

# 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

### Leprechaun Jokes To Make You Laugh!

Q: What do you call leprechauns who collect cans, bottles and cardboard boxes?

A: "Wee-cyclers!"

Q: Why are leprechauns so good at gardening?

A: Because they have green thumbs!

Q: What happened when the leprechaun walked in poison ivy?

A: He got a rash of good luck!

Q: What did the leprechaun say at the end of the soccer match?

A: "Game clover!"

March 2025



Happy Valentine's Day!





Aletha and Jasmine



Angela and Jasmine



Jane and George



Pam and Jasmine

## Health Perks of Positivity

March is National Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

### *Better physical health.*

Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

*Increased life span.* Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

### *Stronger immune system.*

Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

### *Lower depression rate.*

Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.



## Resident Birthdays

Deborah Williams	03/02
Maurice Davis	03/03
Anita Drewry	03/03
Albert Long	03/08
Shirley Rippy	03/12
Linda Rinesmith	03/15
Martha Dean	03/25
Mary Schoeneweis	03/25



## Staff Birthdays

Angel Jones	03/09
Raiyah Foree	03/03
Shelby Weiss	03/12
Kristiana Womack	03/14
Ashley Murphy	03/11
Jeanne Ziegler	03/20
Deanna Brooks	03/22
Nedra Henderson	03/22
Aniyah Edwards	03/22
Denise Brownlee	03/26
Jennie Gibson	03/26



Natasha stepping in as a stylist for Ms. Judy



Scott serving the residents for Spa Day



Angela enjoying Spa Day



Pam, Barb, and Aletha on the board for game night playing Jeopardy



# HOP

To It  
and



Daylight saving time begins the  
second Sunday in March.

# SPRING

Forward!