



A Note From Our Administrator

It is a great honor to sit in as the Interim Administrator. Every morning, I do a greeting to our wonderful residents, staff and families. I then finish with a quote of the day. I think my favorite saying is, "people may not always remember your name, but they will remember the way you've made them feel!"

Frank Marchese

Interim Administrator, Sterling Healthcare & Rehabilitation

Our Department Leaders

- **Frank Marchese**
Interim Administrator
- **Dr. Kathryn Beldowski**
Medical Director
- **Teresa Samuels**
Director of Nursing
- **Talema Harris**
Admissions Director
- **Pat Cannizzaro**
Business Office Manager
- **Nicole Olinchak**
Human Resources
- **Ann Marie Cottman**
Activity Director
- **Mandy Nace**
Director of Social Services
- **Mark Johnston**
Director of Rehab Services
- **Danielle Stewart**
Director of Dining Services
- **James Alexander**
Director of Maintenance
- **Terrance Cowans**
Director of Housekeeping



Enjoying a game of Pokeno



Atlantic City Poker Game



Fulvio Ranni entertains our residents



Puzzles and discussions

February 2019 Activity Calendar

Resident Birthdays

Marian Gilgallon • 2/1

John Gallagher • 2/5

Edward Brown • 2/6

Lawrence Calhoun • 2/16

Mark Reczek • 2/20

Barbara Kopchik • 2/22

Yvonne Pindell • 2/23

Stephanie Williams • 2/25

Victor Decenzi • 2/26

Peggy Parks • 2/26

John Erickson • 2/27

Lois Horn • 2/27

George Adams • 2/28

Staff Birthdays

Shirley Haynes • 2/3

Stephanie Friend • 2/13

Alphonse McIntosh • 2/18

Maura Lemke • 2/22

Kiwanna Singleton • 2/24

Abu Marah • 2/27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>February 2019</p> <p>Sterling Healthcare & Rehabilitation Center</p>						<p>1</p> <p>10:30am Moving to Music (G,1,2,3) Flowers & Ball Toss (G) Star of the Month (1) Bingo (2) Drum Circle / Making a Band (3) 2:00pm Music / Pictures / Discussion (G) Creative Corner / Music (1,3) <i>Raffalie Entertains (2)</i></p>	<p>2</p> <p>10:30am All about Groundhogs (G) Plants & Animals / Art (1) Me & My Shadow (2) Well Grounded / Art (3) 11:00am Abounding Grace Church (2) 2:00am Cinema Time (G, 3) Arts & Crafts (1) Bingo (2) <small>Groundhog Day</small></p>
<p>3</p> <p>9:30am Sunday Morning Worship (2) 2:00pm Church of the Nazarene (2)</p>	<p>4</p> <p>10:30am Sing-a-Long / Reminiscing (G) Chair Dancing / Artisans (1) Exercise / Anagrams (2) Games & Music / Puzzles (3) 2:00pm Music / Memory Games (G) Did you know? / Brain Fitness (1) Rosa Park's Facts / Bingo (2) Puzzles / Ball Toss / Music (3)</p>	<p>5</p> <p>10:30am Music / Picture View (G) Chinese New Year Trivia (1) Pokeno / Music/ Exercise (2) Chinese New Year Facts (3) 2:00pm Artisans / Aromas (G) Brain Fitness / Ball Toss (1) Resident Council / Music (2) Music / Artisans (3) <small>Chinese New Year</small></p>	<p>6</p> <p>10:30am Parachute / Music / Puzzles (G) Exercising / Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)</p>	<p>7</p> <p>10:30am Spa Time / Lotions / Music (G) Brain Fitness / Exercise (1) Daily Chronicle / Discussion (2) Games / Music (3) 2:00pm Noodle Ball / Pictures (G) Music & Motion / Relaxation (1) Science with Gloria (2) Games / Ball Toss / Puzzles (3)</p>	<p>8</p> <p>10:30am Active Zone (G,1,2,3) Pictures / Reading / Music (G) Musical Bingo / Discussion (1) Bingo (2) Puzzles / Games / Music (3) 2:00pm Scarves / Colors / Music (G) Picture View / Discussion (1) <i>J. Burgo Entertains (2)</i> Basketball / Ball Toss (3)</p>	<p>9</p> <p>10:30am Games / Music (G) Movie Matinee (1) (2) Puzzles / Music (3) 2:00pm Games / Arts & Crafts (1) Bingo (2)</p>	
<p>10</p> <p>9:30am Sunday Morning Worship (2) 2:00pm Blue Church (2)</p>	<p>11</p> <p>10:30am Fitness / Story of Abraham (G) Chair Dancing / Artisans (1) Exercise / Brain Fitness (2) Games & Music / Puzzles (3) 2:00pm Baby Love / Music (G) In Search of Heidi (1) Robinson Crusoe (2) Noodle Ball / Music (3)</p>	<p>12</p> <p>10:30am Fitness Zone (G,1,2,3) Who Made Us Laugh? / Trivia (1) Word Search / Music (2) Ball Toss / Games / Music (3) 2:00pm Aromas / Fruit / Music (G) The Art of Tattoos / Music (1,2) Arts & Crafts / Music (3)</p>	<p>13</p> <p>10:30am Sing-a-Long / Reminiscing (G) Exercise / Arts & Crafts (1) Games / Bible Study (2) Games & Music / Discussion (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Arts & Crafts / Music (2) Games / Puzzles / Ball Toss (3)</p>	<p>14</p> <p>10:30am Chair Dancing (G,1,2,3) Painting Garden / Music (1) <i>Food Committee (2)</i> Marching in Place / Music (3) 2:00pm Art / Reminisce / Music (G) Ball Toss / Musical Bingo (1) <i>Jim Laurie Entertains (2)</i> Lotto / Music / Ball (3) <small>Valentine's Day</small></p>	<p>15</p> <p>10:30am Fitness Zone (G,1,2,3) Vegetables & Fruit / Music (G) Who am I? / Trivia Discussion (1) What am I? / Trivia (2) Arts & Crafts / Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)</p>	<p>16</p> <p>10:30am Games / Music (G) Movie Matinee (1) (2) Puzzles / Music (3) 2:00pm Cinema Time (G,3) Bingo (2) Arts & Crafts (1)</p>	
<p>17</p> <p>9:30am Sunday Morning Worship (2) 2:00pm Christian Community Church (2)</p>	<p>18</p> <p>10:30am Chair Dancing / Artisans (G,1) Anagrams / Music (2) Games & Music / Puzzles (3) 2:00pm Music / Memory Games (G) Presidential Quotes / Facts (1) Bingo/ Music (2) Games / Parachute / Music (3) <small>Presidents' Day (US)</small></p>	<p>19</p> <p>10:30am Fitness Zone (G,1,2,3) Puzzles / Music / Pictures (G) Music / Games / Art (1,2) Puzzles / Memory Games (3) 2:00pm Picture View / Aromas (G) Food for Thought / Baking (1) Brain Fitness / Ball Toss (2) Music / Artisans (3)</p>	<p>20</p> <p>10:30am Parachute / Music / Puzzles (G) Exercise/ Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)</p>	<p>21</p> <p>10:30am Beach Ball Toss / Reminisce (G) Games / Music (2) Who am I? / Discussion (1) Arts & Crafts / Puzzles (3) 2:00pm Ball Toss / Sing-a-Long (G) Musical Bingo (1) Catholic Mass (2) Games / Fairy Tales (3)</p>	<p>22</p> <p>10:30am Moving to Music (G,1,2,3) Aroma Appreciation / Music (G) Soft Music / Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Sing-a-Long / Reminiscing (G) George Washington Facts (1,3) <i>The Dou of Music Magic (2)</i></p>	<p>23</p> <p>10:30am Games / Music (G) Movie Matinee (1) (2) Puzzles / Music (3) 2:00pm Movie Matinee (1) (2) Arts & Crafts (1) Bingo (2)</p>	
<p>24</p> <p>9:30am Sunday Morning Worship (2) 2:00pm Savior Soul Band (2)</p>	<p>25</p> <p>10:30am Ball Toss / Music (G) Chair Dancing / Artisans (1) Exercise / Anagrams (2) Games & Music / Puzzles (3) 2:00pm Picture View / Games (G) Lotto / Music / Discussion (3) Bingo / Zeppo Marx Facts (1,2)</p>	<p>26</p> <p>10:30am Fitness Zone (G,1,2,3) Noodle Ball / Flowers / Music (G) Who am I? / Trivia / Music (1) List of Proverbs / Music (2) Puzzles / Games / Music (3) 2:00pm Story Time / Aroma (G) Jackie Gleason Facts (1,2)</p>	<p>27</p> <p>10:30am Parachute / Music / Puzzles (G) Vitality / Arts & Crafts (1) Games / Bible Study (2) Games & Music (3) 2:00pm Music / Laundry / Stories (G) Parachute / Brain Fitness (1) Ball Toss / Musical Bingo (2) Games / Puzzles / Ball Toss (3)</p>	<p>28</p> <p>10:30am Fitness Zone (G,1,2,3) Baby Love and More (G) Brain Fitness / Words (1) Anagram / Discussion (2) Sing-a-Long / Ball Toss (3) 2:00pm Aromas / Ball Toss / Music (G) Manicures / Music (1,3) Bingo (2)</p>	<p>9:30am – 10:30am Room Visits (G, 1, 2, 3)</p> <p>02/5/19 – Resident Council – 2:00pm (2)</p> <p>02/14/19 – Food Committee – 11:00am (2)</p> <p>Gift Cart Wednesdays – 3:30pm (3)</p> <p>Bingo – Tuesdays and Thursdays 4:00pm (1) and 6:00pm (2)</p>		





Resident of the Month: Barb Mattia

Second Floor resident, Barb Mattia, grew up in South Philadelphia. She remembers her parents, her brother, running and playing, chores, 12 years of Catholic School and playing the French horn in the school orchestra. Her dad, an architect, designed a new house in Rosemont. He built it himself, part time, over eight years. Barb earned a degree in Business Management and worked for the IRS and the Delaware County

Courthouse. Despite life-long health issues, Barb enjoys life and has been happily married for 39 years. She shares her poem, written in honor of her faith:

*The love for the Lord that I have in my heart
Will always be with me and never depart.
He helps me through bad times with a simple prayer
For prayer is powerful and I do not fear.*



Valentines Word Search

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



ARROW	HEART	RED
BE MINE	HONEY	ROSES
CANDY	LACE	SWEETIE
CUPID	LOVE	SWEETS
FLOWERS	PINK	VALENTINE
FRIENDSHIP		

Remembering Valentine's Day! I Love You Truly



Carrie Jacobs-Bond, 1901

I love you truly, truly dear,
Life with its sorrow, life with its tear
Fades into dreams when I feel you are near
For I love you truly, truly dear.
Ah! Love,
'tis something to feel your kind hand
Ah! Yes,
'tis something by your side to stand;
Gone is the sorrow, gone doubt and fear,
For you love me truly, truly dear.

