

Citizens Care and Rehabilitation NEWSLETTER



February 2026

Special Events

King & Queen Crowning
Friday, February 13th, 2026
02:00 PM - 03:30 PM
AB Conference Room

Mardi Gras Donut Decorating
Tuesday, February 17th, 2026
02:00 PM - 03:00 PM
2nd Floor Dining Room

National Clam Chowder Day - tasting
Wednesday, February 25th, 2026
02:00 PM - 03:00 PM
3rd Floor Dining Room

Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air every five to 15 minutes. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal.

As the Arctic warms and ice recedes, polar and brown bear habitats have begun to

overlap, and hybrid polar-brown bear offspring have appeared. Dubbed nanulaks by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called pizzlies; reverse the parentage and it's a grolar bear.

However, as long as there is ice to roam and there are seals to hunt, a polar bear's home will always be the Arctic.

BULLETIN

Resident Refrigerator Reminder

Containers must have the resident's name and delivery date. AFTER three (3) days, the container and contents will be discarded.

Clothing

All clothing needs to be left with the receptionist to be labeled.

Volunteering

Interested in volunteering with the Citizen Activities

Department

You can contact

Cathie Troxell

240-772-9229

ctroxell@citizenssnf.com

Auxiliary Group

The group is looking for members to join

Gift Shop

Is open daily from
1:00pm – 4:00pm

Happy Birthday!

J. Auldridge	A. Fleshman
E. Free	P. McBride
G. Desa	R. Whittemore
A. Boyd	J. Smock
M. Putman	D. Jorge
J. Helfant	E. Kinslow
R. Fouche	L. Wolf



Dancing the Divine

Ballet is not only a beautiful and elegant dance form, but it's also the perfect civilizing art, says ballerina, critic, and historian Jennifer Homans.

Throughout its history, ballet has been used to refine the body, mind, and soul. Since its origins

as a dance of wealthy Italians during the Renaissance, ballet grew beyond the dance floors of the rich. To develop its fluid and balanced movements, choreographers used math and geometry, then taught by ballet teachers to their students. The dance was

thought to be so harmonious and perfect that it was given religious significance. In their view, mastering ballet could actually improve the soul. With results like that, why not try a few

steps on February 7, Ballet Day?



Years of Service

Faye Scott

Warm & Heartfelt

Congratulations on 40 years of service! Your dedication, Compassion, and unwavering commitment have touched so many lives. Thank you for the countless contributions you've made over the years—you truly make a difference every single day.



Welcome New Employees

Please join us in giving a warm welcome to all new employees who have joined Citizens Care & Rehabilitation Center since the new year. We're excited to have each of you as part of our community!

**Angelina Showell–Nursing
Olajumoke Adetobi–Nursing
Mvo Kang–Nursing
Anika Graunke–Nursing
Rebecca Simpe–Nursing
Ashley Barlet–Nursing
Fortunate Perezu–Nursing
Gizelle Alfaro–Nursing
Julia Scarfield–Nursing
Caitlyn Connolly–Nursing
Victoria Candelaria–Nursing
Kasey Click–Nursing
Aliya Dowling–Nursing
Ibtisam Ally–Activities
Darrin Harden–Dietary
Tinna Davis–Housekeeping**