



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

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blountstownhealthandrehab.com

Newsletter

Happy Birthday!

Residents Birthdays

Virginia L.	August 02
Ruby B.	August 04
Clarence G.	August 21
Charles M.	August 23
Eloise G.	August 29

Staff Birthdays

Freretha H.	August 03
Tara C.	August 07
Kayla D.	August 18
Peyton G.	August 15
Lydia P.	August 20
Kassandra W.	August 23
Mikayla B.	August 27
Kirsten F.	August 31

Staff Anniversaries

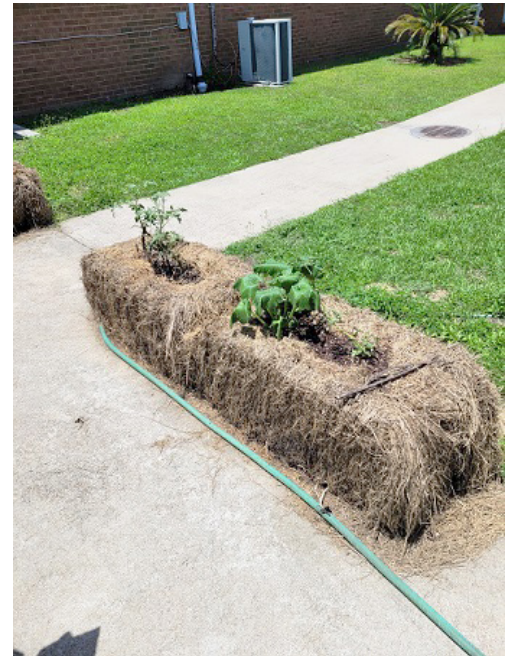
John R.	8/05/2021
Diana R.	8/11/2021
Autumn W.	8/13/2021
Sheri W.	8/17/2021
Mandy H.	8/20/2020
Desiree B.	8/21/2012
Tara C.	8/21/2017
Kathy E.	8/27/2021
Barba P.	8/24/2021

Welcome New Employees!

Latricia B.	CNA
Tekiaer B.	CNA
Briona G.	CNA
Sarah K.	Activities
Maryam M.	Administrative
Kimberly N.	CNA
Brittney P.	CNA
Angelia R.	LPN

Take a Look at Our Resident's Vegetable Garden!

The resident's start a vegetable garden. We planted tomatoes, squash, zucchini, cabbage and peppers. We did it in a new way and started it in hay bales. They are growing and we hope to get some vegetables!



Employee of the Month

Congratulations to Kathy E. who is our August Employee of the Month.

Kathy has been with BHRC for 1 year. She works in our laundry and housekeeping department. Kathy is a great asset to the housekeeping team. She always has a good attitude, dependable and goes above and beyond to make sure residents' rooms and laundry are clean and organized. We are so grateful for her dedication to residents.

She definitely is a 5 star employee. Thank you Kathy!

AUGUST 2022

ADMINISTRATIVE NEWS

Great news to share! We have applied and were approved July 8, to become an in-house test site for our students to become Certified Nursing Assistants. This will allow our students to be tested at the facility and it will shorten the length of time it takes them to get tested. The students were having to travel as far as Defuniak Springs, Fl, to be tested. We are extremely excited about this enhancement and the positive benefits it should have on them and especially our residents and staff. We also were in Bonifay, Fl, on July 7, speaking with the Washington County Vocational College, recruiting the LPN, graduating class. Thank you for your support as we strive to be better!

- Grant Williams, LNHA

Certified Nursing Assistant Week

We had an exciting fun week during CNA week. The theme was Jungle Cruise. Each day they had a different jungle experience. On Friday we celebrated with a Safari Party. All our CNA staff had a great lunch with prizes and give aways. We would like to thank all our CNA staff for all they do. You're all so appreciated.



Thank you Jennifer from Covenant hospice for your watermelon and gifts baskets donations.

Nine Letter Word Puzzle

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

Last month's Answer:

CHOCOLATE



WORD: _____

RESIDENT RIGHTS

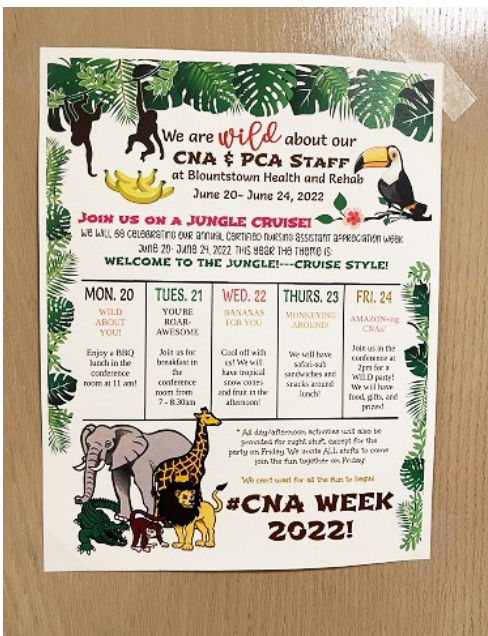
Planning and Implementing Care

- You have the right to be informed of your total health status and medical condition as well as to participate in your treatment in a format and language you can understand
- You have the right to participate in the development and implementation of your person-centered plan of care, including planning, identifying persons or roles to be included in planning, request meetings and request revisions to your plan of care.
- You have the right to participate in setting goals and outcomes of care, type, amount, frequency and duration of care as well as other factors related to the effectiveness of your plan of care.
 - You have the right to be informed, in advance, of changes to your plan or care, receive services and items included in you plan of care and see the care plan, including the right to sign after significant changes are made to your plan of care.
- Planning for your care must include you and/or your representative and include an assessment of your strengths and needs as well as your personal and cultural preferences in developing goals.

More CNA Week Highlights



Thank you Frink Baptist church for donating donuts and coffee for our morning breakfast. They were delicious!!



ACTIVITY NEWS

Residents are enjoying having an evening activity. They're enjoying having our social hour, bingo, movie night and games.

We're excited to announce that we're fully staffed in the Activity Department. Please welcome Sarah to activities she will be doing the evening activities. We're so glad to have her.

EVENING ACTIVITIES AT 7PM

- Mondays are movie night
- Tuesday's will be social hour where residents can go outside or in dining room to chat with other residents, play music, do whatever they would like to do
- Wednesday's are games, card night. (With music)
- Thursday's will be our bingo night
- Friday's another resident choice social time

UPCOMING EVENTS

August 3rd - Watermelon Day. At 2pm we'll be having watermelon snow cones! How refreshing

August 6th - Lucille Ball's Birthday!! Come join us for a I Love Lucy Marathon

August 19th - Boiled Peanut social. Come have some boiled peanuts!

August 24 - Potato Chip Day. Come to our potato chip tasting. Tell us which chip you like best.

August 31 - August Birthday celebration. Cake and Ice Cream



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Find Us On Facebook

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West Nurses Station

Ext. 108 & 111

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East Wing Unit Manager

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Activities Director

Connie Gottfreid • Ext. 107

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Environmental Services

Maintenance Director

Thomas Cook • Ext. 115

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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

August is Sandwich Month

No matter how you slice it, everyone seems to have a favorite sandwich.

In a month known for its “dog-days” and heat, a sandwich may provide just the meal you need. They’re low fuss, yet can be quick and nutritious, and most require no cooking.

A sandwich by definition includes one or more pieces of bread which can range from bagels to ciabatta, pumpernickel to Kaiser rolls and have a filling of meat, cheese, fish, eggs, vegetables or a combination of these items.

The first sandwich you ate was probably peanut butter and jelly on bread. Maybe the crust was cut off; maybe grandma made the jam or jelly. Any combination provided both the sugary sweet and salty tastes we crave.

As adults we expand our tastes and have favorites like a BLT, Monte Cristo, or grilled cheese. With so many variations possible, an old favorite can become a new favorite.

Here are some delicious sandwich ideas that you may not have tried yet: peanut butter and banana on French bread, known as “The Elvis,” cream cheese and cucumber on a dark bread, pimento cheese on rye, or egg salad on sprouted grain bread.

Save your time and energy during the hot August days and enjoy a sandwich any way you like it!



August – 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
- BEEES
- COLOR
- ELVIS
- FLOAT
- HONEY
- MEMORY
- MUSIC
- NECTAR
- RELAX
- ROCK
- ROOT BEER
- SANDWICH
- STRESS
- YOGA