

Jefferson City

Nursing and Rehabilitation Center, LLC
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OUR LEADERSHIP TEAM

Sheila Distler	Executive Director
Meredith Weed	Inter. Director of Nursing
Ashley Bond	Unit Nurse Manager
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Vernice Thomas	Activity Director
Brenda Copeland	Dietary Manager
Samuel Wolfe	Maintenance Director

February 2024



Ring in 2024

Gail Obanion stops to pose for a picture as we partied and celebrated the new year! Refreshments and laughs were enjoyed by all!



**NATIONAL
HEART MONTH**

HEALTHY HEART TIP

Get regular, moderate physical activity!
It helps lower blood pressure and helps
your body control stress and weight.
Start by doing what you can, even
10 minutes can make an impact on
your heart.

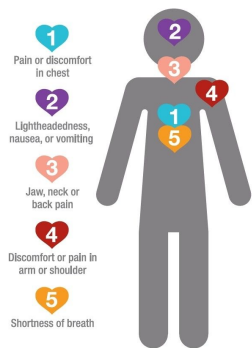
A Hearty Celebration

Since 1963, February has been designated American Heart Month as a way to promote awareness of cardiovascular diseases.





Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.



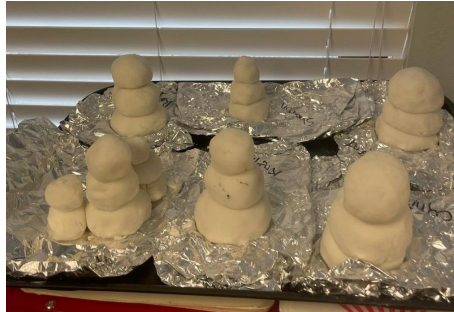
Joyce Baker and her sister take a moment to pose for a holiday picture. Sharon performed a Christmas song solo during the Christmas party.

Happy Valentine's Day!

We'd like to wish all of our residents a very happy Valentine's Day. May your day be extra sweet!

Perfect Time for Snowmen

Our crafty group made some outstanding snowmen, all in the warmth of the facility. These snowmen were adorable!



Mmm, Mmm, Mardi Gras

Mardi Gras, Fat Tuesday, Carnival—whatever you call this global celebration, food is an integral part of the festivities. Traditional menus vary, but most include a variety of decadent treats.

King cake. Popular in New Orleans, this eye-catching confection is closer to a sweet bread roll than cake. The ring-shaped dough is often filled with flavorful cream cheese or chocolate and glazed in the Mardi Gras colors of gold, green and purple. If you find the tiny plastic baby hidden in your slice, then you're the lucky king or queen for the day—but you have to bring next year's cake!

Pancakes. Several countries, especially in Europe, know the holiday as Pancake Day. Historically, pancakes were an easy way to use up milk, butter and eggs, and the delicious tradition lives on. Typically, these pancakes are closer to crepes than thick, fluffy flapjacks.

Paczki. Another name for Fat Tuesday? Paczki Day! Pronounced "POONCH-key," these Polish doughnuts are filled with custard or jam and dusted with powdered sugar.





RESIDENT BIRTHDAYS

James Wyatt	Feb 13
Kerry Watson	Feb 14
Katherine Reid	Feb 15
William Ward	Feb 19
Sharon Baker	Feb 20
Mary Davis	Feb 28

EMPLOYEE BIRTHDAYS

Larry Crow	Feb 5
Korey Abraham	Feb 20



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 drops to about 5 beats per min.



Cynthia Bunch, Jacquelyn Howard, Frances Nolting and Linda Evans cheering to the New Year!

Memories of Wintertime

There's something about freshly fallen snow that turns many adults into kids again. Cozy up to a discussion about winter memories.

- What were winters like where you grew up? Was snow common or rare?
- Do you remember the first time you saw snow? Where were you? How old were you?
- Describe how you bundled up to go outside on a winter day. What clothing and gear did you wear? Did you have snow boots?
- Have you ever built a snowman? What did you use to decorate it? Did you make snow forts or have snowball fights?
- Did you go sledding as a kid? Was there a favorite spot where you and your friends went?
- Have you ever gone ice skating? If so, was it on a pond, lake or rink?
- Did you ever have a snow day from school or work? How did you spend the day?



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 staff member coming

the closest without going over will win a \$25 gift card to Texas Roadhouse. The resident winner will get a meal of choice from the deli at Schulte's. The winner will be announced on Valentine's Day.



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



Word Search

February

Arrow	Heart
Candy	Hug
Card	Kiss
Cupid	Love
February	Red
Flowers	Roses
Friends	Sweet
Groundhog	Valentine

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
H	E	P	J	V	V	V	R	Q	P	B	A	S	A	R
D	E	W	R	D	N	E	R	I	C	R	J	E	F	I
N	K	A	N	S	B	B	I	X	R	U	C	S	J	E
U	X	D	R	I	N	F	U	O	S	A	P	X	O	N
O	R	L	S	T	A	K	W	V	N	R	B	I	K	D
R	X	I	L	I	E	T	O	D	E	Y	G	M	D	S
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S	F	C	P	D	I	U	W	S	Z	K	D	E	M	R
G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A