February 2025 Volume 5, Issue 02



Neighbors

Gillespie Senior Residences, L.P

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 of 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.



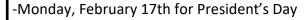
 Talk to your health care provider about your heart health.

Stay Safe and Healthy!

Dionne Wyatt, CEO

The office will be closed:

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







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. February 2025 Volume 5, Issue 02

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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XZNEIH
                         SBWV
ZBMSWQXF
            BBWDX
            C
             В
               U B
            E B
               Q E
            Т
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              ΖZ
                  NCHYJ
            DDZMHEYS
           BOTGPJ
            LVIR
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V R



ARROWS CANDY CUPID FLOWERS FUN **GIFTS HEARTS KINDNESS** LOVE NICE RED ROSE SHARE SWEET

CHOCOLATE FRIENDSHIP **HAPPINESS** LETTERS PINK SERVICE THOUGHTFUL

