

Stearns

Nursing and Rehabilitation Center, LLC

StearnsRehabCenter.com

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Our Leadership Team

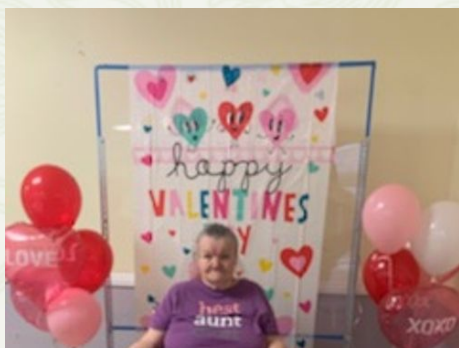
Christy Warcup Executive Director
Lori Bland Director of Nursing
Angela Walker Director of Admissions
Catherine Groff Business Office Manager
Alexis Lawrence Social Services
Dontelisia Moore Activity Director
Jakki Bryant Dietary Manager
Monique Manning Housekeeping/Laundry
Felipe Levya Maintenance Director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



We had an amazing Valentine's Day!
Love was in the air!

March 2023





St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

Brain teaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.

Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

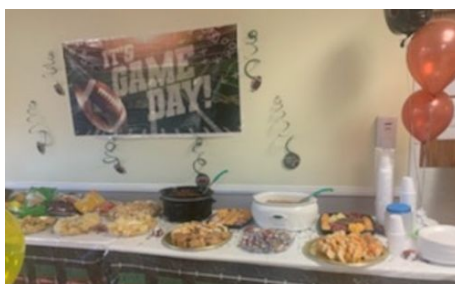
Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

The violet was a favorite of ancient Greeks, who used the flower for food, medicine and decoration. Violets are said to symbolize love, loyalty, nobility and humility.

The flower's sweet fragrance has been a staple scent in the perfume industry. In cuisine, edible violet petals are sometimes used to garnish cakes and other desserts, and as an ingredient in salads and savory dishes.

SUPERBOWL SUNDAY!

Our residents had a great time at our Superbowl Party! Wonderful snacks, great company and an amazing game!



Memorable Melody: 'When Irish Eyes Are Smiling'

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams," and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.



Wit & Wisdom

"Magic carpets do exist, but they are called library cards."

—Firoozeh Dumas

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

—Colin Powell

"There are two magic words to get what you want: please and Grandma."

—Jeff Keane

"There's just some magic in truth and honesty and openness."

—Frank Ocean

"If you see the magic in a fairy tale, you can face the future."

—Danielle Steel

"Real magic in relationships means an absence of judgment of others."

—Wayne Dyer

"So why not live with the magic? Be a kid again and believe in the fantastical. Life is more fun with a little smoke and mirrors."

—L.H. Cosway

"Magic will find those with pure hearts, even when all seems lost."

—Morgan Rhodes

"Magic is believing in yourself. If you can do that, you can make anything happen."

—Johann Wolfgang von Goethe

