



16690 SW Chipola Road
Blountstown, FL 32424

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blountstownhealthandrehab.com

Newsletter

Happy Birthday!

Residents Birthdays

Janie H.	May 1
Barbara D.	May 10
Barbara G.	May 20
David M.	May 24
Sondra M.	May 29
Mary L.	May 31

Residents Birthdays

Marla S.	May 3
Jessica L.	May 7
Krystal H.	May 20
Connie W.	May 21
Kim H.	May 22
Jasmine M.	May 26
Melissa C.	May 31

Employee Anniversaries

Rebecca B.	May 3, 2016
Nadia N.	May 12, 2021
Kathie F.	May 13, 2021
Shirley W.	May 27, 1996
Charlene C.	May 30, 1997

Welcome New Staff

Jennifer S.	Delia L.
Rebeca P.	Tyler B.
Kirstin A.	Destiny S.
Chyanne B.	Megan J.
Angela B.	Amanda H.
Destiny C.	Charrea B.
Asiaonna F.	Montiana F.
Alena B.	Tyler H.
Sierra C.	Carolyn W.
William L.	Abigail W.
Cristy S.	Rosa P.
Quanette P.	Charlotte P.

Activity News

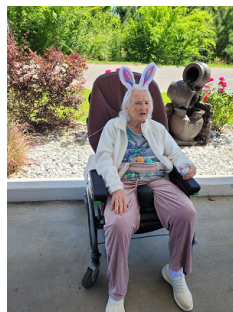
The residents had a lot of fun during the month of April with birthday celebrations, Easter Egg Hunt and flower arranging. Our Easter Egg hunt was a big success. Residents got to spend most of the afternoon outside looking for eggs. There were two special eggs that had a special prize inside. We had cookies and punch afterwards. The ladies had a great time with their flower arranging activity. They put their flowers in their rooms.



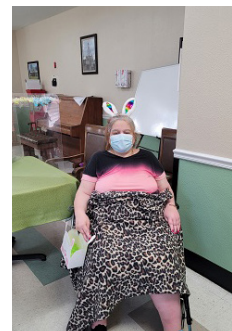
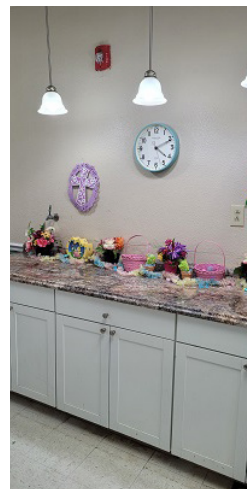
Art found the special golden egg with money and candy inside



It was hot outside for our egg hunt. Residents came inside to cool off. They found lots of eggs



Alice is having fun looking for eggs. She found the special silver egg!



Diana getting ready for the egg hunt



The ladies had a great time with their flower arranging activity. They put their flowers in their rooms.

More from...Activity News

MAY TRIVIA

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: Taurus & Gemini

Birthstone: Emerald

Flower: Lily of the Valley

Quote of the Day

A person who never made a mistake never tried anything new.

– Albert Einstein



A big THANK YOU to First Baptist Church of Bristol Kids on a Mission for donating Easter gifts for our residents. It was so awesome. The residents loved their cups, candy and the tea bags. Thank you so much!!!

Meditate On This

Take a deep breath and relax. May is Meditation Month. Meditation might have gone mainstream thanks to popular practices like yoga and tai chi, but meditation is a practice that dates back many millennia.

While some archaeologists date meditation back to 5000 BC, and some anthropologists speculate that even our Neanderthal ancestors might have meditated, the earliest written records referencing meditation date to around 1500 BC in India.

The Hindu tradition of Vedantism included the practice of Dyana, a pursuit of enlightenment that emphasized “the training of the mind.” The word meditation comes from the Latin meditatum, meaning

“to ponder.” The notion that meditation is closely linked to the mind has persisted across various cultures for thousands of years.

Specifically, meditation is a technique used to calm and clear the mind. The Buddha, although he did not invent meditation, used it as a means to achieve enlightenment. Lao Tzu, the Chinese sage and author of the Tao Te Ching, wrote, “Be still. Stillness reveals the secrets of eternity.” Meditation has long served as a valuable tool during humanity’s relentless search for the meaning of life.

Today, modern science shows us that meditation benefits the body just as much as it benefits the mind.

In 1967, Dr. Herbert Benson of Harvard’s Medical School found that people who meditated used 17% less oxygen, lowered their heart rates, and increased brain waves that aided sleep. He called these effects “the relaxation response.” Studies now confirm that meditation reduces anxiety, promotes emotional health, enhances self-awareness, improves sleep, controls pain, and can even make you more kind. Meditation isn’t a miracle or magic. All it takes is deliberate practice. Dr. Benson might have put it best when he said, “All I’ve done is put a biological explanation on techniques that people have been utilizing for thousands of years.”

Administrative News

Thank you for choosing our facility and entrusting us with your loved one. Please let us know if you have any questions or need anything. We want to make your loved one stay best as possible. We have started with some improvements such as ordering quality linens, new lift equipment and many more projects coming. Thank you for your continued support. We look to make 2022 the best year ever!

We wanted to make our screening process easier for everyone. We now have Accushield's tablet-based kiosk that replaces the paper log books with a streamlined sign-in and health screening process for all visitors, staff, third party caregivers, patients and residents who enter and exit the building.

Please go to Google Play and download the Mobile App.

NOTICE BOARD

FRIENDLY REMINDER

Just a friendly reminder that if you are bringing in food for you loved one that it is in an air tight container. If bringing in clothing or other items please let the nurse or aide know so we can put it on their inventory sheet and put their name on it. Thank you!

REGULAR EVENTS

Every Monday at 10:00am
Gardening Club

Bingo on Tuesday's at 2:30 and at 10:30am on Thursday's

Ice Cream social Thursday's at 2:30pm

Arts/Crafts sponsored by Emerald Coast Hospice on Wednesday's at 2:00pm

CHURCH SERVICES

Church service with Holiness Church will be on the 1st Sunday of each month at 3:00pm

Bible Study with Sally Gaskin will be on the 3rd Saturday at 10:00am

We also have Gospel music and spiritual reading every Sunday at 10:30am

Also looking for other Churches in the Community that would like to come in and do a service. Contact Connie Gottfreid, Activity Director for more information.

HAIR DRESSER

We are excited to tell you we have Brittney Johnson who will be coming in to help in our beauty shop. She will be here along with Gayle to keep up with residents' hair. Brittney will be here on

Monday's 8:00am-12:00pm

Friday's 8:00am-4:00pm

Gayle will be in our beauty shop Wednesday's from 9:00am-5:00pm If you need an appointment, put your name in their appointment book with what you want done and your room number, or tell a staff member and they can put your in for you.

The advertisement features a central image of a smartphone displaying the Accushield app interface. The app screen shows the question "Who are you visiting today?" with two options: "Ann Lincoln" (visited Feb 11, 2019) and "Jack Blake" (visited Nov 3, 2017). A green "Sign-in" button is at the bottom. To the left, a tablet kiosk displays the same app interface. The background is a collage of photos showing people interacting with the kiosk. The text "SIGN-IN SIGN-OUT FROM YOUR PHONE" is prominently displayed in white on a dark background. Below this, a green button says "DOWNLOAD THE FREE ACCUSHIELD CONNECT APP!". Further down, it says "Exclusively For The Families & Friends of Our Residents". At the bottom, there are five numbered steps: 1. FAST AND EASY SIGN-IN (Log in from home, from our parking lot or anywhere you may be.), 2. INSTANT BADGE PRINTING (It'll be waiting for you when you arrive. Pick it up, put it on and begin your visit.), 3. AUTOMATIC SIGN-OUT (Drive away and the app takes care of the rest.), 4. THE APP IS FREE (Download the free app on Google Play or The App Store.), 5. ENHANCED VISITOR DATA AND REAL TIME ALERTS (Authorized users can see who has visited their loved one and receive alerts when a visitor signs in and out.). The Accushield Connect logo is at the bottom left, with the tagline "SPEED. CONVENIENCE. CONTROL." and a link to "Download Accushield Connect Free From..." with App Store and Google Play icons.

Accushield

**SIGN-IN
SIGN-OUT
FROM YOUR
PHONE**

DOWNLOAD THE FREE
ACCUSHIELD CONNECT APP!

Exclusively For The Families
& Friends of Our Residents

1 **FAST AND EASY SIGN-IN**
Log in from home, from our parking lot
or anywhere you may be.

2 **INSTANT BADGE PRINTING**
It'll be waiting for you when you arrive.
Pick it up, put it on and begin your visit.

3 **AUTOMATIC SIGN-OUT**
Drive away and the app takes care of the rest.

4 **THE APP IS FREE**
Download the free app on Google Play or The
App Store.

5 **ENHANCED VISITOR DATA AND
REAL TIME ALERTS**
Authorized users can see who has visited their
loved one and receive alerts when a visitor
signs in and out.

**Accushield
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Find Us On Facebook

Administrative Team

Administrator

Grant Williams • Ext. 122

Payroll/Benefits Coord.

Lydia Pfeider • Ext. 127

Infection Control Nurse

Michelle Thrasher • Ext. 116

Social Services, Admissions

Tammy Godwin • Ext. 103

Director of Nursing

Rebecca Bailey • Ext. 102

West Wing Unit Manager

Kim Herring • Ext. 130

East Wing Unit Manager

Marla Sewell • Ext. 104

East Nurses Station

Ext. 109 & 110

West Nurses Station

Ext. 108 & 111

Therapy Dept. Manager

Lauren Moore • Ext. 117

Business Office Manager

Cecilia Shiver • Ext. 112

Dietary Manager

Sarah Mabbott • Ext. 106

MDS Coordinator

Danae Holmberg • Ext. 129

Activities Director

Connie Gottfreid • Ext. 107

Environmental Services

Maintenance Director

Thomas Cook • Ext. 115

Visiting hours are from 8am to 7pm, 7 days a week. If you have any questions please call 850-674-4311

COME JOIN US

Now Accepting Applications for most positions.

Visit Our Website!

Blountstownhealthandrehab.com.

Excellent 401K & Benefits

Creative Beginnings

Creative Beginnings Month is designed to remind everyone to embrace their creative hobbies, and encourage them to pick up their tools of choice to begin creating anew! Creative Beginnings Month seems to have appeared out of nowhere, but the hugely popular idea of encouraging people to reach beyond their comfort zones and into the depths of their imagination is universal, so several countries celebrate this month worldwide.



Creativity is different for each and every one of us, so do not fret if you have not discovered your creative calling. Whether it is playing a musical instrument, painting (oil, watercolor, or acrylics), fabric crafts (crochet, sewing, embroidery), woodworking, writing short stories or poetry, embrace an old favorite or try something new this month; your creativity might surprise you!

May – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

- ACTIVITY
- CONNECTION
- CREATIVE
- FITNESS
- FRUITS
- HEALTH
- MILITARY
- MOTHER
- SELF CARE
- SENIOR
- SOLITAIRE
- STROKE
- TAI CHI
- VEGETABLE
- WOMEN