



# White Hall

*Nursing and Rehabilitation Center, LLC*

620 W Bridgeport Street • White Hall, IL 62092 • (217) 374-2144

## Our Leadership Team

Charles Turpin	Executive Director
Jordyn Blacketter	Asst. Dir. of Nursing
Makendra Steinacher	Rapid Recovery Manager
Kirstian Sethaler	Director of Admissions
Kari Burton	Director of Therapy
Melissa Nichols	Business Office Manager
Elizabeth Winters	Social Service Director
Stacey Phillips	Social Service Asst.
Kayla Sharrow	Memory Unit Manager
Abigail Chavez	Activity Director
Amber McCarthy	Dietary Manager
Richard Hammon	Maintenance Director
Donna Wyatt	Housekeeping/Laundry
Lori Patton	Care Plan Coordinator
Arika Hull	Human Resource Director



Pam Stege and Officer McAdams pose for a picture while chatting.

**WE BACK THE BLUE**

## February 2024



## Honoring Law Enforcement

January 9th was National Law Enforcement Day and Abby Chavez, Activity Director, hosted an appreciation "Coffee & Donut" event so that staff and residents could express their appreciation for all they do for the communities.

Several officers attended and the residents took pride in meeting and interacting with them.

"Saying 'Thank You' and offering refreshments is just a small token of the appreciation we have for them and the support they provide to our facility," said Kirstian Sethaler, Director of Admissions.





Lois Hart and Officer Wallis



Officer Clark Wallis and Retired Officer David McCollum



Officer Mike Lovel



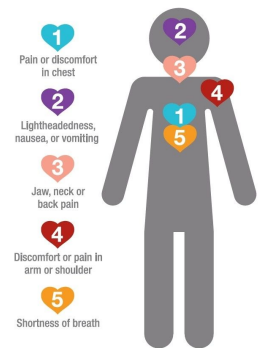
Chief Luke Coultas & Officer AJ McAdams



Karen Dunlap and Officer Wallis



### Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

### Cardiac Therapy

#### Who needs cardiac Rehab?

Anyone who has had a heart problem, such as a heart attack, heart failure, or heart surgery.

**How does cardiac rehab help?** Rehab health benefits both the short and long term:

- strengthening your heart & body
- building healthier habits
- reducing stress
- improving mood; many find themselves scared & depressed after a heart attack

**Where can I get cardiac rehab?** Right here at WHNRC. We have both inpatient and outpatient programs. Speak to your doctor or contact Kari Burton at [71kburton@tarahc.com](mailto:71kburton@tarahc.com).





### RESIDENT BIRTHDAYS

James Noel	Feb 7
Dorothea Reno	Feb 8
Kathleen Turner	Feb 12
Barbara Northcutt	Feb 13
Richard Perry	Feb 14
Joel Allen	Feb 14
Katherine Morris	Feb 16
Kathleen Rawe	Feb 16
Raymond Watkins	Feb 16
Becky Barker	Feb 18
Dois Brock	Feb 18
Judith Watt	Feb 20
Patty Reynolds	Feb 21

Joseph Kramer	Feb 24
Karen Heberling	Feb 25
Dale Baehler	Feb 26

### EMPLOYEE BIRTHDAYS

Nicole Adams	Feb 5
Haley Christian	Feb 5
Rosalind Bishop	Feb 7
Krystal Vanmeter	Feb 9
James O Conner	Feb 13
Jodi Hinsey	Feb 15
Shelby Painter	Feb 19
Desarae Swarrigim	Feb 20
Lauren Lamperti	Feb 22
Amy Schutz	Feb 24
Stacey Phillips	Feb 26
Sarah Tupper	Feb 26
Tami Linder	Feb 26



## Team Member Spotlight



Chelsea Smith was chosen as

the December Employee of the Month by her peers. Chelsea has been employed with us for 1 year and was nominated for always going above and beyond for the residents in her care. One co-worker said, "If my loved one was in a nursing home, I would want Chelsea taking care of her." There is no compliment that could top that! Another said, "She has so much compassion for her residents and was truly meant to work in healthcare." When asked what her favorite part of working at WHNRC was she replied, "The residents." Well, Chelsea, that is evident as seen by your peers and why you earned this honor. Thanks for being part of our Team!



### Valentine Gifts

Needing to say Happy Valentine's Day to your favorite special person? Let the activity department help you out with that. Request a heart shaped balloon with attached note, a heart shaped chocolate cake or one of both for your Valentine. To submit your order, contact Crystal Conner in the front office, Abby Chavez at [71achavez@tarahc.com](mailto:71achavez@tarahc.com) or Kirstian Sethaler [71ksethaller@tarahc.com](mailto:71ksethaller@tarahc.com).

They are taking orders through Friday, Feb. 9th, with the gift to be delivered to each resident on Valentine's Day. Each gift will be delivered with a Valentine gram message. Let us know what you want to say.





## This or That

Life's full of choices—so let's have fun with some of them! Get to know your friends better with these simple either-or questions.

- Get up early or stay up late?
- Dogs or cats?
- Chocolate or vanilla?
- Winter or summer?
- City or countryside?
- Glass half-full or glass half-empty?
- Dip a toe in the water or dive in the deep end?
- Singing or dancing?
- Coffee or tea?
- Book or movie?
- Sweet or salty?
- Words or actions?
- Travel to the past or visit the future?
- Dine in or dine out?
- Mustard or ketchup?
- Introvert or extrovert?
- Homemade or store-bought?
- Batman or Superman?
- Peanut butter—crunchy or creamy?
- Indoors or outdoors?
- Soup or salad?
- Board games or card games?
- Mountains or beach?
- Be the driver or be a passenger?
- Pancakes or waffles?
- Do the laundry or do the dishes?
- Showers or baths?
- Coke or Pepsi?
- Road trip or plane ride?
- Sunrise or sunset?

## Valentine Preparation

Craft class found a group of residents starting early with their preparations for Valentine's Day. They did a beautiful job!



Leon Devriendt

## Laugh Away the Winter Blahs

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.



Amber Gardner



Elizabeth Chapman



Judy Northcutt





## A Little More Tape Painting Fun



Elizabeth Hardwick



Judy Northcutt

## Canvas Painting



Phyllis Bushnell



Lorraine Dawdy



## Laugh Lines: Isn't It Romantic?

Why is Valentine's Day a good day for a party? Because you can party hearty! Join in the holiday fun with these riddles about love in the animal kingdom.

Q: Why do skunks like Valentine's Day?

A: They are very scent-imental creatures.

Q: What do you call two birds in love?

A: Tweethearts.

Q: What do owls say to declare their love?

A: "Owl be yours."

Q: What did the bat say to her boyfriend?

A: "You're fun to hang around with."

Q: What do pigs give each other on Feb. 14?

A: Valen-swines.

Q: What did the sheep say to his girlfriend?

A: "I love ewe." And she replied, "You're not so baaad yourself."

Q: What did the slug write on his valentine?

A: "Be my valen-slime."

Q: What did one bee tell the other bee?

A: "I love bee-ing with you, honey!"

Q: What did the octopus say to his date?

A: "I want to hold your hand, hand, hand, hand, hand, hand, hand."



## Heartbeats and Health

You've probably heard people say their "heart skipped a beat" when describing moments of excitement or joy. But this sensation—a heart that flutters, flips, skips or quivers—could be a sign of a serious condition called atrial fibrillation.

Atrial fibrillation is also called AFib or AF. It is the most common type of arrhythmia, which is a problem with the heartbeat's speed or rhythm. When AF happens, the two upper chambers of the heart (the atria) beat out of sync with the two lower chambers (the ventricles). This irregularity can come and go or be persistent.

During AF, the heart beats inefficiently, causing poor circulation and placing the body at risk for heart failure and stroke, since blood clots can more easily form in the heart and travel to the brain. These risks increase with age.

The most common cause of AF is from abnormalities or damage to the heart's structure. This damage can be the result of conditions such as high blood pressure, heart disease and hyperthyroidism.

People with AF may notice symptoms such as heart palpitations, shortness of breath, dizziness, weakness and fatigue. If you think you have AF or a similar condition, consult your doctor.



### How Many Kisses

Can you guess how many Hershey's Kisses are in the jar? Look for a jar of kisses at the nurses' station and submit your

guess. The person coming the closest without going over will win a \$25 gift card to Applebee's. The winner will be announced on Valentine's Day.



### Sealed With a Kiss

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

## Baking Up Comfort

Celebrate National Banana Bread Day on Feb. 23. This warm and comforting bread is great as is, or you can personalize it for the perfect loaf. Try one of these popular add-ins: chocolate chips, dried fruit, nuts, coconut flakes or shredded carrots.



Sheryl Sharrow	12 Years
Melanie Davis-Baker	6 Years
Taylor Sweeten	3 Years
Paige Baalman	2 Years
Stacy Bryant	2 Years
Mark Sharrow	2 Years
Maggie Long	1 Year
Chelsea Smith	1 Year

**We Appreciate You Being  
Part of Our Team**







### Mardi Gras King & Valentine's Queen

Be sure to vote for the Mardi Gras King and Valentine Queen. We will be having two separate celebrations.

A Mardi Gras party is at 1pm on Tuesday, Feb. 13th, in the dining room. We will crown a Mardi Gras King.

On Wednesday, Feb. 14, at 2pm we will have our Valentine's Day party and crown the Valentine Queen.

### Thank a Mail Carrier Day

On Feb. 4, send a shout out to someone who always delivers—your letter carrier!



### Pizza's Special Day

Celebrate the cheesy, saucy delight that is pizza on Feb. 9, National Pizza Day. In the U.S., 350 slices of pizza are consumed every second, and 93% of Americans order pizza at least once a month. Cheese or pepperoni are the most common pizza toppings, but some people choose to dress their pies with fruit, eggs, pickles or mac and cheese. Mix it up or stick to your usual this National Pizza Day!



### Tater Tot Tribute

Whether dipped in ketchup, covered in cheese or used to top a casserole, Tater Tots are an American classic. The bite-sized potato product was born in 1954, when frozen food company Ore-Ida transformed leftover spud scraps from their machine-cut french fries into tiny puffs of seasoned potatoes. Join fans in celebrating the salty snack on Feb. 2, National Tater Tot Day.



### Heart-Smart Snacks

Give your heart some love this month by choosing healthy snacks. Dark chocolate, nuts and popcorn may seem indulgent, but they contain antioxidants and other nutrients that are good for your ticker.



### Will He or Won't He See His Shadow on Feb. 2?





*Happy Valentine's Day*

HAVE A SWEET HOLIDAY FILLED WITH LOVE!

