POLARIS
HEALTHCARE & REHABILITATION CENTER
AT THE MILFORD WELLNESS VILLAGE
A Member of NATIONWIDE HEALTHCARE SERVICES

The Polaris Star

February 2023 • Volume 6 • Issue 2

A Note From Our Administrator

Hello February

F ire will always
E xtinguish unless it's
B urning in your soul.
R ain will always stop
U nless it pours
A again in your heart.
R eshape your mindset and
Y ou'll reclaim your power.

Karen Hurst
Administrator, Polaris Healthcare & Rehabilitation Center

Our Department Leaders

- **Karen Hurst** Administrator
- **Ila Klingler** Director of Nursing
- **Shawn Hamilton** Admissions & Community Relations Director
- **Jennifer Jarvis** Human Resources
- **Elizabeth Bostic** Business Office Manager
- **Dr. Bidyarani Subbaraya** Medical Director
- **Michele Patten** Staff Development/ Infection Control
- **Carrie Geyer** Activities Director
- **Sabrina Farren** Director of Rehabilitation
- **Karen Grohoski** Dietitian
- **Joan Page** Director of Food Services
- **Shannon Savage** Central Supply
- **Walt Muzyk** Director of Maintenance
- **Latarsha Wilson & Arynn Ebert** Environmental Services
- **Lajone Benson** Social Services Director
- **Lori Stafford-Dulin** RNAC

Ringing in the New Year with love

We have some very talented cookie bakers

Tai Chi Class with Henrietta

Happy New Year 2023

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Resident Birthdays

Charles Adams · 2/5
Florence Wootten · 2/6
Vera Maloney · 2/27

Welcome To Our New Employees

Priscilla Osei · RN
Emily Laz · CNA
Demonica Jones · CNA
LaToya Horsey · RN Unit Manager
Alissa Graham · Receptionist
Maria Matias · OTA

February 2023 Activity Calendar

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BLACK HISTORY MONTH			1 11:00 Gratitude Heart Journaling 2:00 Church Service with Dan Holdt	2 ***Groundhog Day*** 11:00 Room Visits 2:00 ***Ben Rosa Musician/Singer***	3 ***Wear Red Day*** Healthy Heart Month 11:00 Table Games 2:00 Silver Sneakers Exercise	4 10:30 Room Visits 2:00 BINGO
5 Room Visits in the Morning 2:00 Hymns Sing-a-Long	6 11:00 Blow-a-Kiss Heart Pictures Project 2:00 BINGO	7 10:30 Nail Care Room Visits 2:00 Resident Council 3:00 Valentine Crafts	8 11:00 Watercolor Hearts Journaling 2:00 Church Service with Dan Holdt	9 11:00 Room Visits 2:00 Silver Sneakers Exercise 2:45 Word Games	10 11:00 Table Games 2:00 Complete Blow-a-Kiss Heart Pictures Project	11 10:30 Room Visits 2:00 BINGO
12 Room Visits in the Morning 1:00 Who is St Valentine 2:00 Hymns with Holly	13 1:00 Jeopardy in the Dining Room 2:00 String of Hearts Valentine Crafts	14 ***Valentine's Day*** 2:00 ***Donnie Hopkins - Country Singer***	15 11:00 Journaling 2:00 Church Service with Dan Holdt	16 11:00 Room Visits 2:00 Silver Sneakers Exercise 2:45 February Trivia	17 ***Presidents' Day*** 11:00 Table Games 2:00 Balloon Volleyball	18 10:30 Room Visits 2:00 BINGO
19 Room Visits in the Morning 2:00 Hymns Sing-a-Long	20 11:00 Deal or No Deal in the Dining Room 2:00 Tai Chi - Relaxation and Stretch	21 10:30 Nail Care Room Visits 2:00 ***Mardi Gras*** BINGO	22 11:00 Journaling 2:00 Church Service with Dan Holdt	23 11:00 Room Visits 2:00 Silver Sneakers Exercise 2:45 Word Games	24 11:00 Table Games 2:00 Social Hour with Popcorn	25 10:30 Room Visits 2:00 BINGO
26 Room Visits in the Morning 2:00 Hymns with Holly	27 11:00 Dominoes 2:00 Tai Chi - Relaxation and Stretch	28 10:30 Nail Care 2:00 Food Committee Meeting and February Birthday Party				

Activities subject to change - check daily chronicles for updates.

Resident of the Month: Shyneika Taylor

We are pleased to announce that Shyneika Taylor is our Resident of the Month for February. She is originally from Snow Hill, MD, and later moved to Newark, DE. She has two beautiful children and is working hard to get back home with them. She loves to travel and her favorite trip was to Puerto Rico.

She worked as a CNA and also in Insurance Billing. Shyneika shows her love for the community with volunteering and advocating for others in mental health, feeding the homeless, and doing Book Bag Drives. She faces her challenges head on and does not give up easily. She lives by the quote: “What is impossible for man is possible with God”.

Valentine's Day Word Search

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

BE MINE
CHOCOLATES
FOREVER
I LOVE YOU
LOVE LETTTER
CANDY
CUPID
HEARTS
KISSES
ROSES
CARD
FEBRUARY
HUGS
LOVE
VALENTINE

February

The sun rides higher
Every trip.
The sidewalk shows.
Icicles drip.

A snowstorm comes,
And cars are stuck,
Though road salt flies
From the old town truck.

The chickadees
Grow plump on seed
That Mother pours
Where they can feed,

And snipping, snipping
Scissors run
To cut out hearts
For everyone.

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EXEMPLARY CARE CORE VALUES