



Gillespie Senior Residences, L.P

Neighbors



FROM THE DIRECTOR'S DESK



American Heart Month is celebrated in February!

Here are a few things to do during American Heart Month:

- * Wear red on the first Friday of February to raise awareness about heart disease, especially for women.
- * Eat a healthy diet low in sodium and saturated fat, and limit sugar and other sweeteners.
- * Try to get at least 30 minutes of moderate exercise a day.
- * Keep track of your blood pressure, cholesterol, and how much you exercise.
- * Talk to your health care provider about your heart health.



Stay Safe and Healthy!

Dionne Wyatt, CEO

The office will be closed:

- Monday, February 12th for Abraham Lincoln's Birthday
- Monday, February 17th for President's Day



Address:

P.O. Box 303
 760 Anderson St.
 Carlinville, 62626
 (217) 854-5393
 Fax: (217) 854-8749

Office Hours:

Monday & Tuesday
 8 a.m.-4:30 p.m.

CLOSED WEDNESDAY

Thursday & Friday

8 a.m.-4:30 p.m.

EMERGENCY

NUMBER:

(217) 827-2100

EMERGENCIES

INCLUDE:

- ◆ Gas leaks
- ◆ Broken water pipes
- ◆ Exposed electrical wires
- ◆ No heat (if the outside temperature is 45-degrees or lower)
- ◆ Sewer line stoppage (not drain line)- this includes a clogged toilet
- ◆ CO/Smoke detector beeping or chirping

Also fire, flood, or anything that threatens life, safety or property damage.

PREVENTATIVE MAINTENANCE & HOUSING QUALITY STANDARD INSPECTIONS

There are NO scheduled inspections for the month of February

INSPECTIONS MAY TAKE PLACE ON ANY DAY OF THE MONTH

BETWEEN THE HOURS OF 8:00a.m.—4:30 P.M, MONDAY—FRIDAY

*Q&A (Quality Assurance) inspections may take place on work orders and inspections anywhere from 3-5 days after the inspection/work order happened.

Valentine's Day

Find the words on the list in the word search below!

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H Z B M S W Q X F S V H B T J U V S

Z Q J F O O A A M C S P T N N N U F J E K M

C B I G L R R R T A F D X J W R H I M F R Q B L J C

Q G E A O H T U S X E I B B W D X A C S H D W W G O D H

U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z

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ARROWS
 CUPID
 FUN
 HEARTS
 LOVE
 RED
 SHARE

CANDY
 FLOWERS
 GIFTS
 KINDNESS
 NICE
 ROSE
 SWEET

CHOCOLATE
 FRIENDSHIP
 HAPPINESS
 LETTERS
 PINK
 SERVICE
 THOUGHTFUL

