

850-674-4311

The BHRc Times

NOV 2018

Blountstown Health and Rehab Center

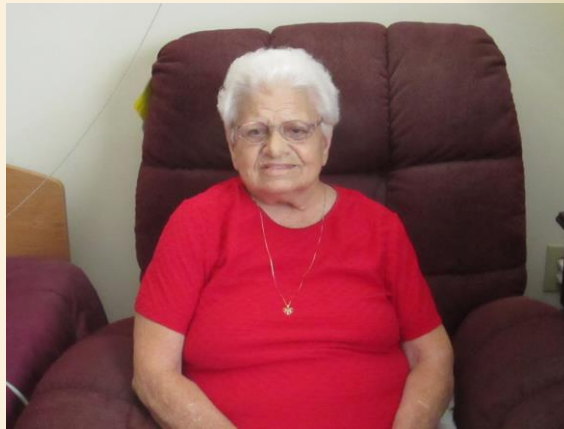
16690 S.W. Chipola Rd, Blountstown, Fl. 850-674-4311

Grant Williams, Administrator ext. 122

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

BHRC Resident Spotlight

Mae Parker



This month, our spotlight shines on Mae Parker

Mae Parker was born at home and delivered by her Granny, Lacy Downs & Julia Owens (step-mother. Her Mom passed away during childbirth. She has one son & a half-sister. She said she has lived about everywhere but mentioned Texas, Sumatra, Apalachicola. As a child she played with marbles, various ball games & even played on the railroad tracks. She attended a community school and remembers teacher Inez Parrish quite fondly. Her Dad worked and her mom was a stay at home housewife, Mae stayed in trouble & went to church. She met her husband in Bristol & they honeymooned in Apalachicola. He was a construction worker & she worked in dietary. Texas is the furthest she has traveled & Miami is the most exciting place she has visited. Her favorite hobby is reading. When asked what is one thing BHRC always gets right, she replied "giving her Meds". If given one wish it would be to have her daughter back. She loves crazy people, working and having 2 cups of coffee every morning & is most grateful for life. Advice she likes to give is: "Don't believe none of it."

John El Tipton

**"Congratulations John El"
BHRC's**

October Employee of the month!!!

John El was unanimously nominated & selected by his peers for his dedication & continuous service to others during the wrath of Michael & each & every day.

**John El has been our Floor Tech
at BHRC since 17 Apr 2005**

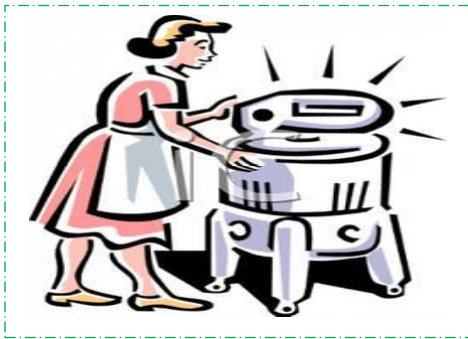


*Happy
Thanksgiving
Family & Friends
of BHRC*





Shirley Wilson 7am-2pm
400-600 Halls/Residents
Makayla Harvell 3pm-10pm
100-300 Halls/Residents
Frances Goff weekends 8am-10pm
100-600 Halls/Residents
Insure you let us label all clothes before giving them to residents



Serving you since 1996

November Birthdays

RESIDENTS

Christine Peddie Nov 3
Vera Dudley Nov 8
Janet Ballard Nov 9
Ruby Gibson Nov 11
Hazel Stewart Nov 11
Shirley Stone Nov 18
Joy Klewer Nov 19
Norman Krentzel Nov 22
Jessie Mullenax Nov 26
Ruth Wood Nov 26
Johnny Crumbie Nov 27

Employees

Elizabeth Rogers Nov 1
Grant Williams Nov 4
Amanda McKenzie Nov 7
Mary Hunter Nov 16
Brittany Flowers Nov 20
Terriane Edenfield Nov 30



“Please Welcome”

Our Newest Employees

-Susanne Lowery

-Thea Faber

-Brittany Chambers

-Lela Lynn

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. 130
Dietary Manager
Sarah Mabbot ext. 106
Activities Director
Debbie White ext. 107
Maintenance Director
Thomas Cook ext.114
Risk Mgr., Quality Assurance, MDS Coordinator
Becky Pass ext. 121
Payroll/Benefits Coord.
Kyla Sims ext. 127
Medical Records, Transportation & Scheduling
Kayla Prowant ext. 115



Like us on: **facebook**

Visit Our Website!

blountstownhealthandrehab.com

Join our Team!! Apply Online Today!!



WE ARE TRULY BLESSED

We cannot express enough the gratitude we have for all of the support we received during our recent encounter with Hurricane Michael.

There were immediate inquiries about the needs of our residents and staff and the response was overwhelming. We also appreciate the many prayers and the messages we received letting us know you were thinking about us and wanted to help in any way possible. It was a scary experience we will never forget. But we will also never forget how God blessed us with protection and the kindness shown from those here and far away.

May God Bless You All!



Housekeeping at its finest!

Please let your Housekeeper know how they are doing & if you need anything else!

BHRC Book club News

Most Books Read this month was by

James Rollins

He read 16 Books



Mae Parker	14 Books
Suzan Hobbs	10 Books
Shirley Strickland	8 Books
Sandra Adams	6 Books
Curtis Lollie	6 Books
Mary Salter	6 Books
Larry Tranum	3 Books
Doris Smith	3 Books

Residents that would like to
“JOIN THE BOOK CLUB”
please see Patricia in Activities!

BHRC Road to Recovery after the wrath of Michael!

BHRC, would like to thank everyone involved with supporting the staff & residents through this very trying time. Calhoun County Emergency Services & various agencies that have been helping our community get back on its feet have been amazing. There are too many agencies & volunteers to list in a single post but be rest assured we will be following up with you all to show you how much we appreciated your help on behalf of the staff & residents. This is just the beginning of our recovery, but man was it nice to hear that power come on & those AC units kick in! A special thank you to our staff for being absolute troopers & doing what they do best, putting our residents first!

We are very proud to have each & every one of you! Sincerely, Grant Williams, BHRC



BHRC makes "NATIONAL NEWS"

2018-2019 BEST NURSING HOMES by
"U.S. News & World Report"



BHRC receives the highest rating possible again this year.

The U.S. News Overall Ratings assign each eligible nursing home a rating from High Performing to Poor.

Blountstown Health and Rehab Center (BHRC) is proud to be identified for the past 4 consecutive years as "HIGH PERFORMING".

We strive to set the industry standard here in the Panhandle of Florida at BHRC.

This rating evaluates the care of a wide range of resident conditions at the nursing home, including both long-term chronic care and shorter-term rehabilitation. The data used to evaluate these homes come from the federal Nursing Home Compare program, and incorporate the nurse staffing, health inspection, and quality measures star ratings. In addition to these measures, nursing homes were assessed based on the appropriateness of the therapy minutes provided to their residents as well as the consistency of their reported nurse staffing across self-reported and payroll-based reporting systems. The best of these facilities are identified as "High Performing" in overall care and recognized as Best Nursing Homes.

Just 1,837 nursing homes met that bar. Only 736 of those were also rated high performing in short-stay rehabilitation. That's a small fraction of the 15,000-plus nursing homes in America – fewer than 1 in 8 facilities nationwide met U.S. News' exacting standard. By contrast, good skilled nursing facilities are hard to come by in much of the South. Across Arkansas, Louisiana, Oklahoma and Texas, for example, fewer than 1 in 50 nursing homes received a high-performing rating in short-stay rehabilitation.

As those numbers make plain, patients and families must be discriminating if they want to obtain the best nursing home care available in their communities. The new U.S. News ratings give them a good place to start

Which Nursing Homes Are the Best?

Many nursing homes provide long-term care for residents who are no longer capable of taking care of themselves. Nursing homes usually get a bad rap – for reasons that are sometimes justified. Stories of substandard care abound, and for many seniors, nursing homes are a residence of last resort, when failing health puts other living arrangements out of reach.

But many nursing homes – also sometimes called skilled nursing facilities or SNFs – rise above their industry's reputation such as "BHRC". Some provide excellent care not only to long-term residents but also to relatively healthy people who only need a short stay for rehabilitation after elective surgery or an unexpected health event that landed them in the hospital.

To help patients and their families select the right facility for their needs, U.S. News journalists and data analysts developed a rigorous new data-driven methodology for evaluating nursing homes. New ratings evaluate each nursing home in two arenas: short-stay rehabilitation care and overall care, which is often focused on long-term residents. Now, for the first time, these brand-new Best Nursing Homes ratings are available to the public.

An Option for Recovery After a Hospital Stay

Contrary to a common misconception, nursing facilities aren't used only by people who are old and infirm. Every day, thousands of patients who are ready to begin recovery after a hospitalization are discharged from a hospital to nearby a skilled nursing facility. Some have recently experienced a medical event such as heart attack, stroke or serious infection. Others may be recovering from an accident or other physical trauma. Still others may be on the mend after a hip or knee replacement or other elective surgery.

A temporary SNF stay may last days or weeks – Medicare will cover the cost of up to 100 days – and frequently involves rehabilitation therapy, which can include a combination of physical, occupational and speech therapy. When patients are ready to leave the SNF, many return to their homes – sometimes healthier and more physically able than when they left.

Because medical professionals call hospital care "acute care," short-stay skilled nursing care is often called post-acute care. Some nursing facilities even specialize in post-acute care and may not have any long-term residents.

Post-acute care and rehab can occur in settings other than nursing homes, including a patient's own home or a specialized kind of hospital known as either a rehabilitation hospital or inpatient rehabilitation facility. The right setting for post-acute rehabilitation depends on an individual patient's health status and needs as well as the availability of support from family – and whether high-quality skilled nursing or rehabilitation facilities exist in their area. At BHRC, we strive to meet all your needs.

A Permanent Home for Mom or Dad

The other type of care that nursing homes provide is long-term care for residents, often elderly, who are no longer capable of taking care of themselves. Nursing homes can be the last stop in a continuum of senior care that ranges from living on one's own to living in an independent living facility, an assisted living facility and, finally, a nursing home.



Rated 5-Stars
Overall, Quality & Staffing
by Centers for Medicare
& Medicaid Services



5 OUT OF 5 STARS
HIGHEST QUALITY RATING
FROM MEDICARE

Thanksgiving Word Scramble



1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. eremnbv _____
13. gobabl _____
14. dessret _____
15. ngstufif _____
16. uyhtarsd _____
17. efats _____
18. rgavy _____
19. nnasidi _____
20. rbeda _____



HOW MANY WORDS CAN YOU MAKE?

T H A N K S G I V I N G									
1	11								
2	12								
3	13								
4	14								
5	15								
6	16								
7	17								
8	18								
9	19								
10	20								

ACTIVITY NEWS - NOVEMBER 2018

Covenant Hospice will be **honoring our Veterans** on November 6th. They will be presenting a **patriotic program** recognizing those who have proudly served our country. Covenant has been hosting these programs for several years & we certainly appreciate their dedication.

On Thanksgiving residents & staff will be served a **delicious traditional meal**. Afterwards, residents will be able to relax and **enjoy a movie** of their choice.

During morning activity program, they will have a **time of sharing** what they are thankful for.

We are in the process of forming some **new clubs** & trying out some **new activity programs** in addition to those programs the residents choose to keep on our calendar.

WE HOPE EVERYONE HAS A WONDERFUL AND BLESSED THANKSGIVING!



HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	F	F	K	N	A	H	T	D
M	V	O	I	S	T	C	J	Y	I	N	G	F	C	B
P	J	J	L	W	M	N	K	T	J	T	W	A	N	R
K	A	A	U	I	K	G	D	T	M	U	D	M	G	E
I	R	V	H	C	D	A	O	H	C	Y	E	I	J	A
N	R	B	I	E	D	S	L	R	K	I	R	L	D	D
Q	R	I	O	R	L	D	S	Y	E	P	F	P	K	A
F	Q	U	E	N	D	S	L	A	P	I	F	L	L	O
S	A	B	L	B	L	S	L	S	U	O	B	L	O	O
W	A	Y	G	S	E	L	O	A	T	P	P	L	O	F
X	S	A	L	A	D	I	X	S	T	L	B	Q	I	U
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	F
F	L	T	H	A	N	S	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. THANKSGIVING	5. THANKFUL	9. STUFFING	13. PUMPKIN
2. HOLIDAY	6. FOOD	10. SALAD	14. PIE
3. FAMILY	7. TURKEY	11. BREAD	15. VEGETABLES
4. FRIENDS	8. POTATOES	12. YAM	16. HAM

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ACTIVITIES ARE SUBJECT TO CHANGE</p> 	<p>Chaplain Visits Tuesdays</p>	<p>One to One Programs Sunday Through Friday</p>	<p>12th VETERANS' DAY</p> <p>22nd THANKS GIVING</p>	<p>1 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Activity Committee</p>	<p>2 9:30 Social Club 9:45 Shape Up 10:00 Brain Teasers 2:00 Crochet Club 5:30 Resident Choice</p>	<p>3 9:15 Good Morning Rounds 10:00 Fun & Games 2:00 Bingo</p>
<p>4 9:00 Church Service 2:00 Sunday Sundaes</p>	<p>5 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Resident Council</p>	<p>6 9:30 Social Club 9:45 Shape Up 10:00 Veterans' Social – Covenant Hospice 2:00 Bingo 5:30 Resident Choice</p>	<p>7 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p>	<p>8 9:30 Social Club 9:45 Shape Up 10:00 Glad Tidings 2:00 Pie of the Month</p>	<p>9 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Cooking Club 5:30 Resident Choice</p>	<p>10 9:15 Good Morning Rounds 10:00 Fun & Games 2:00 Bingo</p>
<p>11 9:00 Church Service 1:30 Red Oak Mennonite Church</p> <p>VETERANS' DAY</p>	<p>12 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Veterans' Day Observance</p>	<p>13 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Holiday Crafts 5:30 Resident Choice</p>	<p>14 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p>	<p>15 9:30 Social Club 9:45 Shape up 10:00 Dwayne's Hour 2:00 Guy Time</p>	<p>16 9:30 Social Club 9:45 Shape Up 10:00 Steve & Friends 2:00 Taste Test 5:30 Resident Choice</p>	<p>17 9:15 Good Morning Rounds 10:00 St. Mary's Baptist Church 2:00 Bingo</p>
<p>18 9:00 Church Service 2:00 Popcorn Party</p>	<p>19 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Enjoying Everyday Life</p>	<p>20 9:30 Social Club 9:45 Shape up 10:00 Bingo 2:00 Cards & Games 5:30 Resident Choice</p>	<p>21 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p>	<p>22 9:30 Social Club 9:45 Shape Up 10:00 Giving Thanks 2:00 Movie Time</p> <p>HAPPY THANKSGIVING</p>	<p>23 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Cooking Club 5:30 Resident Choice</p>	<p>24 9:15 Good Morning Rounds 10:00 Kinard Ladies 2:00 Bingo</p>
<p>25 9:00 Church Service 2:00 Sunday Sundaes</p>	<p>26 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Enjoying the Outdoors</p>	<p>27 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Holiday Crafts 5:30 Resident Choice</p>	<p>28 9:30 Social Club 9:45 Shape Up 10:00 Bible Study</p>	<p>29 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Swift Water</p>	<p>30 9:30 Social Club 9:45 Shape Up 10:00 Balloon Volley Ball 2:00 Birthday Bash 5:30 Resident Choice</p>	<p>PUPPY VISITS FRIDAY</p> 