



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

Sharon M.	November 04
Janet B.	November 09
Madelyn C.	November 09
Freddie G.	November 14
Diane P.	November 17
Cheryl S.	November 19
Joy K.	November 19
Jesse P.	November 26
Johnnie C.	November 27

Staff Birthdays

Grant W.	November 04
Madison F.	November 05
Amanda M.	November 07
Denish D.	November 10
Tamon W.	November 24
Pamela B.	November 28

Welcome New Employees!

Pamela B.	LPN
Denisha D.	Dietary
Summer J.	CNA
Toni R.	CNA
Kertina S.	CNA
Lindsey S.	LPN
Kristy W.	CNA
Debbie W.	Housekeeping



Spread More Kindness

How kind are you? The act of being kind to someone can take you far in life, which is why on November 13, we celebrate World Kindness Day. The purpose of World Kindness Day highlights good deeds by displaying acts of kindness in the community, and focuses on the positive power and the common thread of kindness. This special day was created in 1998 to promote generosity throughout the world, and is acknowledged in many countries including United States, Canada, Japan, and even Australia!

Here are some ideas and ways to be kind to others:

- Wave or smile when you walk by others – a smile can go a long way!
- Write positive messages on post-it notes and leave them for people to find
- Provide help or assistance to another without being asked
- Hold the door open for someone
- Tell a nurse, loved one, teacher, or friend how much you appreciate them
- Give a surprise gift to someone you care about
- Compliment someone

ADMINISTRATOR CORNER

Our new house supervisor started on October 10th. Currently scheduled for four evenings a week. We are excited to have an evening supervisor, this should have an immediate impact on the quality of care we are striving to provide.

Our facility van is still a work in progress, we are still looking for one that will fit our facility. We will keep you updated on our progress.

November 9th Thomas and myself will be cooking breakfast for all residents and staff.

Thank you for your continued support.

NOVEMBER 2022

ACTIVITY NEWS

October was a busy month. BHS was celebrating Homecoming and our residents helped celebrate their week by having their cheerleaders and some of their football team visit our residents. It was a GREAT time.



THANKSGIVING DAY MENU

- TURKEY
- STUFFING
- MASH POTATOES
- GRAVY
- GREEN BEAN
CASSEROLE
- ROLLS WITH
MARGARINE
- MISC. PIES

BHRC WOULD LIKE TO THANK ALL OUR VETERANS FOR THEIR SERVICE

- Charles M.- Marines
- Leonard M.- Air Force
- Freddie G.-Air Force
- Thomas A.- Air Force
- Jesse P. Air Force
- George P-Active Reserves
- Warren K. Army
- Johnny M.-Navy
- Dewey W.- Army

RESIDENT RIGHTS

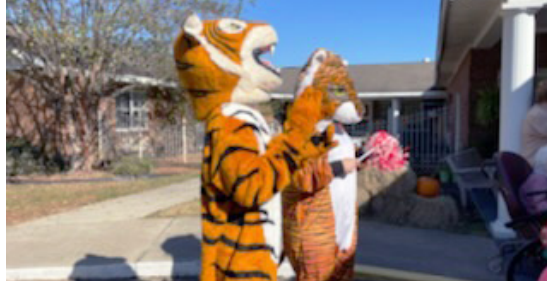
INFORMATION AND COMMUNICATION

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

- You have the right to access personal and medical records that pertain to you. You can obtain a copy of those records upon request
- This facility must post a list of names, addresses (mailing and email) and telephone numbers of all state regulatory and informational agencies, advocacy groups such as the State Survey Agency, State licensure office, State Long-Term Care Ombudsman program, adult protective and advocacy services, the local contact agency for information about returning to the community and the Medicaid Fraud Control Unit. This facility must also post a statement that you may file a complaint with the State Survey Agency concerning any suspected violation of state or federal regulations including but not limited to resident abuse, neglect, exploitation, misappropriation of resident's property, non-compliance with advance directive requirements and requests for information about returning to the community
- You have the right to reasonable access to a telephone, including TTY, and TDD services. You have the right to make calls without being overheard. You also have the right to keep and use a cellular phone at your own expense.



More Activity News Highlights



The residents also enjoy celebrating Homecoming week with a Peanut Boil. It was a beautiful day outside; they went through 7 gallons of peanuts WOW; they must love peanuts. Thank you, Thomas, for boiling the peanuts



For Arts and Crafts residents made masks for Halloween. Look at those masks!!

Residents enjoying the cooler weather.

EMPLOYEE OF THE MONTH

Sierra has been with BHRC since March of 2022. She is a great asset to Activity Department. She always has a smile on her face and enjoys making the residents smile by doing so many fun activities. She is dedicated, hard working and always comes up with new things to do with our residents. The residents love her. Thank you Sierra for all you do for our residents. You are greatly appreciated



Scorpio (Oct 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

CELEBRATING NOVEMBER

American Indian Heritage Month

Inspirational Role Models Month

Adoption Month

Men Make Dinner Day

November 3

Veterans Day (U.S.)

November 11

World Kindness Week

November 13–19

Apple Cider Day

November 18

International Men's Day

November 19

Game & Puzzle Week

November 20–26

World Television Day

November 21

Thanksgiving Day (U.S.)

November 24

Giving Tuesday

November 29



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West Nurses Station

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East Wing Unit Manager

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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

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

Apple Cider Day

They say an apple a day keeps the doctor away, but a glass of apple cider can rejuvenate the soul. Every year on November 18, we celebrate National Apple Cider Day. The origin of apple cider dates back to 3,000 B.C., when the Celts in Britain made the beverage using crabapples. Apple cider is made from freshly harvested apples that are mashed and made to resemble applesauce, but pressed to extract fresh juice and fermented. After the fermentation process is done, we get the sweet and spicy apple cider. Due to the high demand for this delicious drink, small farmers started



selling their orchards to commercial cider producers in the 19th century.

The best way to celebrate Apple Cider Day is to head out to a local cider mill, farm, or find a locally produced offering of apple cider.

November – 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

- APPLE
- APPRECIATE
- CIDER
- COMPLIMENT
- FAMILY
- GRATEFUL
- GRATITUDE
- KINDNESS
- MEMORY
- STORY
- TALENT
- THANKFUL
- TURKEY
- UNIQUE
- VETERANS