



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

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blountstownhealthandrehab.com

Newsletter

Florida Health Care Association's Nurse Leadership Program

Our Director of Nursing, Rebecca Bailey and one of our Unit Managers, Marla Sewell attended Florida Health Care Association's Nurse Leadership Program May 30- June 3, 2022 at the Don CeSar Hotel in St. Petersburg. The FHCA Nurse Leadership Program is Florida's leading clinical conference for long term care professionals. The program offers a variety of forward-thinking and innovative sessions that address current and anticipated challenges and provide strategies and solutions for delivering high-quality care. This year's program highlighted the impact of new state and federal regulations and gave us the opportunity to network and connect with other Long Term Care leaders in Florida who face many of the same challenges that we do. We look forward to sharing the information that we learned and incorporating different strategies and solutions into our workflow to strengthen and enhance the care that we provide to our residents and their families.

Happy Birthday!

Residents Birthdays

Yoshi H.	July 04
Elma M.	July 09
Joann S.	July 09
George P.	July 15
Rebecca D.	July 21
Joel H.	July 27

Staff Birthdays

Barbara P.	July 02
Jennifer Y.	July 02
William L.	July 05
Melinda W.	July 05
Ashley B.	July 05
Heather H.	July 10
Kayla D.	July 11
Makayla H.	July 17
Albert V.	July 18
Sarah R.	July 18
Junior B.	July 22
Gloria B.	July 25
Sandra F.	July 29
Michelle T.	July 25

Staff Anniversaries

Albert V.	July 05, 2013
Hulda B.	July 17, 1996
Danae H.	July 25, 2016
Jessica C.	July 29, 2015

Welcome New Employees!

Jaylin B.	Kiristen F.
Juliette G.	Elizabeth H.
Christian H.	Chauncey M.
Patricia M.	Courtney R.
Elizabeth S.	Mandy V.
Zatoria Z.	Debbie P.



JULY 2022

ADMINISTRATE NEWS

Thank you so much for choosing our facility and entrusting us with your loved one. We will do our absolute best to make your stay the best that it can possibly be.

Let us know of your concerns as soon as you can, so we can address it as soon as possible.

Our administrative team is listed on the back page of our newsletter. Thank you!

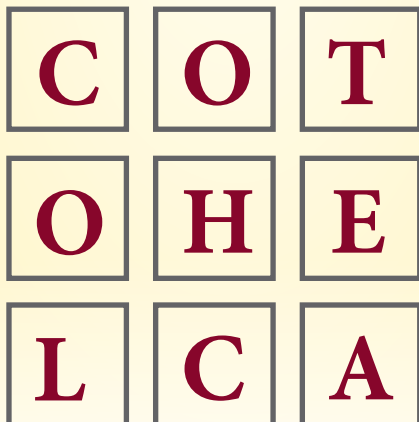
. *Grant Williams, LNHA*

Nine Letter Word Puzzle

Can you find the 9-letter word in this puzzle?

Last month's Answer:

EXPERTISE



WORD: _____

July is Anti-Boredom Month

Make a list of all the things you've ever wanted to do. Think back to when you were a child. Write all your ideas down. Simply creating your list may be a fun and silly anti-boredom activity!

When your list is ready, start checking off the completed activities. You'll soon see you have so much to do to keep boredom at bay.

Here's some sample ideas to get your list started: Start a scrapbook, Try a new food, Write a short story, Learn a new language, Make a no-sew tie-blanket.



RESIDENT RIGHTS

As a resident of this facility, you have the right to a dignified existence, self determination and communication with and access to persons and services of your choice. You have the right to receive equal access to quality care regardless of your diagnosis, severity of condition or payment source. This facility must protect and promote your rights as designated below.

Exercise or Rights-

- You have the right and freedom to exercise your rights as a resident of this facility and as a citizen or resident of the United States without interference, coercion, discrimination or reprisal from the facility.
- You have the right to designate a representative to exercise your rights, in accordance with state law, if you have not been adjudged incompetent by the state court. Your representative may exercise your rights as provided by state law. You retain the right to exercise those rights not delegate to a resident representative, including the right to revoke delegation of your rights to a representative.
- Same-sex spouses must be afforded treatment equal to that afforded to an opposite-sex spouse if the marriage was valid in the jurisdiction in which it was celebrated.

July Employee of Month

Congratulation to Destiny S.!

Destiny joined BHRC this past March as a RN. She is an excellent nurse and care deeply for her residents. She always goes above and beyond what is expected of her. Her co-workers enjoy working with her because she is dedicated and caring. Thank you, Destiny, for always going above your call of duty and taking such good care of our residents. You are truly a blessing.



Give Something Away Day is July 15

Many people have an overabundance of items, and some have spare time that could be used to help others, but giving away possessions or time often isn't made a priority in day-to-day life. National Give Something Away Day was first established in 2015 for the purpose of encouraging generosity, and it takes place each year on July 15th. Giving away items, your time, or donating to a charitable or meaningful cause are all effective ways to brighten your day and make such a helpful, positive impact in the lives of others.

On Give Something Away Day, consider giving something away that would benefit a friend, a family member, a stranger, or your community. You could give away physical objects such as food, clothing, or household items to a person or organization that could use them. Giving advice or a sincere compliment to someone costs nothing except a little of



your time and attention, but it can be very meaningful to the recipient. If you're able to make a larger time commitment, explore the volunteer opportunities in your area that could benefit from your knowledge and skills. Your assistance can make a big difference in your community!

Giving without the expectation of receiving anything in return is a core tenet of generosity. Help make the world a more generous place by making an effort to give something away that will enhance the life of someone in need.

ACTIVITY NEWS

The Activity Department is excited to announce that we will now be offering activities until 8:30pm 5 days per week. The evening activity will start at 7pm. We will be offering a movie night, bingo, games and social hours.

Monday nights will be movie nights and Thursday's will be Bingo. The back patio is going to become a place for residents to sit outside in the evenings, with outdoor lights and umbrella. Our goal is to provide meaningful activities to all resident and to provide them with the best quality of life!

Church services will be via streaming every Sunday morning at 10:15am

Bingo will be every Sunday and Tuesday's at 2:00pm

Arts/crafts on Wednesday's at 2:00pm

July Birthday Celebration will be on the 28th at 2:00pm

HAPPY FOURTH OF JULY

Fourth of July Menu

- Hamburgers
- Potato Salad
- Lettuce/Tomato/Onion
- Cookies



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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.

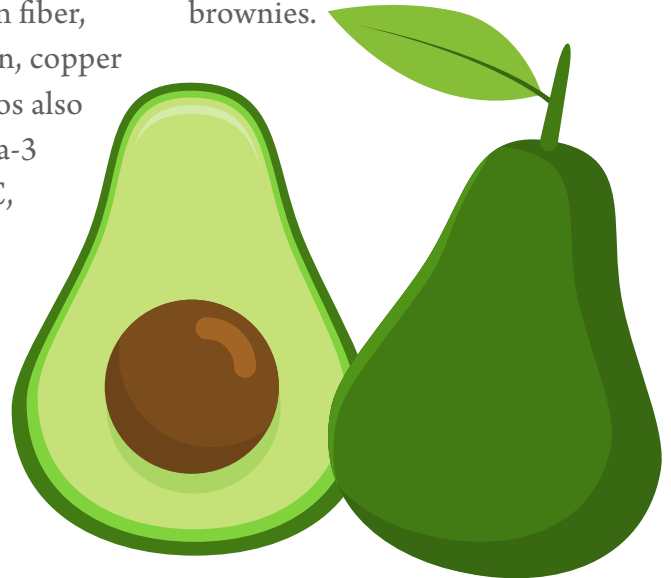
Excellent 401K & Benefits

Have you tried an Alligator Pear?

National Avocado Day is Sunday, July 31, 2022. Avocado, also known as an Alligator Pear, originated in southern Mexico. The ancient Aztecs used the fruit for skin masks and currently the cosmetic industry uses them in creams, lotions and facial cleaners as they are rich in fiber, folic acid, vitamin B6, iron, copper and magnesium. Avocados also have heart healthy Omega-3 fatty acids and vitamins C, E and K. They are also known to supply 60% more potassium than bananas.

More people are eating avocados than ever before!

The US consumption of avocados have tripled in the last 20 years! They are easily used in recipes for every meal, from breakfast with avocado on toast, to lunch with salads, sushi and salsas, on burgers, in burritos, and desserts such as brownies.



July – 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

- AVOCADO
- BOREDOM
- CELEBRATE
- COLORS
- DANCE
- DONATE
- EYES
- FOOD
- GIVE
- HEALTHY
- INDEPENDENT
- JULY
- REUNION
- SUMMER
- SUNSHINE