

FEBRUARY 2018

# Cloverleaf Chronical

9325 N Crawford Street , Knightsville IN 47857 812-446-2309



## Celebrating February

**Library Lovers Month**

**Bird-Feeding Month**

**Groundhog Day**

*February 2*

**Super Bowl Party**

*February 4th*

**National Weatherman's Day**

*February 5*

**National Pizza Day**

*February 9<sup>th</sup>*

**Mardi Gras**

*February 13th*

**Valentine's Day**

*February 14*

**National Mint Lover's Day**

*February 19<sup>th</sup>*

## Matt Romalia

Meet Matt Romalia, He's our new Maintenance Director here at Cloverleaf Healthcare! Matt has been in the Industrial Maintenance Field and Union Construction Industry since he was 18 years old. He is 35 years old, born and raised in Greencastle, IN. Matt and his wife Sara have been married for 3 years. He has 2 children, a daughter named Haylee who is 14 and a son named Riley who is 12. According to Matt the children keep him very busy with swimming and 4H all year round. Matt and his family have a Farm in which they raise Dairy Cows and Goats. Matt's hobbies consist of Camping, all year round and when free time allows, going to Motorsports events all around the Country! Please feel free to get ahold of me at the Facility, if you or your loved ones have any questions or concerns.





## Some Fun Facts

- 8 Million pounds of guacamole is consumed on Super Bowl Sunday
- 14,500 tons of chips are eaten along with that guacamole
- Of the top 10 most watched American television programs of all time, nine of them are Super Bowls
- The Super Bowl is measured in Roman numerals because a football season runs over two calendar years.
- Over 700,000 footballs are produced annually for official NFL use and 72 of them are used for the Super bowl
- It is the 2<sup>nd</sup> most watched sporting event in the world. More than 100 million 2010 unseated M\*A\*S\*H's series finale as the most watched show in television history with over 106.5 million watchers
- One 30-second commercial aired during the Super Bowl costs at least \$2,800,000
- The NFL has a policy against holding Super Bowl games in stadiums that have a climate of less than 50 degrees Fahrenheit, unless it is an enclosed stadium.
- Super Bowl 50 – Atlanta Falcons vs. the New England Patriots was the most watched sporting event in the U.S. history

## Janet's Recipe Corner:

### Twinkie Delight

- 1 box Twinkies
- 1 pkg. vanilla pudding
- 1 can diced pineapple, drained
- 3-4 cut bananas
- 1 tub cool whip

**Cut Twinkies long ways in half and layer in bottom of 9x13 pan. Top with bananas and diced pineapple. Add vanilla pudding and even out over bananas. Top this with tub of cool whip spread evenly. Chill in refrigerator one hour and serve.**

## Tip the Scales for Pangolins

February 17 is World Pangolin Day. What is a pangolin, you ask? It's one of the world's most unique animals. They are found in Africa, India, and across Asia. Covered in scales resembling a pinecone, the pangolin looks like a cross between an armadillo and an opossum. When threatened, the pangolin curls up into a ball, gaining protection and defense from the hard, sharp scales. They even spray a noxious smell similar to a skunk. Like anteaters, these animals eat insects with long tongues that are longer than the pangolin's body when fully extended. Sadly, these unique qualities have made it highly desirable; it is the most illegally trafficked animal in the world. Poachers hunt and sell pangolins for their scales, skin, and meat. Efforts to save them often fall flat because pangolins are secretive and elusive animals with very specific needs. Perhaps one of the best ways to help save pangolins is to learn more about them. Once people meet these creatures, they can't help but love them.

## Employee Of The Month!

Annie Kaelber has been nominated as our Employee of the Month for February. Annie is very kind, and always smiling. She cares for her resident's whole heartedly. Another reason Annie has been chosen is because of her punctuality in her work. Annie is one of our Restorative Aids but that does not stop her from helping the CNA's where needed. Congratulations to a job well done Employee of the Month!



## Prevention during Flu Season

- Get Vaccinated
- Good Health Habits
- Avoid Close Contacts
- Stay Home When Sick
- Wash Your Hands
- Stop Spread of Germs
- Clean and Disinfect Surfaces & Objects

## Making Hearts Whole



February is Mend-a-Broken-Heart Month, and scientists are quick to argue that hearts can really be broken as a result of extreme grief or social rejection. Brain studies show a direct connection between emotions and physical health. But the good news is that both can be mended. Heartbreak is often the result of feelings of loss after a breakup. Psychologists explain that spending time with a romantic partner causes your identities to become intertwined. Losing or being rejected by that partner, therefore, leads to feelings of confusion due to a loss of your sense of self. The best way to mend your heart is to become yourself again: exercise, try new hobbies, socialize with other people. All of these things will challenge you to rediscover your joys and fall in love with yourself all over again in the process.

## Customer Service Superstar!

**Our Customer Service Superstar for the month of February goes to Loretta Frye! Loretta is very hard working employee. Cloverleaf has so many compliments on how shiny and clean our floors are. With the yucky, salty, snowy weather Loretta stays on top of things and keeps it looking nice. Loretta does a good job with her housekeeping team making sure things are tidy and clean. Congratulations Customer Super Star for all you do!**



## February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Jill Bean	2/25
Shauna Cagle	2/09
Susan Miles	2/10
Diana Paver	2/28
Libby Payne	2/02
Julie Riegal	2/10
Greg Shomper	2/02

HAPPY BIRTHDAY!!!!

**Couples Don't forget to RSVP for our Valentines dinner. Menu to be served.**

- \*Ribeye**
- \*Baked Potato**
- \*Salad**
- \*Roll**
- \*Decadent Chocolate covered strawberries!!!**





