

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
Candace Force	Director of Admissions
Catherine Groff	Business Office Manager
Alexis Lawrence	Social Services
Dontelisia Moore	Activity Director
Alvin Jinks	Dietary Manager
Monique Manning	Housekeeping/Laundry
Felipe Levy	Maintenance Director
Kerri Karlas	Director of Rehab

Remember When: Union Labels

"Look for the union label." That message was the slogan of the International Ladies' Garment Workers' Union, formed in 1900. Union labels, also called bugs, had already been in use for decades, marking products such as clothing, lumber and cigars. The label indicated that not only was the product good quality, but also that the people who made it were paid fairly and treated well. As the textiles industry took off in the 20th century, so did the women's rights movement. The ILGWU launched a campaign encouraging consumers to check store-bought garments for their union bug. Printed on promotional items like notepads and keychains, the "Look for the union label" motto later became a catchy commercial jingle. Though union labels are less common today, they've become a helpful tool for vintage clothing shoppers, who can determine a garment's age from its ILGWU label.

'Bee' Is One

How many words can you come up with using the letters in "Liberty Bell"?

July 2023



An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Popcorn Pick: 'National Treasure'

Although not historically accurate, this 2004 movie is an exciting pick for a Fourth of July watch. One of the treasures of America, the Declaration of Independence is a big-ticket item in this blockbuster starring Nicolas Cage. Cryptographer Ben has a family secret concerning a hidden treasure; clues to the prize are scattered all around the country, but when the next one is hidden on the Declaration of Independence—which is housed in the National Archives—things get a whole lot more interesting.

Berry Bliss

Yummy, colorful and nutritious, berries are not only good for a healthy body, but they also boost brainpower. Along with vitamins, fiber and antioxidants, these superfoods are bursting with fun facts to share with your friends:

- The hazy white coating you often see on blueberries is called “bloom,” and it actually protects the fruits from the sun! It’s also a sign of a good, fresh berry.
- Blueberries are one of the only commercially available fruits that are native to North America.
- Strawberries contain natural chemicals called salicylates, which are also found in aspirin. The next time you have aches and pains, try snacking on this red fruit.
- The average strawberry is covered with around 200 tiny seeds.
- If red raspberries are a little too tart for your tastes, then try gold raspberries for a sweeter flavor. The fruits also come in purple and black varieties!
- An accidental creation, the loganberry is a hybrid between a raspberry and a blackberry.
- Botanically, bananas, avocados and tomatoes are considered true berries because they grow from the ovary of one flower.



Worldly Hot Dogs

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That’s why July is deemed National Hot Dog Month. If you’re tired of your usual toppings, get inspired by these ideas from around the globe:

United States. An all-American staple, hot dogs come in many famous forms throughout the States, but one of the most popular is the Chicago dog. It’s nestled in a poppy seed bun with mustard, relish, onions, tomatoes, peppers, celery salt and a pickle spear as garnishes.

Germany. Home to the frankfurter, Germany’s choice of toppings—mustard, sauerkraut, onions and relish—are simple, but flavorful.

Mexico. Originating in northwestern Mexico, the Sonora hot dog is wrapped in bacon and topped with pinto beans, onions, tomatoes and jalapeños.

Thailand. Thai food is known for vibrant flavors, and hot dogs are no exception. They’re served sweet, savory and spicy, with typical toppings of chili sauce, peanuts and veggies.

Disco Fever

Hey, “Hot Stuff”! Put on your “Boogie Shoes,” hop aboard the “Love Train” and take a ride to “Funky Town” as we remember the days of disco.

Disco dominated the 1970s, but the name actually dates back to 1940s discotheques, which were French nightclubs that featured recorded music rather than live performers. The musical style, influenced by both African American and Latino cultures, emerged in the ’60s. This upbeat genre of song and dance found a home at underground clubs.

Encouraging people of all backgrounds to come together and dance, disco clubs envisioned a bright future—literally. An illuminated dance floor that flashed to the song’s beat and a spinning mirror ball added to the feel-good energy of a typical disco hall. Dancers could freestyle or learn popular moves like “The Hustle” while dressed in disco fashions such as bell bottoms, bold polyester shirts and platform shoes.

Led by the Queen of Disco, Donna Summer, the genre also included stars Gloria Gaynor; KC and the Sunshine Band; Chic; the Village People; Earth, Wind & Fire; and the Bee Gees.





Kindness Rocks

Drop a Rock Day is July 3, and it is dedicated to painting, hiding and finding rocks with an uplifting message or symbol. The purpose is to bring hope, show kindness and have fun.

Painting. To begin, choose a small, smooth stone. Wash away any dirt and let it dry; then, it's time to paint. Some people draw designs, including flowers or suns, and others write words, like "be kind" or "you rock." Acrylic paint is ideal for this

project because it dries quickly. Once dry, seal the rock with a nontoxic spray sealant. This is your kindness rock!

Hiding. The key is to place your rock in a public area so someone can find it, but not in a spot that will cause harm to people, animals or the environment. Go for a park or playground or near a bench or fountain.

Finding. You can actively search for kindness rocks or simply let yourself stumble upon one—not literally, of course! Once you see one, let its positivity inspire you before re-hiding it. Or you can bring the rock home if the message really touches you.

Live Healthier With Friends

July is Social Wellness Month, an opportunity to focus on this important facet of overall health. Referring to a person's capability to bond and build relationships with others, social wellness is about having positive interactions with your friends, family and community.

Your circle of peers should be a good support system, offering assistance and perspective when needed. Those with a solid social network are able to handle stress better, can navigate the world more easily and have higher self-esteem. In addition, they are proven to live longer lives and have lower cholesterol,

healthier hearts and higher levels of immunoglobulin A—an antibody that fights respiratory sickness and cavities.

This month, put a new focus on reaching out to old and new friends. Offer support to those going through difficult times. Set up friend "dates" and weekly check-ins with those you love.

If you're looking to make new friends and don't know where to get started, try an exercise class, a volunteer group or a hobby-related course.



Wit & Wisdom

"Life's a party. Invite yourself."
—Gary Johnson

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."
—Maria Sharapova

"Never be the first to arrive at a party or the last to go home, and never, ever be both."
—David Brown

"It's not about going to a party. It's life as a party."
—Diane von Furstenberg

"A party without a cake is just a meeting."
—Julia Child

"Good parties create a temporary youthfulness."
—Mason Cooley

"I am thankful for the mess to clean after a party because it means I have been surrounded by friends."
—Nancie J. Carmody

"Disco music in the '70s was just a call to go wild and party and dance with no thought or conscience or regard for tomorrow."
—Martha Reeves

"When all else fails, throw a party!"
—Eugene Walter



Hollywood Aliens

From fun to freaky, cinematic history is full of films that explore the possibility of life on other planets. Queue up a close encounter from this list:

Year	Movie	Plot
1951	"The Day the Earth Stood Still"	A peaceful alien arrives on Earth with an important message.
1977	"Close Encounters of the Third Kind"	UFO sightings draw people to Devils Tower in Wyoming.
1979	"Alien"	Unfriendly creepy creatures awaken a space crew from cryo-sleep.
1982	"E.T. the Extra-Terrestrial"	Befriending a boy on Earth, a lovable alien tries to find his way back home.
1996	"Independence Day"	Invaders from space interrupt a holiday weekend.
1997	"Men in Black"	Government agents investigate Earth's alien activity and hilarity ensues.
2009	"Avatar"	Human greed threatens the beautiful planet of Pandora.

"This Month In History" JULY

1906: Leroy Robert "Satchel" Paige is born. With a baseball career lasting five decades, he was the first African American pitcher to play in the American League.

1916: The Boeing Company is founded. Currently the world's largest aerospace company, it was ranked 54th on the Fortune 500 list in 2020, 104 years after its formation.

1940: Billboard's first song sales chart is published on July 27. The music magazine's charts, which rank songs

based on physical sales, digital downloads and radio airplay, remain the industry standard today.

1960: Come and get the new drawing toy: the Etch A Sketch! One of the best-known toys of the century, kids could snatch one of these up in 1960 for \$2.99—equal to \$30 in 2023.

1980: Willie Jones of Atlanta is brought to the hospital with heatstroke and a fever of 115° F. He survived and gained the honor of highest recorded body temperature. The moral of the story? Always keep cool on hot summer days.

2007: The New 7 Wonders of the World are announced! The list includes the Taj Mahal, Machu Picchu and the Colosseum, among others.

2016: The mobile game Pokémon Go hits the app store. Combining digital gameplay with physical activity—to move around in the world of the game, the player has to walk around in real life—the engaging app was an instant hit, with over 500 million downloads by year's end.