

# Springfield Rehab & HealthCare Center Care Connection 2024

# FEBRUARY

## February Highlights

Black History Month  
**American Heart Month**  
Great American Pie Month

2nd Groundhog Day &  
**National Wear Red Day**

9th National Pizza Day  
10th Chinese New Year  
11th Super Bowl Sunday  
13th Mardi Gras  
**14th Valentines Day**  
**Ice Cream Bar**  
14th-20th Random Acts of  
Kindness Week  
19th Presidents' Day  
29th Leap Day

## Random m *Acts of Kindness Week*

Random Acts of Kindness Week is an unofficial holiday celebrated each year on February 14-20. The purpose of this special week is to urge people to be kind to each other, especially those they don't know, without any specific reason.

The philosophy behind Random Acts of Kindness Week is altruism, which is selfless concern for the welfare of others.

A traditional virtue and a core aspect of many religions, altruism is basically the opposite of selfishness.

Altruism concentrates on the desire to do good or help others without reward. Although the key to altruistic behavior is not being concerned with reward, doing good does have its benefits. Those who perform random acts of kindness often find that doing so reduces stress and boosts their self-esteem, leading to better physical and emotional health.

As you perform random acts of kindness for others, you will likely find that some people wish to return the favor. Instead of accepting their offer, ask them to "pay it forward" instead. The phrase "pay it forward" refers to the idea of requesting that a kindness be repaid by having it done to others instead. In this small, simple way, you can encourage others to keep the kindness flowing!



**SPRINGFIELD  
REHABILITATION**  
— AND —  
**HEALTH CARE CENTER**  
*Care is our business.*

**Our Management Partners**

*Administrator: **Troy Lacey***

*Director of Nursing: **Lysandra Harmon***

*Assistant Director of Nursing: **Erin Buttlar***

*Clinical Coordinator: **Krista Porter***

*Director of Rehab: **Rodel Ravela***

*Social Services Director: **Amy Devane***

*Head Bookkeeper: **Jerome Irmen***

*Dietary Manager: **Kelly Hunter***

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

*Recreation Director: **Angie Yancey***

*Health Information Manager: **Shayna Samek***

*Medical Director: **William Rosen MD***

***Marcelo Mantala MD***

**The love we give away is  
the only love we keep."**

**ELBERT HUBBARD**



***February Resident Birthdays***

**6th Melanie Kelly**

**7th Kathleen Simpson**

**11th John Pyle**

**12th Doris Bishop**

**13th Phyllis Mann**

**14th Donna Acker**

**18th Robert Samuels**

**20th Lillian Johnson**

**23rd Lyle Welch**

**28th Ray Nelson**

**28th Vickie Soapes**

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Norman Rockwell (artist) – February 3, 1894

Rosa Parks (activist) – February 4, 1913

Bob Marley (musician) – February 6, 1945

Chris Rock (comedian) – February 7, 1965

Laura Dern (actress) – February 10, 1967

Jennifer Aniston (actress) – February 11, 1969

L.L. Bean (outdoorsman) – February 13, 1873

Michael Jordan (athlete) – February 17, 1963

Ansel Adams (photographer) – February 20, 1902

Jordan Peele (producer) – February 21, 1979

Rashida Jones (actress) – February 25, 1976





February 2, 2024, National Wear Red Day® is the icon day of American Heart Month. On the first Friday in February, join us as we wear red and help raise awareness of women's No. 1 killer – cardiovascular disease.

On National Wear Red Day, raise your voice and raise awareness by wearing red, sharing how you will be a lifesaver and encouraging others to do the same. We can help the women we know and love reduce their risk for cardiovascular disease by building healthy habits and learning lifesaving skills backed by the powerful science of the American Heart Association.

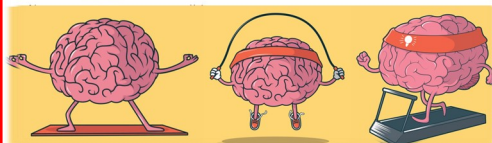
*Happy Work Anniversary!*

**Michele Harden 1 year**  
**Meridith Herman 1 year**  
**Carlo Mariano 1 year**  
**Angela Strickler 2 year**  
**Catherine Meyer 3 years**  
**Ann Wood 41 years**



**EXERCISE YOUR BRAIN!**

**WITH CRANIUM CRUNCHES,  
PUZZLES, & TRIVIA  
ACTIVITIES THROUGHOUT  
THE MONTH**



**WHAT'S  
HAPPENING!!**

Strengthen Your Mind and Body  
with

Tai Chi, Stranger Longer,  
& Chair Yoga throughout  
the month.

**Ice Cream Social**  
Wednesdays at 2:30  
in the Day Room



**Fancy Nails  
Thursdays**



Movie Matinee  
with popCorn  
every Saturday  
at 2:00



Please check the calendar for  
specific days of activities.  
All activity dates are subject to  
change, any changes will be  
announced.



*A look back at January with plenty of crafting fun during the cold weather.  
Creating a wintery scene while enjoying the warmth of the Day Room.*





*Having fun building the original Frosty the Snowmen without the fear of frostbite.*





*Isaac Kenneth starts off the year with another great performance!*



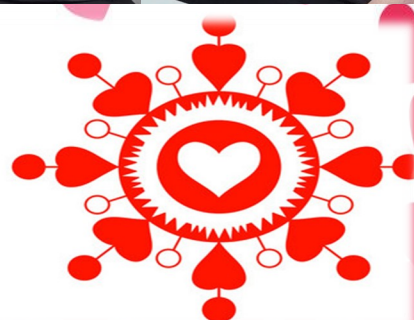
*Congratulations to the Chili Cook Off winners!*

**1st Place - Charlie Wicks 2nd Place - Lysandra Harmon 3rd Place - Serenna Luttjohann**





*Having fun with friends & making personalized snow globes.*







## Valentine's Word Search

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

CARNATION  
CHARMED  
CHERISH  
COURTING  
COURTSHIP  
CRAZY  
CRUSH  
CUPID  
DARLING  
DESIRE

DEVOTION  
EMBRACE  
FLAME  
FLIRT  
FLOWERS  
FRIEND  
GIRLFRIEND  
HEART  
HEARTTHROB  
HOLIDAY

HONEY  
HUG  
KISS  
LIKE  
LOVE  
POEM  
ROMANCE  
ROSE  
SWEETHEART  
VALENTINE







# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AR</b> Activity Room <b>DR</b> Day Room <b>LDR</b> Large Dining Room <b>RDR</b> Rehab Dining Room <b>SDR</b> Small Dining Room				<b>1</b> 10:00 Cherry Danish & Hot Chocolate Social (LDR) 12:30 Fancy Nails/D-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	<b>2</b> Groundhog Day 9:30 Therapeutic Circle (AR) 10:00 Coffee & Coloring (LDR) 11:00 Chair Yoga (AR) 2:00 Music w/ Carson (DR)	<b>3</b> 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
<b>4</b> 10:00 Bingo (LDR) 2:00 February Word Games (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	<b>5</b> 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:30 Nickel Jackpot (DR)	<b>6</b> 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Chips & Dips Social (LDR)	<b>7</b> 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 1:30 Communion w/ Season's Hospice (DR) 2:30 Ice Cream Social (DR)	<b>8</b> 10:00 Craft-Conversation Heart Wreath (DR) 12:30 Fancy Nails/R-Hall (RDR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	<b>9</b> 9:30 Therapeutic Circle (AR) 10:00 Coffee & Puzzles (LDR) 11:00 Chair Yoga (AR) 2:00 Happy Hour (LDR)	<b>10</b> Chinese New Year 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
<b>11</b> Super Bowl LVIII 2:00 Football Puzzles (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR) 5:30 Super Bowl (DR)	<b>12</b> 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:30 Valentine's Day Family Feud (DR)	<b>13</b> Mardi Gras 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:00 Baking-Mardi Gras Cookies (DR)	<b>14</b> Valentine's Day 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 10:30 Who, What, Where Am I? (DR) 2:30 Valentine's Ice Cream Bar (LDR)	<b>15</b> 10:00 Bowling (DR) 12:30 Fancy Nails/A-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	<b>16</b> 9:30 Therapeutic Circle (AR) 10:00 Coffee & Trivia (LDR) 11:00 Chair Yoga (AR) 2:00 Painting & Wine (DR)	<b>17</b> 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
<b>18</b> 10:00 Church w/ Pastor Eutsler (DR) 2:00 February Humor (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	<b>19</b> Presidents' Day 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:30 Rob the Table (DR)	<b>20</b> 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Karaoke w/ Chaplain James & Phoenix (DR)	<b>21</b> 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 10:30 Lifelong Learning (DR) 2:30 Ice Cream Social (DR)	<b>22</b> 10:00 Craft-DIY Bird Feeder (DR) 12:30 Fancy Nails/B-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	<b>23</b> Wal-Mart Shopping Cut Off 8:30 Therapeutic Circle (AR) 10:00 Resident Council (LDR) 11:00 Chair Yoga (AR) 2:00 Happy Hour (LDR)	<b>24</b> 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
<b>25</b> 10:00 Church w/ Pastor Eutsler (DR) 2:00 Gospel Music w/ I Believe (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	<b>26</b> 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:30 Bocca Ball (LDR)	<b>27</b> 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Birthday Party w/ Terrace Home Health (LDR)	<b>28</b> 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 10:30 Cranium Crunches (DR) 2:30 Ice Cream Social (DR)	<b>29</b> Leap Day 10:00 Leapfrog Beanbag Toss (DR) 12:30 Fancy Nails/C-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)		