



White Hall

Nursing and Rehabilitation Center, LLC

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

Our Leadership Team

Tessa Droege	Executive Director
Jordyn Blacketter	Director of Nursing
Qiana "Q" Swanson	Asst. Dir of Nursing
Makendra Steinacher	Rapid Recovery Manager
Shannon Beck	Director of Admissions
Kari Burton	Director of Therapy
Melissa Nichols	Business Office Manager
Elizabeth Winters	Social Service Director
Misty Whiteaker	Social Service Asst.
Hannah Hutchinson	Memory Unit Manager
Abigail Chavez	Activity Director
Amber McCarthy	Dietary Manager
Richard Hammon	Maintenance Director
Donna Wyatt	Housekeeping/Laundry

February 2025

Let Your Love Show

There are many ways to show the significant people in your life how much you care about them. Whether a spouse, partner, parent, child or friend, you can express your love in simple ways that mean a lot.

Write your loved one a note or postcard describing all the things you appreciate about them. Put it in their lunchbox or on their pillow, or drop it in the mail.

Be open to trying an activity that the other person loves.

Surprise them by doing a task they dislike, whether it's walking the dog, taking out the trash or folding laundry.

Laugh at your loved one's jokes.

Ask their advice, even if you don't need help making a decision. It shows you value what they have to say.

Give your loved one a book you have enjoyed and inscribe it with a meaningful message.

If you know they have a big event coming up, show interest in it and support their efforts.

Plan a surprise outing, such as dinner at a favorite restaurant or tickets to a sporting event.

Send a text asking how their day is going.

Look for something online that you know they need and forward them the link.

Listen. The most flattering thing in the world is to have someone's undivided attention.





Happy New Year Activity

Residents enjoyed making hats to celebrate the new year while snacking on cookies, chips and drinking hot cocoa.



Imogene McDonald



Elizabeth "Liz" Hardwick



Dorthea Reno



Judy Northcutt



Joe "Doc" Gross



Karen Moore

'Tackle' Is One

How many words can you come up with using the letters in "cozy blanket"?

Resident Birthdays

Betty Deshasier	Feb 06
Ella Dunphy	Feb 07
Mildred Cummins	Feb 07
Gordon Brannan	Feb 10
Frances Bridgewater	Feb 13
Howard Curtis	Feb 14
Carol Brown	Feb 16
Betty Lomelino	Feb 17
Deana Lawrence	Feb 23

Employee Birthdays

Krystal Vanmeter	Feb 9
Sarah Reagor	Feb 11
James Conner	Feb 13
Claudia Gaffney	Feb 21
Lauren Lamperti	Feb 22
Sarah Tubber	Feb 26

Employee Anniversaries

Maggie Long	2 Years
Paige Baalman	2 Years
Chelsea Smith	2 Years
Taylor Sweeten	4 Years
Melanie Davis-Baker	6 Years
Sherley Sharrow	13 Years



A Punny Month

Q: Does February like March?

A: No, but April May!

Employee of the Month



Sandy Lockhart, LPN, is our employee of the month. She has been at our facility for 18 years now. We recognize her dedication to the residents; she treats everyone with great respect and love as if they were her own family members.

I love
my
Family

Wit & Wisdom

"To fall in love with yourself is the first secret to happiness."
—Robert Morely

"How you love yourself is how you teach others to love you."
—Rupi Kaur

"Not only do self-love and love of others go hand in hand, but ultimately they are indistinguishable."
—M. Scott Peck

"If you have the ability to love, love yourself first."
—Charles Bukowski

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."
—Lucille Ball

"Self-love is not a place we get to but a place we choose."
—Shannon Kaiser

"It is only when you have mastered the art of loving yourself that you can truly love others."
—Robin Sharma

"You yourself, as much as anybody in the entire universe, deserve your love and affection."
—Buddha

"Talk to yourself like someone you love."
—Brené Brown



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
G	U	H	H	T	L	E	Y	S	A	F	H	C	T	O
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