850-674-4311

The BHRC Times

JAN 2019

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

Doris Smith

This month, our spotlight shines on Doris Smith

Doris was born in Liberty county & lived there until adulthood. She attended Hosford Junior High & Leon County High School. As a young child she recalls loving to Jump Rope & play drop the handkerchief. In her family she has two daughters & one son. Doris met her spouse at a picnic on the Ochlocknee River & were married in June of 1946. The furthest Doris has traveled is Ft. Worth Texas & Alaska. She worked many years at Gayfer's Mercantile Store. We asked what one thing above all does BHRC get right & she replied "The Staff", that is also what she likes best about BHRC. Doris' favorite pastime time is bird watching. The most exciting place she ever visited was Alaska & if given one wish it would be to go back to Alaska. She also loves going to the Caverns. One of Doris' greatest accomplishments was saving a little girl from drowning in Lake Talquin. She is most thankful for her children & says all children make her happy & smile. When asked what advice she had for our readers she said, she doesn't like giving advice.

Friday, January 18th
Resident Choice Lunch
Meal of the Month

Chicken & Dumplings
Peas & Carrots
Cornbread
Fresh Baked Cookies
Drinks

Mary Smith

"Congratulations Mary"

BHRC's

Dec. Employee of the month!!!

Thank You Mary for being such a wonderful blessing to our residents and staff always so kind, pleasant & helpful.
A true asset to our 5 Star rating

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
Debby 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
Sandra Baber ext. 115

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Now Accepting Applications for all positions

Visit Our Website!
blountstownhealthandrehab.com

Join our "5 Star" Team Today!!
Excellent 401K & Benefits!

January Birthdays

RESIDENTS

James Gibson	Jan 1
Gladys Winters	Jan 3
Agnes Waldorff	Jan 5
Albert Flitcraft	Jan 5
Mattie Webb	Jan 8
Amanda Dickens	Jan 14
Vivian Bailey	Jan 19
Patricia Pope	Jan 21
Sandra Cook	Jan 28
Jewell Smith	Jan 28
John McQuaid	Jan 30

Employees

TAYLOR CLEMONS	Jan 3
HALEY GRIFFIN	Jan 11
ASHLEY BATTLES-BROWN	Jan 12
ERIK ANDERSON	Jan 12
JOHN TIPTON	Jan 17
REBECCA BAILEY	Jan 20
KAYLA BARTON	Jan 20
SANDRA BABER	Jan 27
BRENDA SMITH	Jan 29
VERLIE MCLENDON	Jan 30

"Please Welcome"
BHRC's Newest
Employees

Chester Quick

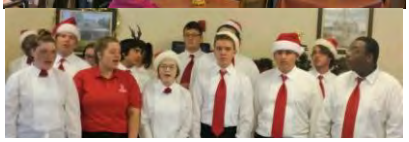
Albert Varnum

Satoria Varnum

Caitlin Jansen

ACTIVITY NEWS

January 2019



To all of you who came to entertain us with fantastic musical programs, gifts, food, cards, socialization and other acts of kindness, we sincerely thank you. You made our Christmas a very special and memorable time. A special thank you to our in-house Santa, a.k.a. Larry Tranum who looked great & did a spectacular job! He definitely brought smiles & joy to everyone. Our communities continue to care for each other & were certainly blessed by generosity of so many caring people. We would like to welcome Sandy Spisak as one of our newest volunteers. Sandy is very energetic with experience in art, photography, crafts, cooking, baking & music being among some of her talents. She also has a passion for reaching out & helping others which is certainly a great asset. We would also like to welcome The Liberty Holiness Church which is scheduled monthly. The residents thoroughly enjoyed listening to The Christmas Story & beautiful music. Along with our regularly scheduled activity programs, we will be honoring Martin Luther King, Jr. & have a party in honor of Elvis Presley's birthday.

January is National Blood Donor Month

"Congratulations"

2018

BHRC

EMPLOYEE

OF THE YEAR

John El Tipton

"Congratulations from the Residents & your Peers"

John El Tipton was born Jan. 17th1980 in Panama City, his family lived around Mexico Beach, Fl. & moved to Bristol with his parents & Sister Joanna who he is very close too. He is a 1999 Graduate of Liberty County High School & continues to reside in Bristol, Fl. John says his family is a blend of the North & South with late father being from Connecticut & his Mom being from the local area here. John El began his career at BHRC in April of 2005 as the floor tech in Housekeeping. He says to keep the floors shining, it takes commitment, Patients & being able to work well with others. He gave his life to the lord at 10 years old & ever since he has had a passion for helping people in any way he can. Through school he wanted to be a youth pastor but knew he might not be able to go to Bible College for what he was looking for. A friend of his told him about the Rotary Youth Camp (RYC), so in 1999 he began working at RYC which became his college experience for 17 yrs. He enjoyed being like a big brother & friend to the campers with disabilities. Camp helped him just as much as the campers & he felt like he was a part of something great & they became like family. John El says after being here 3 years the therapy dept. had a theme day for Halloween & asked him to be their Tin Man. It surprised him since he wasn't in their department. "Even though my title is floor tech. in housekeeping I feel included in most aspects of the other departments. This is something you don't find in most places." His priorities are Faith, Hope, Love, family, service to others & his work here at BHRC. His words of wisdom for others are: "Don't look at a person's weakness so much that you miss their strengths." His favorite quote is **"United we stand divided we fall."** He says: **My 1st calling in life is my relationship with Jesus. Because of Jesus, any good you see in me is from the lord & any bad you see in me is of me.** His #1 wish is for everyone to find the Lord's Love! While working here I've learned a lot of life lessons, such as to respect life. Just seeing & getting to know the residents & coworkers show me daily how great life is & how challenging it can be." He enjoys watching wrestling, his turtles, dog & Cats & just enjoying the simple things in life. He always tries to look at the other person & think about them 1st.

Did You Know That Jan. 29th is National Puzzle Day?

Martin Luther King, Jr. Word Search

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

AMERICAN
CIVIL RIGHTS
COLOR
EQUALITY
FREEDOM
HERO
HOPE
I HAVE A DREAM
JUSTICE
LEADER
LIBERTY
NOBEL PRIZE
PEACE
PREACHER
RACISM
SEGREGATION
SPEECH
STRUGGLE

Martin Luther King Jr.

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

Alabama
Assassination
Brotherhood
Change
Civil rights
Dream
Equality
Freedom
Georgia
Integration
January
Justice
Minister
Nobel
Nonviolence
Peace
Rosa Parks
Segregation
Speech

Just by chance we all matched today &
"Lookin' Good"!!!
Mr. Everett Matthews with his Nurses
Lauren, Suzanne & Jay

BHRC Book Club News

Most Books Read this month was
19 Books read by:

James Rollins

Shirley Strickland	18 Books
Suzan Hobbs	17 Books
Mae Parker	17 Books
Sandra Salter	12 Books
Curtis Lollie	10 Books
Doris Smith	2 Books

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

Jan. 4th is Trivia Day

The roots of Trivia Day are deep as a fun day. It is an opportunity for us to share those many little trinkets of knowledge. It doesn't matter how big or how trivial. Dazzle your friends and family with generous portions of trivia today!

1950'S TRIVIA

1. Which U.S. president from Jan. 20, 1953 to Jan. 20, 1961?
2. In 1952 Dr. Jonas Salk successfully created a vaccine for?
3. First satellite launched into orbit by Russia in 1957 was?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. Who became Premier of the Soviet Union in 1958?
7. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
8. Which royal family member became head of state in Great Britain in 1953?
9. Which famous Doris Day song was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
10. Tony & Maria were lead characters in what Broadway musical that premiered in 1957?
11. Who recorded *Rock Around the Clock* in 1955?
12. Who originally sang *That'll Be the Day*? in 1957?
13. Name the Coasters song from 1959 with the line "You're gonna need an ocean of Calamine lotion."
14. Which aspiring rock-&-roll singer appeared on the Ed Sullivan Show in 1956, but only shown from the waist up?
15. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
16. Television game show first aired in 1956 & is still on today?
17. Famous baseball player married Marilyn Monroe in 1954?
18. What piece of 1950's women's clothing, named after a dog, became popular?
19. What type of hat/cap did both Davy Crockett & Daniel Boone wear in the 50s?
20. Eating what type of live fish was popular in the 1950s?
21. Famous 1950's cowboy was really named Leonard Slye?
22. Name the circular plastic 1950s toy was placed around the waist and operated by gyrating the hips?

They enjoyed a special BHRC catered Christmas luncheon from Ramsey's Cash Saver on Thursday 13 Dec. BHRC loves having these ladies visit our residents & staff.

BHRC Employee Christmas Dinner at W.T. Neal Civic Center Dec. 7th
Catered by Ramsey's Cash Saver & music by D.J. Shamrock

Answers to 1950"s Trivia

1. Dwight D. Eisenhower
2. Polio
3. Sputnik
4. Fidel Castro
5. 1955
6. Nikita Khrushchev
7. Rosa Parks
8. Queen Elizabeth II
9. *Que Sera Sera*
10. *West Side Story*
11. Bill Haley and the Comets
12. Buddy Holly and the Crickets
13. *Poison Ivy*
14. Elvis Presley
15. James Dean
16. The Price is Right
17. Joe DiMaggio
18. Poodle skirt
19. Coonskin
20. Goldfish
21. Roy Rogers
22. Hula Hoop

Everyone truly enjoyed spending the afternoon with Santa Claus & opening their wonderful gifts from friends, family and the facility

Even staff & some families loved up to Santa Claus in hopes of getting what they wanted for Christmas!

No matter the age Santa can always bring out the child in all of us!

We hope everyone had a very Merry Christmas and a Happy New Year from the Staff @ BHRC!!!

AliMed

Manage Your Diabetes Symptoms

Don't Let Your Symptoms Manage You!

Doctors estimate that 30 million Americans are living with diabetes.

Diabetic neuropathy affects 1 in 4 diabetics -
characterized by nerve damage, typically affecting the patients' legs and feet.

EARLY DETECTION TOOLS are a standard part of diabetes care.

- Disposable monofilaments
- Diabetic neuropathy devices
- Baseline tuning forks

EXERCISE AND WEIGHT MANAGEMENT are key elements of self-care for diabetics.

- Know the proper foods and food combinations
- Engage in moderate exercise regularly
- Know how diet and exercise affect blood sugar

PROPER WOUND CARE is essential for those with diabetes.

- Keep wounds warm
- Minimize their exposure to air
- Avoid antiseptics, creams, or washes

HEELS MUST BE PROTECTED and specialists recommend the following measures:

- Wear cushioned shoes that fit well
- Stretching as tolerated
- Doctor-approved heel inserts when appropriate

Diabetes patients are 40% MORE LIKELY TO HAVE GLAUCOMA and 60% MORE LIKELY TO HAVE CATARACTS than those without diabetes. Diabetics should make these lifestyle changes to preserve their eye health:

- Managing blood sugar
- Maintaining a healthy blood pressure
- Cessation of smoking
- Undergoing annual professional eye exams with dilation

According to the National Institute of Health, proper self-care and regular visits to your doctor can drastically reduce the incidences of diabetes complications.

AliMed understands the concerns of those living with these issues, and we are here to serve our clients, armed with the latest information and most innovative products to help you manage your diabetes. To learn more, please visit **alimed.com**

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Do you have what it takes to be the Best? If so, we look forward to hearing from you soon!

At B.H.R.C., we seek warm, caring, loving & compassionate professionals who share our strict commitment of providing excellent care for our Family of Residents.

Start building your Nest Egg out of "GOLD" with u, APPLY NOW!!!

APPLY NOW by Clicking on the Careers Tab at:
http://www.blountstownhealthandrehab.com/

We invite you to explore a life-changing career with Blountstown Health and Rehabilitation Center.
You will discover a culture of teamwork, professionalism, compassion, mutual respect & a family atmosphere.

We strive to set the Industry standard by being the Leader in competitive pay & benefits such as:

- Competitive wages
- 401K matching fund retirement plan of up to 3% of your gross pay
- Medical Plan: Major Medical Insurance with HSA plan & prescription coverage
- Time & a 1/2 Holiday Pay,
- Vacation: 0-4 yrs. = 3 wks., 5-10 yrs. = 3 1/2 wks. & 11+ yrs. = 4 wks.
- Dental Plan: Guardian Voluntary Dental Plan
- Vision Plan: Guardian VSP Network
- Voluntary Short-Term & Long-Term Disability Insurance
- Voluntary Supplemental Term life
- Company Paid Life Insurance
- Health Savings Account (HSA)
- An Equal Opportunity Employer
- And much, much more! See website!!!

Blountstown Health & Rehab Center
"BHRC"
16690 S.W. Chipola Rd.
Blountstown, FL. 32424
850-674-4311
D.O.N. Ext 102
Administrator Ext 122

We hope you'll join our family & "Come Home to Rehab!

Visit us @ www.blountstownhealthandrehab.com & on Facebook @ Blountstown Health and Rehab

Blountstown Health and Rehab Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACTIVITIES ARE SUBJECT TO CHANGE		1 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 "In With The New"	2 9:30 Social Club 9:45 Shape UP 10:00 Bible Study 2:00 Pretty Nails	3 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Activity Committee	4 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Helping Hands	5 9:15 Good Morning Rounds 10:00 Fun and Games 2:00 Bingo
6 9:00 Church Service 3:00 Liberty Holiness Church	7 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Resident Council	8 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Remembering Elvis 5:30 Resident Choice	9 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	10 9:30 Social Club 9:45 Shape Up 10:00 Glad Tidings 2:00 Art Class	11 9:30 Social Club 9:45 Shape Up 10:00 Steve & Friends 2:00 Pizza Party 5:30 Resident Choice	12 9:15 Good Morning Rounds 10:00 Fun and Games 2:00 Bingo
13 9:00 Church Service 1:30 Red Oak Mennonite Church	14 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 "Sittercize"	15 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Remembering M.L.K. Jr. 5:30 Resident Choice	16 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	17 9:30 Social Club 9:45 Shape up 10:00 Dwayne's Hour 2:00 Pie of The Month	18 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Creative Crafts 5:30 Resident Choice	19 9:15 Good Morning Rounds 10:00 St. Mary's Baptist Church 2:00 Bingo
20 9:00 Church Service 2:00 Sundae Sundays	21 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Enjoying Everyday Life	22 9:30 Social Club 9:45 Shape up 10:00 Sneads Assembly of God 2:00 Bingo 5:30 Resident Choice	23 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	24 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Swift Water	25 9:30 Social Club 9:45 Shape Up 10:00 Guy Time 2:00 Birthday Bash 5:30 Resident Choice	26 9:15 Good Morning Rounds 10:00 Kinard Ladies 2:00 Bingo
27 9:00 Church Service 2:00 Popcorn Party	28 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Book Club	29 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Guy Time 5:30 Resident Choice	30 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails	31 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Guy Time		