

NORBERT PERSONAL CARE HOME

2413 ST NORBERT STREET

PITTSBURGH, PA 15234

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www.norbertpersonalcare.com

#172

Insight Into OUR Personal Touch For Personal Care & Memory Care Residents

Let's Chat: Norberts!

Administrator's Corner >>>

Happy February, Residents, and Families!

February is the shortest month but packed with mini holidays and events, such as Groundhog Day, Marti Gras, Valentine's Day, and Chinese New Year. So much is always going on, and here at Norbert we enjoy all seasons and celebrate with gusto – just ask our residents.

February also means that we can say "next month is spring", certainly a welcome and warm thought.

Thank you for sharing all seasons with us, we are honored that you chose Norbert for your home and all your personal care needs. It is our privilege to consider every resident living with us as a part of the Norbert family.

Please remember, should you have any concerns or just want to say hello, I welcome you to stop by my office.

Most sincerely,
Mary Moran
Executive Director

You can also reach Mary by e-mail:
mmoran@norbertpersonalcare.com



OUTING FOR February

Texas Roadhouse!

SEE PG. 2 FOR
MORE INFO OR
JUDY IN
ACTIVITIES



A Month Full Of Holiday Possibilities

Celebrating All The Events Of The Month

We have everything from Groundhog Day, Chinese New Year, The Super Bowl, Mardi Gras, Valentines Day, President's Day and more which are fun on fun big days. We have several Clubs/Groups that you can participate in and join, why sit in your room? The T.V. is still there when you get back, BUT the events give us social time with our neighbors, learning new things, and saying I DID IT! We have the following things to try out:

- #1. Men's Club: the last Tuesday of the month Guys Only w/ food!
- #2. Baking Club: to make the Month's Tasty National Sweets & share.
- #3. Art & Hue Club: learn about artists and new techniques then...
- #4. Arts & Crafts Class: where we make it together Step-By-Step, but make it ourselves and if help is needed, we help each other.
- #5. Marble Club: Take old fashioned marble game and add a tabletop twist to it! Come try it out! New version is on its way for us soon.
- #6. Card Club: this is your gaming time. Go ahead down and learn a new card game, Mr. Bob G. is looking for new gaming partners to play a domino type game called Rummycube. Or work on coloring, wordsearches, puzzles and more.
- #7. Garden Club: when the season is getting close, we design the garden with the best way to plant vegetables and herbs in the garden by the outdoor gazebo. When spring is close, we get it planted & grow.

WE CARE...PLEASE HELP US TO HELP THEM

We are asking all the families to please check your loved one's clothes and Outdoor clothing as well for proper sizes and working coats/sweaters. We had several residents with non-working coat zippers when going on the last two outings. We also have some residents with clothes that are too small OR if they have lost weight, are too large for them now. We care for them better when they have the proper fitting and working clothing items. Thank you so much for checking into their articles for us.

1904 * 1916 * 1928 * 1940 * 1952 * 1964 * 1976 * 1988 * 2000

THE YEAR OF THE DRAGON!

Chinese New Year has come full circle, The Lunar Moon circle that is. Just like our owner zodiac signs, the Chinese Year of the, (which ever animal it is that year), is about personality traits and your lucky year, Ok Dragon, here are some fun traits just for you... **Dragons must be free & uninhabited, energy and gifted there are utterly irrepressible. Dragons are on a grand scale with all that they do, and this makes them fearless, confident, and successful. Their curse is conformation; rules and regs are made for others. Beware of their beauty and colorful spirit.**

The Dragon
2012 2000 1988 1976 1964...



The Dragon is easily excited and has a complex life. they are stubborn yet soft hearted. The dragon is a born leader. They love life and often run. Many people admire them. Dragons are proud, intimidating and overly emotional. dragons are theroughly devoted to any goal they set. The Dragon gets along with the Monkey and the Rat quite well but not with Dogs

Our Steelers Pride Holds Here We Go Steelers!!

**We may not be
in this year's
Super Bowl, but
we always have
our Black-N-
Gold's back.
Until next year,
stand tall &
proud.**



Life Enrichment Events For Our Upcoming February>>>

WINTER WEATHER BRINGS FUN DAYS!

WE PLAYED DON'T BREAK THE ICE... OUR WAY! We covered a Styrofoam cup with a napkin and rubber band. We soaked the napkin and little by little dropped Navy Beans on top to see whose napkin would break first.... Those napkins were strong!



Do You Remember A Time In Your Past?
Do you recall what this is?



Like many inventions, the icebox solved a specific need. In 1802, Thomas Moore, an American farmer, wanted to take his butter to market and have it still be firm, not the usual soft tubs his competitors offered. So, he made a portable icebox. His first one was an oval cedar box with a tin container inside, all packed with ice and covered with rabbit fur. That evolved into a larger icebox for home use, until electric refrigerators in 1930.



FEBRUARY BIRTHDAYS

ANDREA M. 02/05
DALE D. 02/28



MR. DALE'S
Inspirational Quote
Corner!

AS I LOOK BACK
ON MY LIFE, I REALIZE
THAT EVERY TIME I
THOUGHT I WAS BEING
REJECTED
FROM SOMETHING GOOD,
I WAS ACTUALLY
BEING RE-DIRECTED
TO SOMETHING BETTER.

KAYLA -
Is Our Star
Employee For
The Month Of
February!

Kayla R.: Kayla is our 11-7 Overnight Shift Med-Tech and Caretaker. She has been with us 2 years now and is ALWAYS willing to lend an extra hand when the evening shift needs assistance. Kayla has come to the rescue as a team-player on more than one occasion. This isn't always easy for her having 2 young children. Luckily, she has a great backing of family and friends that can help her out as well. We are glad to have a down to earth, always looking out for our residents, jump into action co-worker. Thank Kayla when you get the chance to see her.

Eye Spy At Norbert's >>>



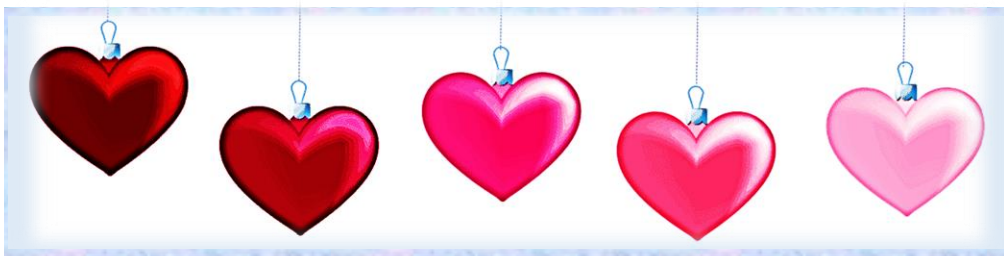
Christmas Cactus In Bloom Thanks To Our Garden Club Crew Keeping Their Eyes Out!



Resident to go out; INFORMATION:

- #1. Name of Resident Going?
- #2. What Time Is Pick-Up?
- #3. Who's Picking Up & A Good Phone #?
- #4. Roundabout Time Resident Will Return?
- #5. What meals are not needed by Norberts?

THIS HELPS WITH THE PASSING OUT OF
MEDICATIONS. THANK YOU KINDLY



A New Caution Is Out & About... Careful Of...

The news is all abuzz about unvaccinated children and the chance of Measles breaking out again. And of course, we are always on alert for Covid, Flu and Phenomena symptoms. PLEASE, MASK IF YOU HAVE DOUBTS. PLEASE WASH YOUR HANDS OFTEN. IF YOU ARE SHOWING ANY SYMPYOMS OF THESE ILLNESSES, STAY HOME & GET BETTER. We will be here for you when you are feeling better.

HEALTH AND TAKING CARE OF YOURSELF

When you cough or sneeze, cough into your tissue/napkin, elbow bend, or shirt.

WASH YOUR HANDS AFTER SNEEZING< COUGHING AND TOILETING!

If you DO NOT take care to wash properly, you could end up here.

Keeping Yourself healthy and your family and friends is a blessing.



WELCOME NEW EMPLOYEES

Let's welcome New Superstars!

MR. BRAD; Our New Hospitable and Team-player Maintenance Director! If you haven't met Brad yet, be sure to give him a shout out Hello with a gentle high-five. He's strong, don't hurt yourself.

MS. ALEXIS; 7-3 Daylight Shift Care Aide. She has been busy with us already by jumping right into working with our Memory Care residents. She will be happy to get to know all of you. Be sure to ask her about her 2 beautiful children!

MS. TAUNIA; 3-11 Evening Shift Care Aide. She is a familiar face to you all. She missed our residents and her co-workers, so she has returned to us. Welcome back!

WELCOME NEW RESIDENTS

Let's welcome Neighbors!

MS. DONNA! Soft spoken, sweet, and gorgeous smile to go with her beautiful hair. Shy for now, but we will get you out of your shell as soon as you have settled in. TEE-Hee-Hee! So nice to meet you Ms. Donna.

PITTSBURGH INTERESTS AND FUN FACTS

Super Bowl Images From Our Black-N-Gold Past



~ 2023-24 ~

PITTSBURGH PENGUINS

DATE	OPPONENT	TIME	RESULT	DATE	OPPONENT	TIME	RESULT
Sat, Dec 16	at Toronto	6:00 PM	_____	Thu, Feb 29	at Seattle	9:00 PM	_____
Mon, Dec 18	vs Minnesota	6:00 PM	_____	Sat, Mar 2	at Calgary	9:00 PM	_____
Thu, Dec 21	vs Carolina	6:00 PM	_____	Sun, Mar 3	at Edmonton	8:00 PM	_____
Sat, Dec 23	at Ottawa	6:00 PM	_____	Tue, Mar 5	vs Columbus	6:00 PM	_____
Wed, Dec 27	at NY Islanders	6:30 PM	_____	Thu, Mar 7	vs Washington	6:00 PM	_____
Sat, Dec 30	vs St. Louis	6:00 PM	_____	Sat, Mar 9	at Boston	2:00 PM	_____
Sun, Dec 31	vs NY Islanders	5:00 PM	_____	Sun, Mar 10	vs Edmonton	12:00 PM	_____
Tue, Jan 2	vs Washington	6:00 PM	_____	Tue, Mar 12	at Ottawa	6:00 PM	_____
Thu, Jan 4	at Boston	6:00 PM	_____	Thu, Mar 14	vs San Jose	6:00 PM	_____
Sat, Jan 6	vs Buffalo	6:00 PM	_____	Sat, Mar 16	vs NY Rangers	2:00 PM	_____
Mon, Jan 8	at Philadelphia	6:00 PM	_____	Sun, Mar 17	vs Detroit	5:00 PM	_____
Thu, Jan 11	vs Vancouver	6:00 PM	_____	Tue, Mar 19	at New Jersey	6:00 PM	_____
Sat, Jan 13	at Carolina	6:00 PM	_____	Fri, Mar 22	at Dallas	7:00 PM	_____
Mon, Jan 15	vs Seattle	5:00 PM	_____	Sun, Mar 24	at Colorado	1:00 PM	_____
Sat, Jan 20	at Vegas	9:00 PM	_____	Tue, Mar 26	vs Carolina	6:00 PM	_____
Mon, Jan 22	at Arizona	8:00 PM	_____	Thu, Mar 28	vs Columbus	6:00 PM	_____
Fri, Jan 26	vs Florida	6:00 PM	_____	Sat, Mar 30	at Columbus	6:00 PM	_____
Sat, Jan 27	vs Montreal	6:00 PM	_____	Mon, Apr 1	at NY Rangers	6:00 PM	_____
Tue, Feb 6	vs Winnipeg	6:00 PM	_____	Tue, Apr 2	at New Jersey	6:00 PM	_____
Fri, Feb 9	at Minnesota	7:00 PM	_____	Thu, Apr 4	at Washington	6:00 PM	_____
Sat, Feb 10	at Winnipeg	6:00 PM	_____	Sat, Apr 6	vs Tampa Bay	12:00 PM	_____
Wed, Feb 14	vs Florida	6:30 PM	_____	Mon, Apr 8	at Toronto	6:00 PM	_____
Thu, Feb 15	at Chicago	7:30 PM	_____	Thu, Apr 11	vs Detroit	6:00 PM	_____
Sun, Feb 18	vs Los Angeles	5:00 PM	_____	Sat, Apr 13	vs Boston	7:00 PM	_____
Tue, Feb 20	vs NY Islanders	6:00 PM	_____	Mon, Apr 15	vs Nashville	6:00 PM	_____
Thu, Feb 22	vs Montreal	6:00 PM	_____	Wed, Apr 17	at NY Islanders	6:00 PM	_____
Sun, Feb 25	vs Philadelphia	2:30 PM	_____				
Tue, Feb 27	at Vancouver	9:00 PM	_____				

ALL TIMES CENTRAL

TEMPLATETROVE.COM

Healthy Aging

While genetics plays a role in longevity, there are things everyone can do to ensure they stay healthy as they age.

- Eat healthfully
- Get regular eye and dental care
- Be physically active
- Undergo routine screenings
- Stay mentally active
- Keep socially connected

OSF HEALTHCARE

LET'S BEAT SEASONAL DEPRESSION

Work with me here... Just TRY... Are you roaming and lost in thought? Stop and talk to someone who is sitting alone. Are you bored and feeling blah? Check the Activities calendar, or check the game, puzzle, color, and model car shelf in the Activities area. Are you cold in one area but hot somewhere else? Always keep a sweater with you on your wheelchair or walker for quick use. We can help you to put it on. Are you sick of the same old T.V. stuff? Try some music or a book from the living areas.

Arts & Crafts...

The Try Is Important, Perfection Is Not.
The Feel-Good Feeling Of Doing Is
Amazing,
To Not Have Amazing Is To Regret.
NEVER REGRET.

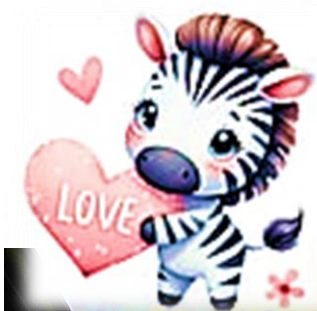
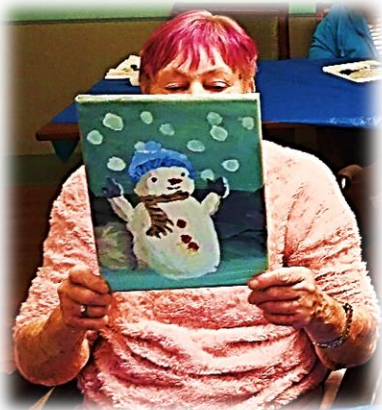
Painting is one thing. Taking a class to learn the shadows of light
and dark is remarkable. To experience the proud moment of
“AHH” is a feeling of Pride and Accomplishment.

“Snowman
On A
Winter’s
Night”



HOW MANY OF ME CAN YOU SEE,
WHILE ALWAYS BEING WITH YOU
TOO?

ONE LUCKY STAFF PERSON AND
ONE LUCKY RESIDENT CAN WIN IF
YOU HAVE THE RIGHT ANSWER TO
JUDY FIRST. GOOD LUCK!



WHEN YOU LOOK FOR TOMORROW, SOMETIMES THE
PRESENT IS CALLING TO YOU... “I’M RIGHT HERE.
ENJOY ME NOW. BECAUSE EVERYDAY IS NOT ALWAYS
FILLED WITH RAINBOWS. TODAY, RIGHT NOW,
NORBERTS IS SHOWERED WITH LOVING COLOR AND
SOFT RAIN. ENJOY.”

