



Gillespie Senior Residences, L.P

Neighbors



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.

FROM THE DIRECTOR'S DESK

The month of February is dedicated to raising awareness about heart disease and promoting cardiovascular health!



Here are a few tips to have a healthy heart:

- * Eat well– that means to eat those veggies and whole grains. Switch to a healthy oil like Olive or avocado oil.
- * Move those bones!- The Department of Health and Human Services advises at least 5 hours of moderate –intensity activity.
- * If you are a smoker-Quit!
- * Get those Zzz's-sleep at least 7-9 hours daily
- * Keep that cholesterol in check!-High cholesterol can lead to plaque accumulation in the arteries, main driver for heart disease!

The office will be closed:

- * Thursday, February 12th for Abraham Lincoln's birthday
- * Monday, February 16th for President's Day

Stay Safe and Healthy!

Dionne Wyatt, CEO

PREVENTATIVE MAINTENANCE & HOUSING QUALITY STANDARD INSPECTIONS

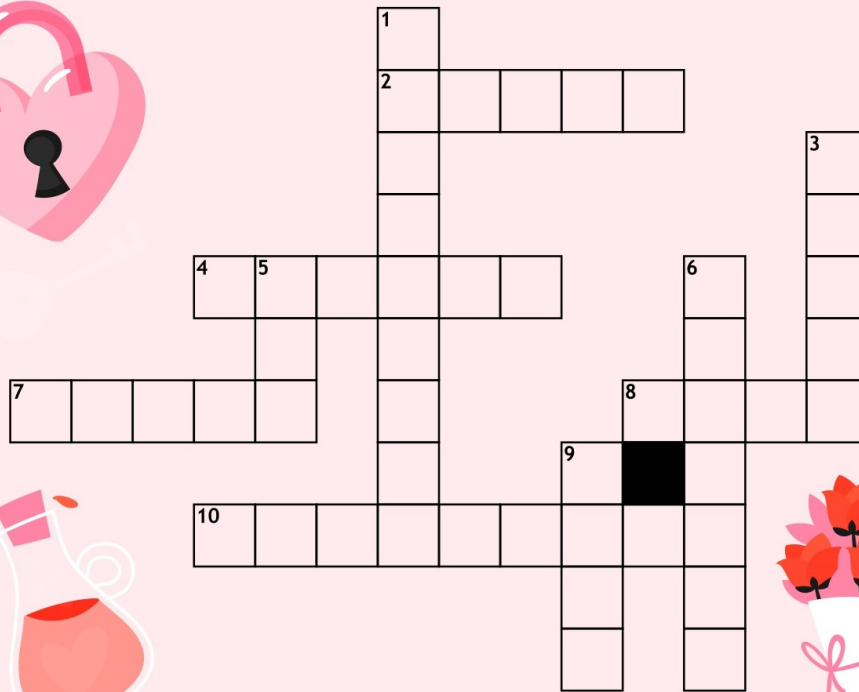
There are NO scheduled inspections for the month of February

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 Crossword



Across

- 2. Valentine's Day shape
- 4. Cupid shoots this at people
- 7. He flies and shoots arrows at people
- 8. We use this to wrap around boxes
- 10. Will you be my _____?

Down

- 1. This type of candy is brown and yummy
- 3. These flowers are red and have petals and thorns
- 5. The color of Valentine's Day
- 6. They smell good and we love to give them out on Valentine's Day
- 9. Secondary Valentine's Day color