



Care Connection

2020



Springfield Rehab & HealthCare Center

FEBRUARY



American Heart Month

8 Things You Can Do To Get and Stay Heart Healthy

1. *Limit alcohol and caffeine. Some research suggests a drink or two every day raises HDL (good cholesterol), but the jury's still out. If you feel dizzy or have heart palpitations after drinking a few cups of coffee, consider cutting back.*
2. *Take care of your teeth. Did you know there is a strong link between periodontal disease and heart disease?*
3. *Reduce stress. Take a deep breath! Stressful situations could increase your risk of having heart disease.*
4. *Stay within a healthy weight range. Being overweight is hard on your heart.*
5. *Eat right. Begin by eating lots of fruits and vegetables. Choose monounsaturated fats and avoid trans fats. Limit your sugar and salt intake. Drink lots of water.*
6. *Exercise regularly. Regular aerobic exercise builds a healthy heart and lungs. There are other great reasons to get your heart pumping: it can lower your LDL (bad cholesterol), blood pressure, risk of obesity, type 2 diabetes and improve your overall health.*
7. *Visit your doctor. Get that annual physical! Have your doctor check your blood pressure, cholesterol and triglyceride levels.*
8. *Make sleep a priority. Not getting enough sleep might be linked to increased levels of cortisol, a hormone that increases the risk of stroke or heart attack.*

Valentines Dinner

Wednesday, February

12th at 5 pm.

Please limit 1 guest per resident.

R.S.V.P. with Charlie at front desk by Feb. 7th



Celebrating February

American Heart Month
Black History Month

Feb 1st National Dark Chocolate Day
Feb 2nd Groundhogs Day
Feb 4th World Cancer Awareness Day
Feb 14th Valentines Day
Feb 25th Mardi Gras
Feb 26th Ash Wednesday

Springfield Rehab & HealthCare

2800 South Fort Ave

Springfield, Missouri 65807

Phone: 417 882-0035

Springfield Rehab & HealthCare

Administrator: Troy Lacey

Director of Nursing: Lysandra Harmon

Assistant DON:

Director of Rehab: Rodell Ravela

Social Services Director: Amy Devane

Head Bookkeeper: Jerome Irmén

Dietary Manager: Drew Martin

Plant Operations Director/Laundry & House-keeping: Tony White

Health Information Mgr: Recreation Director: Joshua Hyde

Medical Director: William Rosen MD

Marcelo Mantala MD



February Resident Birthday's

2/8 Daphna Clutter

2/20 Jenna Hair

2/10 Anieta Houser

2/25 Janice Prewett

2/12 Doris Bishop

2/12 Robert Wells

2/13 Phyllis Mann

2/15 Ruth Kalthoff

2/17 Linda Mckean

2/17 Robert Obrien



February Birthstone

•Amethyst•



It has long been said that the **Amethyst** can guard against drunkenness and has a sobering effect for those excited by passion and love. It symbolizes peace, protection, tranquility, and sincerity.

People Born in February

- ♥ loves reality and abstract
- ♥ intelligent and clever
- ♥ changing personality
- ♥ quiet, shy and humble
- ♥ loves freedom
- ♥ loves aggressiveness
- ♥ too sensitive and easily hurt
- ♥ dislike unnecessary things
- ♥ daring and stubborn
- ♥ loves making friends

Congratulations!



Congratulations to our Partner of the Year Andrew Totter!



The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, Pennsylvania. It was the brainchild of local newspaper editor Clymer Freas, who sold a group of businessmen and groundhog hunters—known collectively as the Punxsutawney Groundhog Club—on the idea.

The men trekked to a site called Gobbler’s Knob, where the inaugural groundhog became the bearer of bad news when he saw his shadow.

Nowadays, the yearly festivities in Punxsutawney are presided over by a band of local dignitaries known as the Inner Circle. Its members wear top hats and conduct the official proceedings in the Pennsylvania Dutch dialect. (They supposedly speak to the groundhog in “Groundhogese.”)

Every February 2, tens of thousands of spectators attend Groundhog Day events in Punxsutawney, a borough that’s home to some 6,000 people. It was immortalized in the 1993 film *Groundhog Day*, which was actually shot in Woodstock, Illinois.

While sunny winter days are indeed associated with colder, drier air, we probably shouldn’t trade in our meteorologists for groundhogs just yet. Studies by the National Climatic Data Center and the Canadian weather service have yielded a dismal success rate of around 40 percent for Punxsutawney Phil.

Staten Island Chuck, on the other hand, is reportedly accurate almost 70 percent of the time.



New Orleans Mardi Gras

The first American Mardi Gras took place on March 3, 1699, when French explorers Pierre Le Moyne d’Iberville and Sieur de Bienville landed near present-day New Orleans, Louisiana. They held a small celebration and dubbed their landing spot Point du Mardi Gras.

In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they’d observed while visiting Paris. Ten years later, the first recorded New Orleans Mardi Gras parade took place, a tradition that continues to this day.

In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city.

Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.



VALENTINE'S DAY WORD SEARCH

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

Valentine
 Candy
 Chocolate
 February
 Flowers
 Friend

Cupid
 Cuddle
 Hug
 Kiss
 Love

Be Mine
 Hearts
 Card
 Love
 Arrow

Pink
 Red
 Roses
 I Love You
 Sweet

