

# Stearns

*Nursing and Rehabilitation Center, LLC*

**StearnsRehabCenter.com**

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

## **Our Mission: Creating Smiles & Making Memories**

### **Our Leadership Team**

Terrie Weible ..... Executive Director  
Cassie Scroggins ..... Director of Nursing  
Shanethia Gilmore ..... Memory Unit Manager  
Nicolette Turcott ..... Director of Admissions  
Kaylynn Pool ..... Business Office Manager  
Kerri Karlas ..... Director of Rehab  
Kim Pernika ..... Wound Nurse  
Natasha Harris ..... Social Services  
Jazmine Conley ..... Activity Director  
Jeanne Ziegler ..... Dietary Manager  
Debra Patrick ..... Housekeeping/Laundry  
Felipe Levy ..... Maintenance Director  
Bryan Hartwick ..... Human Resources

### **Hot Chocolate History**

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous people of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.

## January 2025



The amazing people of Granite City donated gifts to our residents for our 'Adopt a Grandparent!'

Our residents are very blessed. We would like to thank everyone for their generous donations.







Memory Unit had fun making Christmas decorations. Here is Anna with hers.



Ms. Brenda



Ms. Peggy



TCU Tree



Staff had a Christmas tree decorating contest. This one is Memory Unit!



Front Lobby



Kitchen Tree



## Resident Birthdays

Barbara Headrick	01/01
Dale Myers	01/04
Joyce Ousley	01/05
Joyce Taylor	01/08
John Wasson	01/09
Carloes Cox	01/10
Lula Coleman	01/11
Sharon Range	01/11
Ann Ontl	01/13
Peggy Damron	01/15
Delisa Swanigan	01/19
Marie Maggitt	01/20
Mattie Lewis	01/22

## Famous Faces Born in January

Jan. 3, 1996: Florence Pugh  
Jan. 7, 1971: Jeremy Renner  
Jan. 9, 1989: Nina Dobrev  
Jan. 13, 1961: Julia Louis-Dreyfus  
Jan. 17, 1964: Michelle Obama  
Jan. 20, 1966: Rainn Wilson  
Jan. 28, 1993: Will Poulter  
Jan. 30, 1974: Christian Bale



## 'Souper' Good for You

It's soup season! This classic comfort food is brimming with more than just savory flavors and cozy vibes. Here are a few reasons why you should shift into soup mode this month.

*More veggies.* People of all ages may struggle to eat enough vegetables daily. But you'll usually find plenty of veggies in soup, where they provide rich flavor, color and nutrition.

*Healthy hydration.* Essential for good health, hydration doesn't just come from drinking water, but also from what we eat—and soup is high on the list of hydrating foods.

*Symptom soother.* Many people swear a bowl of chicken noodle soup can cure certain illnesses. At the very least, sipping on warm soup can soothe a sore throat, clear a stuffy nose and settle a troubled tummy.

*Portion control.* Because of the high water content, soup is very filling, and the hot temperature forces us to eat it slowly and mindfully. These factors can prevent overeating and be helpful for weight management.

*Bone benefits.* Soups made with bone broth contain calcium, magnesium and, most importantly, collagen—a protein that promotes strong bones, muscles and joints as well as healthy hair and skin.



North Hall

## Chili and Chips

Pile beef chili on Fritos corn chips and top with grated cheese and chopped onions, and you've got the recipe for Frito pie, also called "walking tacos." Enjoyed at high school football games, fairs and other events, the hearty, handheld dish that is often eaten from a snack-size bag of Fritos has been famous fare, especially in Texas, since the 1950s.





