



16690 SW Chipola Road
Blountstown, FL 32424

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blountstownhealthandrehab.com

Newsletter

Happy Birthday!

Residents Birthdays

Clevedell M.	October 06
Doris G.	October 14
Warren K.	October 16
Thomas A.	October 18
Loretta G.	October 19
Diana R.	October 25

Staff Birthdays

Vernice M.	October 01
Dawanna K.	October 02
Hanna S.	October 03
Elizabeth H.	October 08
Lauren N.	October 11
Connie G.	October 13
Tamelia E.	October 15
Kristie E.	October 18
Danae H.	October 22
Autumn W.	October 27
Kayla W.	October 30

Staff Anniversaries

Mikayla B.	Gloria B.
Temicka H.	Krystal H.
Amanda M.	Kassandra W.
Marian M.	Albert V.

Welcome New Employees!

Andreya J.	9/06/2022
Nia J.	9/07/2022
Destanee J.	9/07/2022
Kaitlyn K.	9/07/2022
Vasheda H.	9/07/2022
Ida M.	9/07/2022
Lauren N.	9/07/2022
Whitney P.	9/07/2022
Kristina T.	9/07/2022
Chasity M.	9/14/2022
Angela B.	9/14/2022
Trace B.	9/14/2022
Anthony H.	9/14/2022

OCTOBER 2022

Vision & Memory Loss

While we know a lot about what memory loss and Alzheimer's disease look like, but why some people develop these illnesses is still mostly a mystery.

Still, there is evidence that treating health problems like high blood pressure and diabetes reduces the chances of suffering from Alzheimer's disease and other forms of memory loss. For example, people with poor hearing have a higher risk of memory loss. This may be because they become socially isolated when they can't communicate easily with others. Other research has pointed to air pollution, excessive alcohol consumption, and brain injuries as risk factors for memory loss.

Many of these studies are sponsored by the Lancet Commission, including a newly released study that suggests impaired vision puts people at risk of developing Alzheimer's disease and other forms of memory loss. Like hearing, vision is important for reducing isolation and depression, other probable risk factors for memory loss. It's hard to enjoy playing a board game and talking with friends if you can't see or hear what's happening. Phone calls become strained, too. There's also an increased risk of falling, yet another potential risk factor for Alzheimer's disease and memory loss.

There may be a physiological aspect as well. Vision, like hearing, allows for sensory experiences. Sensory

experiences stimulate neural pathways in the brain. When sensory experiences are diminished, these neurons may die, reducing brain function.

Publishing data about memory loss risk factors has a two-fold purpose. Of course, scientific findings help people make decisions about their health care. Such data can also be used to pressure Medicare/Medicaid and other insurers to provide better coverage. Many insurers, including Medicaid, pay for only a small portion of the cost of hearing aids and glasses and may not replace lost or broken ones. Good hearing aids cost thousands of dollars, and Medicaid Advantage may cover only a few hundred dollars of that cost. Glasses can be another mostly

out-of-pocket expense, so people may skip buying them or delay getting a prescription upgrade when needed.

In 2021, the House of Representatives passed a bill to expand Medicare coverage, including increased hearing and vision care. The Senate did not approve the bill. Consider writing to your local representatives if this is an issue you would like to see them focus on.



FROM THE OFFICE OF THE ADMINISTRATOR

We have some exciting news to share!! We are in the process of acquiring a new facility owned van. Our new van will be able to transport both wheelchairs and stretchers. We are proud to announce our new security camera system is in place and operational. The new system will help with keeping our residents and building safe. Hurricane season is upon us. We continue to monitor for storms and tropical activity in the Gulf and Atlantic. If there is any activity, we will notify families if we need to initiate our emergency management plan.

Thank you for your continued support.

Healthcare Food Service Week

During October 2-8, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Honor your food service workers and recognize the integral role they have played in helping us stay well-nourished and healthy.

Congratulations To Our CNA Class!!!

Our CNA class has finished and all of them have passed their test with flying colors. We are excited for all them to join our BHRC team. From L to R are *Grant W., Administrator, Destiny J., Ida M., Whitney P., Nia J., Kristina T., Kaitlyn K. and Lauren N.* We have 7 more five-star employees!!!



RESIDENT RIGHTS

SELF-DETERMINATION

You have the right, and this facility must promote and support your right to:

- Choose activities and schedules (including sleeping and waking times)
- Choose health care and providers of health care services consistent with you interests, assessments, plan of care and other choices
- Make choices about aspects of your life in this facility that are important to you
- Interact with persons from the community and participate in community activities both within and outside this facility and
- Receive visitors you choose at the time of your choosing. You also have the right to deny visitors. Receiving and/or denying visitors must not impose on the rights of another resident.
- You have the right to organize and participate in residents' groups in this facility.
- You have the right to participate in family groups. This facility must provide you with private space and take reasonable steps to make you and your family members aware of upcoming meetings in a timely manner. Staff may attend only at your invitation.
- You have the right to have family member(s) or other resident representative(s) meet in this facility with other families or resident representatives of other residents in this facility.

Activity Highlights



Residents making fall scarecrows and owls. Aren't they cute they hung them in their rooms. Fall is fast approaching. We have also been enjoying the cooler weather. Residents have been enjoying sitting outside on the front patio.



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COME JOIN US

Now Accepting Applications for RN, LPN and CNA

We are offering a 4k sign on bonus for CNA, 6k sign on bonus for all Nurses

ACTIVITY NEWS

Fall is coming and the weather will be changing. Activities is excited to be able to do more outdoor activities. We had many fun activities in September. Resident enjoyed our fall arts/crafts where we made scarecrows, owls and painted a fall tree. We sat outside with music and played brain games.

- Homecoming Week-Oct 3-7
- Homecoming Tailgate Party 7th
- Pumpkin Carving contest 21st
- Halloween Party & Costume Contest 28th

Activities will be doing Nails one time week for residents that want their nails painted. Just let the activity staff know you want them painted

Will be offering a Bible study on Wednesday evening at 7pm. Please come join us!

Every Thursday at 7pm will be our evening bingo time.



Blountstown

Health & Rehabilitation Center

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Find Us On Facebook

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East Wing Unit Manager

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Activities Director

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Environmental Services

Maintenance Director

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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

Call Brianna at 850-674-4311 Ext. 100
to set up an interview

Easy Pumpkin Crafts

Paint a Pumpkin: Pumpkin carving can be messy, difficult, and sometimes dangerous. Instead, use some permanent markers or acrylic paint to make your pumpkin look like a monster, clown, or other Halloween character. The smaller "pie pumpkins" or even the mini-pumpkins will work perfectly for this craft.

Collage Pumpkins: Cut out a 5-7 inch pumpkin shape from card stock paper or use a paper plate to get started. Next, look through old magazines to find pages with orange, green, and black, and tear them out. Use small ripped pieces of the colored pages to glue onto your pumpkin shape. Cover your pumpkin in collaged bits of orange scraps. Then use the green pieces to add a stem and black pieces to make a face. If magazines are unavailable, use tissue or construction paper to collage your pumpkin craft.



October – 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

- ARTHRITIS
- BONE
- CANDY
- CORN
- FALL
- FOOD
- HEALTH
- JOINT
- ORAL
- PHYSICAL
- PUMPKIN
- STRESS
- TEETH
- THERAPY
- VEGETABLES