

850-674-4311

The BHRc Times

MARCH 2018

Blountstown Health and Rehab Center

16690 S.W. Chipola Rd, Blountstown, FL 850-674-4311

Grant Williams, Administrator ext. 122

Yadira (Jay) Prowant, Director of Nursing ext. 102

Spring Has Sprung at BHRc

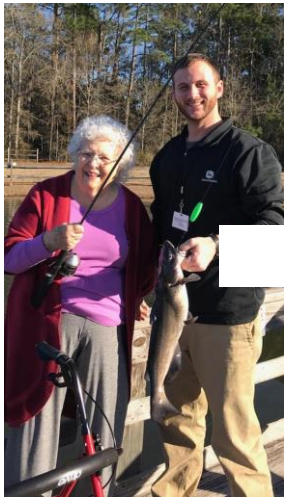
Proudly Serving our Community since 1996.

Fun times are among us as we begin enjoying the outdoors with the help from our Therapy Dept.

We are planting a garden in bales of hay & fishing!

(Yes, there's some big ones in our resident's catch & release "Private Pond")

(No, it is not open fishing to anyone else!)



Mardi Grau at BHRc

We all really enjoyed the celebration!





Wednesday the 15th we enjoyed the special group; **The 39ers** who thoroughly entertained us with a variety of excellent singing, music and stories that truly warmed our hearts!



St. Patrick's Day Word Search

b	s	e	p	c	l	t	i	o	w	r	i	e	s
l	o	p	a	p	d	k	e	r	h	k	b	n	d
i	g	i	d	f	l	p	t	h	i	a	u	w	m
d	u	n	g	e	n	u	m	o	c	s	s	g	a
m	w	c	p	l	b	r	c	p	d	g	h	o	s
r	s	h	a	m	r	o	c	k	f	k	r	l	i
t	k	u	h	u	w	l	u	a	w	j	s	d	j
a	g	e	w	r	g	s	b	f	c	s	b	u	m
i	w	c	k	j	r	n	r	a	i	n	b	o	w
n	p	t	l	a	e	g	h	u	k	h	i	p	g
t	l	e	p	r	e	c	h	a	u	n	d	m	d
f	o	b	a	o	n	m	k	e	l	n	t	c	k
r	a	w	n	m	t	u	g	o	h	l	a	g	h
k	g	s	t	p	a	t	r	i	c	k	c	p	l

- | | |
|------------|-------------|
| Shamrock | Luck |
| Green | Pot |
| Leprechaun | Pinch |
| Gold | St. Patrick |
| Rainbow | Irish |



**Welcome Our
Newest Employees**
Anthony Maysonet
Marie McClendon

- Social Services,
Admissions
& Marketing**
Tammy Godwin ext. 103
- Asst. D.O.N.**
Rebecca Bailey ext.104
- East Nurses Station**
Ext. 109 & 110
- West Nurses Station**
Ext. 108 & 111
- Therapy Dept. Manager**
Chad Pomes ext. 129
- Business Office Manager**
Cecilia Shiver ext. 112
- Environmental Director,
Housekeeping & Laundry
Manager & Central
Supply**
Todd Prowant ext. 101
- Dietary Manager**
Sarah Mabbot ext. 106
- Activities Director**
Debby White ext. 107
- Maintenance Director**
Thomas Cook ext.114
- Risk Mgr. & Quality
Assurance**
Wendy Byrne ext. 116
- MDS Coordinator**
Becky Pass ext. 121
- Payroll/Benefits Coord.**
Kyla Sims ext. 127
- Medical Records,
Transportation &
Scheduling**
Sarah Lee ext. 115

Administrators Corner
After 5pm please use the Therapy entrance since the front entrance is secured at 5pm.

We Would like to personally thank our residents, families, and staff for your extra precautionary measures in dealing with this year's flu season.

As a reminder to all staff! Staff meeting are at 7:30am & 2:00pm on the 2nd payday every month!

Thanks for all you do!
Grant Williams, Administrator

ACTIVITY NEWS

March 2018

Congratulations to **Mr. Thomas Adams & Sandra Adams** for being selected our Valentine Sweethearts.

This lovely couple has been married for 57 years & have 3 children, 7 grandchildren & 6 great grandchildren.

Their secret to a happy marriage is to "Always consider each other's feelings & work at it" and "You've got to give 100% & take 100%."

They met at church and fell in love at first sight. Their advice for others is to get into a full gospel church and read, read, read your Bible. Also, "Just love life because it is short and precious."

Mardi Gras was a very festive event with masks, beads, hats, crowns, music, dancing, horns, refreshments and lots of fun and laughter. Everybody had a great time!

We are starting a new program called "Healthy Habits."

This activity will provide health tips regarding some common health issues. We also have a fun exercise DVD for those who wish to get some physical exercise as well.

In addition to our regularly scheduled programs we will be doing St. Patty's crafts, St. Patty's party, Easter crafts, Helping Hands and Comedy Classics. EVERYBODY HAVE A MARVELOUS MARCH!!



BHRC Activities Staff!!!



L-R Charlotte Martin, Patricia Anderson & Debby White

News from BHRC Book club

First Place Winner for Most Books Read Last Month is:



- | | |
|---------------------------|----------|
| Sandra Adams | 10 Books |
| Lucille Pitts | 6 books |
| Doris Smith | 0 books |
| Shirley Strickland | 0 books |

Welcome our 2 newest members of the Book Club: Curtis Lollie & Larry Tranum

Residents that would like to join the Book Club please see Patricia in Activities!

Resident Choice

Meal of the Month

March 14th

Pancake Breakfast

Prepared & Served by Grant Williams in the Dining Room

- Pancakes**
- Syrup & Butter**
- Bacon**
- Sausage**
- Fruit**
- Beverage of Choice**

<i>Birthdays of the Month</i>			
<u>EMPLOYEE</u>		<u>RESIDENT</u>	
Patricia Anderson	Mar 6 th	Dorothy Ward	Mar 9 th
Charlene Clark	Mar 7 th	Eddie Burkes	Mar 12 th
Lela Williford	Mar 9 th	Lucy Johnson	Mar 23 rd
Lindsey Laramore	Mar 9 th	Tracey Long	Mar 26 th
Shirley Wilson	Mar 14 th		
Daina Esgro	Mar 15 th		
Brooke Whitfield	Mar 18 th		
Rachel Redmond	Mar 27 th		

BHRC

Employee of the Month

Daina Esgro



Congratulations to Daina Esgro our BHRC March Employee of the Month. Daina was born in Lakeland, FL. & raised in Wacissa, FL until she was 15 when her parents Glenn & Renee Clark moved to Blountstown. Daina graduated with Honors from BHS in 1998.

She then moved to Ponti Vedra, FL. near Jacksonville Beach where she met Domenick Esgro in 2005. They married in 2008 & have 2 children Cayden 11 & Zyla 5. She loved staying home with her children, taking them to the Zoo, Wild Adventures & even concerts there. After moving to Blountstown & her children began school Daina began working. Her & her husband still love going to Rock & Metal Concerts in Jacksonville.

The furthest & most excited place she has ever been is Pittsburgh, Pa. There they took the Ducky tour on the WWII amphibious boats. They went to Look Out mountain where it overseas three rivers and Hines field Stadium & seen the lights at night!

Daina was a student in BHRC's 2016 CNA Class & has been an asset and an inspiration here at BHRC every since. We asked her: Because getting it right matters here, what does BHRC always get right? Her reply quickly was "Patient Care" When asked what does it take to do what you do. She replied: "Patience, Understanding and Compassion!" She also commented she loves interacting with everybody here & especially working the 500 hall where she gets to see everyone come & go. If she could have one wish it would be "to see no child suffer." She says it breaks her heart to see a child suffer. Seeing her children happy with a smile on their face makes her the happiest. Advice she leaves us with is "Don't take anything for granted"

BHRC Resident Spotlight

Burrell Sumner





This month our spotlight shines on Burrell Sumner! Burrell was born & raised in Liberty County, 18 miles south of Bristol. He graduated from Liberty County & growing up he loved playing basketball. He met his wife Alleen in San Diego California & adds she is his greatest memory. He is most grateful for his outstanding wife, 3 children & 7 grandchildren. His parents were Hattie & Clyde Sumner, he is the oldest of 9 children, 8 which are still living. Burrell has lived in South America, Canada, Korea & Italy. The furthest he has traveled was China & the most exciting place was Tokyo, Japan.

Something unique about Burrell is he become a pilot on a High School Education & if he could have one wish to do something exciting it would be to go flying again. Mr.

Sumner was a pilot in the United States Marine Corps where he retired from. He was awarded the Distinguished Flying Cross, 3 Air Medals along with 12 other medals. Mr. Sumner enjoys Hunting & Fishing & always loves a good comical story. He says what he likes most here at BHRC is the services from the staff and one thing above all that BHRC gets right all the time is Med Pass.

Advice he gives is to practice good health habits & be careful about what you do and just think about it 1st.

MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <i>Visit Our Website!</i> www.blountstownhealthandrehab.com	CHAPLAIN VISITS – TUESDAYS	ONE TO ONE PROGRAMS- MONDAY- FRIDAY & SUNDAY	MAIL CALL- MONDAY- SATURDAY EXCEPT HOLIDAYS	1 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Activity Committee	2 9:30 Social Club 9:45 Shape UP 10:00 Kinard Church 2:00 Waffle Party 5:30 Resident Choice	3 9:15 Good Morning Rounds 10:00 Fun & Games 2:00 Bingo
4 9:30 Poplar Head Church Service 2:00 Sunday Sundaes	5 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Resident Council	6 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 St. Patty's Crafts 5:30 Resident Choice	7 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	8 9:30 Social Club 9:45 Shape Up 10:00 Glad Tidings 2:00 Spunky Spirits	9 9:30 Social Club 9:45 Shape Up 10:00 Hot Potato 2:00 Guy time 5:30 Resident Choice	10 9:15 Good Morning Rounds 10:00 Fun & Games 2:00 Bingo
11 9:30 Poplar Head Church Service 2:00 Red Oak Church	12 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Helping Hands	13 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Cooking Club 5:30 Resident Choice	14 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	15 9:30 Social Club 9:45 Shape up 10:00 Dwayne's Hour 2:00 Pie of the Month	16 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 St. Patty's Party 5:30 Resident Choice	17 9:15 Good Morning Rounds 10:00 St. Mary's Baptist Church 2:00 Bingo
18 9:30 Poplar Head Church service 2:00 Popcorn Party	19 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Comedy Classics	20 9:30 Social Club 9:45 Shape up 10:00 Bingo 2:00 Healthy Habits 5:30 Resident Choice	21 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	22 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Book Club	23 9:30 Social Club 9:45 Shape Up 10:00 Steve & Friends 2:00 Cooking Club 5:30 Resident Choice	24 9:15 Good Morning Rounds 10:00 Kinard Ladies 2:00 Bingo
25 9:30 Poplar Head Church Service 2:00 Sunday Sundaes	26 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Enjoying Everyday Life	27 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Easter Crafts 5:30 Resident Choice	28 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:30 Pretty Nails	29 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Enjoying the Outdoors	30 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Birthday Bash 5:30 Resident Choice	31 9:15 Good Morning Rounds 10:00 Fun and Games 2:00 Bingo