

Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it’s okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

Special Visits This Month:

Saturday February 4th at 10:00 AM
Pet Therapy with Cocoa

Thursday February 9th at 1:30 PM
Baking Valentine Cookies with Stein

Wednesday February 15th at 2:00 PM
Piano music with Paul Grover

Friday February 17th at 2:00
Jerzie & Zeke (Pet Therapy Friends)

Saturday February 18th at 2:00
Pet Therapy with Cocoa

Friday February 24th
Harmony & Me (Music and Pup Visit)

Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to “woolen cloth.” In the 17th century, Welsh textile workers began the process of *carding* sheep’s wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

Providence Care Center

419-627-2273

2025 Hayes Avenue Sandusky, Ohio 44870



Executive Director/Admin.

John Ingles, LNHA

Director of Nursing

Kristen Gwin, RN

Asst. Director of Nursing

Brandi Gerhardstein, RN

Infection Control

Brandi Gerhardstein, RN

MB & CV Unit Manager

Alexandria Miller, LPN

Rehab/RW Unit Manager

Director of Nutrition

Amy Fox, CDM, CFPP

Dietician

Amy Apple, RD

Admissions/Marketing

Holly Dagg

Spiritual Care Coordinator

Courtney Hurlburt

Director of Maintenance & Transportation

Lisa Wallen

Dir. Environmental Services

Deb Moran

Director of Activities

Shawn Lind, ADC, CDP,
CMDCP

Director of Social Services

Shirl Felder, LSW

Director of Medical Records

Kelly Coffey

Director of Rehab

Izabela Marten, COTA

Business Office Manager

Kayla Keegan

Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you. While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them, or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won’t just make their day, but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine’s Day we know and celebrate today.

RESIDENT SHOPPING DAY

American Heritage Clothing Co. will be returning on **Thursday MARCH 10th at 10:00 am** and will be here until 11:30 am. *AHCC* sets up in the Activity Room for the Residents shopping convenience. Residents may use their Resident Trust Account, Cash or Check to pay for their purchase. Family is encouraged to contact the Activity Office at 419-627-2273 ext. 233 for any questions or detail and to alert the Director of Activities with any specific request (specific items needed, not wanting purchases made, etc.)

Thank you and Happy Shopping!

Always Available Food Menu

Available 5:30 am-7:00pm Call Ext. 247

*Outside these hours, please ring your call light and the nursing staff will assist.

*Some items are also on unit at your nurse's station.

Soups:

Chicken Noodle

Tomato

Vegetable

Sandwiches:

Assorted lunch meat

Peanut Butter and Jelly

Egg and Cheese Croissant

Tuna/Chicken/Egg Salad

Grilled Cheese

Grilled Chicken Breast

Salads:

Fruit and Cottage Cheese Plate

Chef Salad

Cereal:

Oatmeal

Raisin Bran

Shredded Wheat

Snacks:

Assorted Cookies

Peanut Butter Crackers

Chips

Apple, Orange, Banana, Apple Sauce

Yogurt

Pudding

Ice Cream & Sherbet

Attention Family and Friends:

If you want to eat a meal with your loved one you may purchase a meal ticket at the front desk for \$5.00. Due to COVID 19 still being a potential concern, the meal must be eaten with your loved one in their room.

Thank you for your cooperation and understanding.

Resident of the Month:

January:

John Jefferson

February:

Mike Baltes

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

The British Invasion

On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit "I Want to Hold Your Hand" hit No. 1. Two days later, on February 9, the "Fab Four" would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from "across the pond." The Dave Clark Five. Herman's Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964-65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever. ***On 2/7 let's listen to some Beatle tunes and make chocolate molds.***

Employee of the Month:

January

Amie Jenkins, LPN

February

Michelle Wright, Afternoon Cook

March

April

May

June

July

August

September

October

November

December

Tuesday February 21st is Mardi Gras!

Every try a Paczki? They will be on the menu for Breakfast on Fat Tuesday! Additionally, Dietary will be "Spicing" things up a special lunch for you, bringing a southern taste of New Orleans to Bay Harbor Dining at Providence Care Center. We hope you enjoy this special treat!

Employee of the Month

Congratulations Michelle Wright, Afternoon Cook. She is the Employee of the Month for February 2023. She joined the Providence Care Center Team in September of 2003. Michelle is driven to help others, always smiling and is quick to pleasantly greet them.

She is a great team leader, making spontaneous decisions when the need arises. She is outgoing and very attentive, not only to the residents but to her co-workers needs as well. Michelle is dependable and very motivated to fulfill the expectations of her job and more. Her peers comment on how comfortable they are to work with her and she makes work enjoyable. Congratulations Michelle! It is very much deserved and we are lucky to have you working for us at PCC. Keep up the good work.

WELCOME!

We would like to welcome Marci, our new Salon Beautician. Her first day in the salon will be February 01. She will be here to serve you on Wednesdays. WELCOME!

If you would like to send a valentine card to a Resident, please address it as follows:

*Providence Care Center
ATTN: Activities Valentines
2025 Hayes Ave.
Sandusky, OH. 44870*