20
Jacqueline Mitchell-02/22

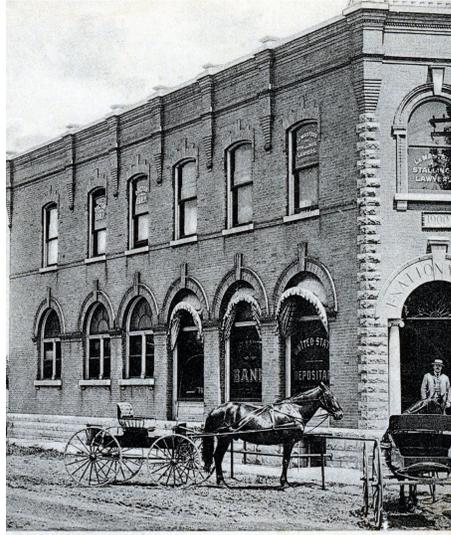
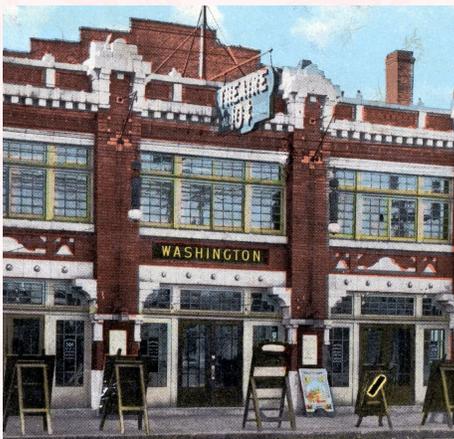
Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!

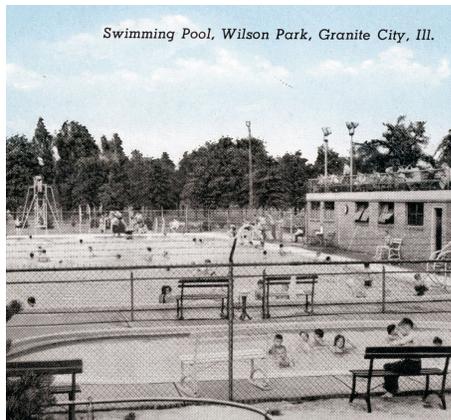


History Comes to Stearns

Stearns is very proud to be located in Granite City, Illinois. Although not all of our residents or staff are from Granite, many are. We think it's important to honor the city in which our residents reside. We have been making some cosmetic improvements at Stearns, and I went to Facebook to try and find some old postcards or photos of Granite City and its landmarks. The response was amazing! Special thanks to Sandy Hand Mullen, Sharon Rawlings Provence and Jeff Hobbs for providing the most amazing pictures of Granite City. I printed them and had them framed, and you can see them adorning our hallways. I hope that people will come in and recognize these old buildings or look nostalgically at a different time in history. Take a look at some of the photos!



First National Bank Building. Granite City, Ill.



Swimming Pool, Wilson Park, Granite City, Ill.



Super Bowl LVII

Scheduled for Feb. 12 in Glendale, Ariz., Super Bowl Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.

AMERICAN HEART MONTH

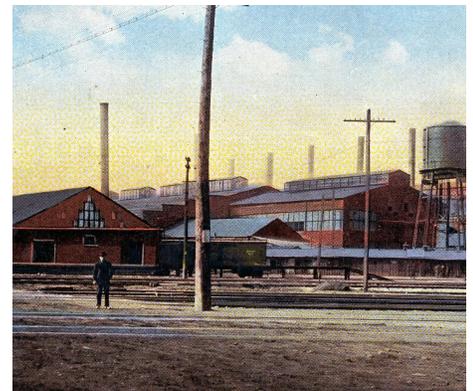


One Dish Chicken Bake

February is Heart Health Month. Try this easy but healthy recipe.

- Veggies of your choice-carrots, broccoli, onions, mushrooms, green peppers
- Chicken Breasts
- Olive Oil
- McCormick Garlic & Herb seasoning

Chop veggies & put into a gallon baggie. Add 2-4 TBSP of olive oil & 1 tsp of seasoning. Shake & transfer to a 9x13 baking dish. Place 2 chicken breasts in the middle of the dish. Sprinkle with seasoning, salt & pepper to taste. Bake at 400 for 30 minutes or till chicken is done.



Fat Tuesday Is February 21st!

Mardi Gras, French for Fat Tuesday, is a festive day celebrated on Shrove Tuesday (the Tuesday before Ash Wednesday). In many areas, however, Mardi Gras has evolved into a week long festival. This tradition dates back thousands of years. Traditionally in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods, in anticipation of several weeks of eating only fish and different types of fasting during the Lenten season. The first Mardi Gras in America took place on March 3rd, 1699, near present day New Orleans, Louisiana.

Louisiana is the only state in which Mardi Gras is a legal holiday. However, elaborate carnival festivities draw crowds in other parts of the United States during Mardi Gras season.

Stearns will celebrate its own Mardi Gras on Tuesday, February 21st at 2pm. We will have a resident parade, complete with masks and beads. Our party will include lots of food and the traditional King Cakes. Come join us. Weather will determine if parade is inside or out.



Will He or Won't He?

Our weather has been a bit like a roller coaster this winter. The staff and residents are going to have some fun this month with Punxsutawney Phil. Every one will make a prediction of "Will He" or "Won't He" see his shadow. The names of all who get it correct will go into a drawing Feb 2nd. The winning

staff member will receive an "Escape to the Movies" prize-2 tickets & an Applebee's gift card. The winning resident will receive a certificate to pick a lunch of their choice from Uncle Linny's!



Journal Prompt: Gratitude

Being thankful can improve your mood and allow you to think more positively in your day-to-day life. Use this journal prompt to reflect on the good stuff: Make a list of seven things you are thankful for, then expand on a different one every day for a week.

NATIONAL PANCAKE DAY



We'll be celebrating National Pancake Day with a breakfast of pancakes. The afternoon will feature a staff pancake eating contest, Who can eat the most silver dollar pancakes? If you think you can, then sign up in the breakroom. Residents-come cheer on your favorite staff member participating! The pancake race is an event hosted yearly between Liberal, Kansas and Olney, England. It's the only one of its kind.



February 9th

National Pizza Day

Brainteaser

Question: I have a body of stone and a fiery heart. Sooner or later, my head and I will part. What am I?

Answer: A volcano.

