

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
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 Levya Maintenance Director
Bryan Hartwick Human Resources

Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."

February 2025



Our ED, Terrie, with the Grinch



Frank enjoying some arts and crafts



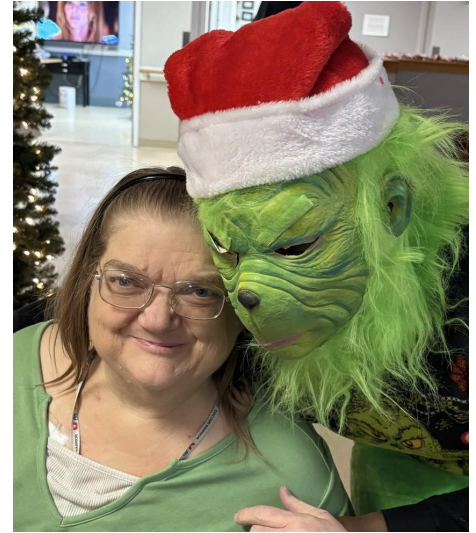
Pam showing her skills



Marcella with the Grinch



Theresa



Teria



Pam

Resident Birthdays

Steve Kelsall	02/01
David Taylor	02/01
Kevin Smith	02/04
Andrew Darty	02/07
William Morgan	02/08
Nancy Michelsen	02/09
Norman Brider	02/14
Emma Brown	02/19
Jacqueline Mitchell	02/22
David Presswood	02/24
Odale Long	02/25



Go Nutty for Heart Health

February is National Heart Month, a good time to do something beneficial for this vital organ. One simple suggestion is to incorporate nuts or nut butters into your diet. Tree nuts like almonds, walnuts and pecans, as well as peanut and almond butters, have all been found to reduce cholesterol, which can decrease the risk for heart disease.

Wit & Wisdom

"To fall in love with yourself is the first secret to happiness."

—Robert Morely

"How you love yourself is how you teach others to love you."

—Rupi Kaur

"Not only do self-love and love of others go hand in hand, but ultimately they are indistinguishable."

—M. Scott Peck

"If you have the ability to love, love yourself first."

—Charles Bukowski

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

—Lucille Ball

"Self-love is not a place we get to but a place we choose."

—Shannon Kaiser

"It is only when you have mastered the art of loving yourself that you can truly love others."

—Robin Sharma

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

—Buddha

"Talk to yourself like someone you love."

—Brené Brown



Jackie



Charles

Crossword Puzzle

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21				22			23			
			24				25							
26	27	28				29				30		31	32	33
34					35				36					
37				38				39				40		
41			42				43				44			
45					46					47				
			48		49				50					
51	52	53						54				55	56	57
58					59						61			
62					63						64			
65					66						67			

ACROSS

1. Small weight
5. Actor's place
10. One tempted
14. Character
15. Lower region
16. Letter closing
17. Make ___; gamble
18. To the left, on a ship
19. Currier's partner
20. Protects
22. Events on a paper's business page
24. Source of caviar
25. Nobleman
26. Trainee
29. Enjoyment
30. Meaning
34. Felt terrible about
35. Container
36. Tranquelize
37. Live
38. Notices
40. Sun deity
41. Attic
43. Promotional write-ups
44. Word with tall or fairy
45. Weather condition
46. Appropriate
47. Runner
48. Crosses out, for short
50. Beverage
51. Hit Broadway play

54. Periods of time
58. Utility bill: abbr.
59. Facilitates
61. ___ Donahue
62. Missing
63. In stitches
64. Suffixes for velvet & eight
65. "Why don't we!"
66. Thin openings
67. Plant part

DOWN

1. Homecoming attendee, for short
2. After-bath wraparound
3. Hebrew letter
4. Like short-term parking
5. Color
6. Sole attachments
7. Foofaraw
8. Like Beethoven
9. Organic compound
10. Straightened
11. Type of bird
12. State
13. Disarray
21. Negative word
23. American Beauties
25. Pieces of furniture
26. Mountaineer's hazards
27. Of one of the senses
28. Name in farm equipment
29. Like Santa and Taft
31. Like a twang

32. Wrap
33. Moray seeker
35. Modern plane
36. Nov. 1 honoree
38. Discourage
39. B followers
42. Edits
44. Gambler's advisor
46. Particular
47. Flightless bird
49. Sly looks
50. Annoying people
51. Cubicle
52. Hand lotion ingredient
53. First-rate
54. ___ on; forwarded
55. Sweet snack item
56. Advice to Nanette
57. Method: abbr.
60. ___ Paulo, Brazil

I	O	O	R	S	I	O	S	S	L	E	T				
S	N	E	R	E	S	I	N	V	A	L	S				
A	N	S	E	S	T	R	I	A	S						
S	N	O	S	E	S	A	V	A	S						
C	A	B	A	R	E	I	T	S	E	A	S				
D	E	L	E	T	S	P	O	P							
S	L	E	E	T	D	U	E	S							
G	A	R	R	E	T	A	D	S							
A	R	E	D	E	T	S	C	T	S						
R	U	E	D	J	A	R	S	E	D	A	T				
C	A	D	E	T	F	U	N	S	E	N	S				
R	O	B	B	A	R	O	N								
D	E	F	E	N	D	S									
A	B	E	T	A	P	O	V	E							
S	E	S													
R	O	L	E	H	A	D	E	S							
G	R	A	M	S	T	A	G	E							