

Stearns

Nursing and Rehabilitation Center, LLC

StearnsRehabCenter.com

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

Our Leadership Team

Terrie Weible Executive Director
Cassie Scroggins Director of Nursing
Nicolette Turcott Admissions Coordinator
Coleen Cunningham ... Business Office Manager
Kerri Karlas Director of Rehab
Kim Pernika Memory Unit Manager
Natasha Harris Social Services
Dontelisia Moore Activity Director
Jeanne Ziegler Dietary Manager
Monique Manning Housekeeping/Laundry
Felipe Levy Maintenance Director



Heart-Smart Snacks

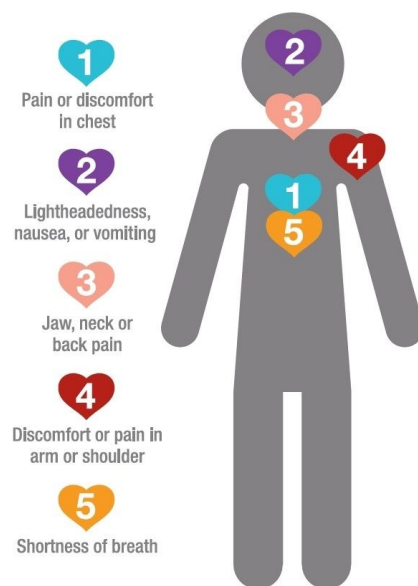
Give your heart some love this month by choosing healthy snacks. Dark chocolate, nuts and popcorn may seem indulgent, but they contain antioxidants and other nutrients that are good for your ticker.

February 2024

Don't hesitate. Call 9-1-1

Act Fast if Someone Has Signs of a Heart Attack, Stroke or Cardiac Arrest.

Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

Ring in the New Year With Friends

2024 is upon us. As we leave 2023, which was a fun year, we look forward to new memories, new laughs and meeting new friends. May the new year be all that you want it to be!



Dontelisia always puts on a nice spread for our parties and potlucks!



Our Leadership Team wishes everyone a great year ahead!



These 3 could be trouble, but we appreciate them!



Strengthen your heart



Cardiac Therapy

Who needs cardiac rehab?

Anyone who has had a heart problem, such as a heart attack, heart failure or heart surgery.

How does cardiac rehab help? Rehab health benefits both the short and long term:

Strengthening your heart & body; building healthier habits; reducing stress; improving mood, many find themselves scared & depressed after a heart attack.

Where can I get cardiac rehab? Right here at Stearns. Speak to your doctor or contact Kerri Karlas, Director of Rehab, at 73kkarlas@tarahc.com.





RESIDENT BIRTHDAYS

Dale Meyers	Feb 4
Joyce Ousley	Feb 5
Joyce Taylor	Feb 8
Patricia Combs	Feb 8
John Wasson Jr	Feb 9
Ann Ontl	Feb 13
Anthony Stewart	Feb 18
Naomi Harrington	Feb 18
Delisa Seanigan	Feb 19
Mattie Lewis	Feb 22
Sandra Lane	Feb 25

A Groundhog's Nap

Before he emerges from his burrow to predict the arrival of spring, America's most famous groundhog, Punxsutawney Phil, spends the winter in a deep snooze. During hibernation, his body temp drops from 99 to 37 degrees, and his heart rate slows to 5 beats per min.



Who Loves Mario? Who Doesn't?

We held a Super Mario Day in honor of Matthew who absolutely loves Super Mario. Leaving with his mother, we made it his going away party.



Matthew is pictured with Activity Director Dontelisia Moore.



How Many Kisses?

Can you guess how many Hershey's Kisses are in the jar? Look for a jar of kisses at the nurse's station and submit your guess. The person coming the

closest without going over will win a surprise. The winner will be announced on Valentine's Day.



Sealed With a Kiss

Introduced in 1907, Hershey's Kisses are now one of the most popular candies purchased for Valentine's Day. To meet Cupid's demands, it's estimated that more than 750 million of the little chocolate drops are produced for the holiday.

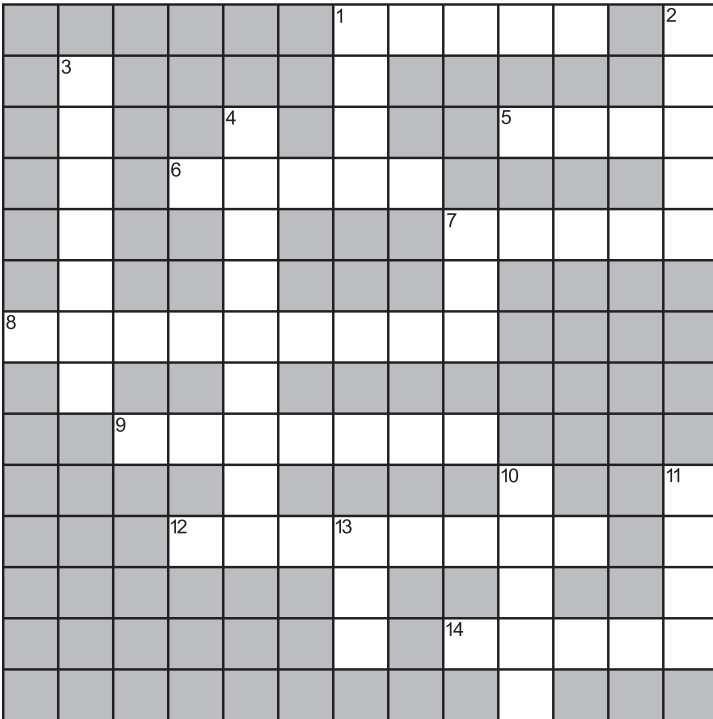


We Heart Caregivers!

To honor the health care professionals, family members and friends who provide needed help and support, we celebrate National Caregivers Day on the third Friday of February.



Crosswords February



Across:

- 1. Winged boy with a bow
- 5. Affection
- 6. Sweet food
- 7. Pumps blood
- 8. Woodchuck
- 9. Companionships
- 12. Second month of the year
- 14. Flowers of love

Down:

- 1. Post-marked missive
- 2. Sugary taste
- 3. Blooming plants
- 4. Be my _____
- 7. Embrace
- 10. Sharpened shaft
- 11. Touch with lips
- 13. Primary color

