



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

Newsletter

Happy Birthday!

Residents Birthdays

Patricia E.	12/01
Evelyn S.	12/07
Larry T.	12/06
Sam F.	12/13
Nancy S.	12/18
Nancy A.	12/29

Staff Birthdays

Kyle O.	12/01
Tammy G.	12/02
Chasity M.	12/07
William C.	12/07
Cecilia S.	12/08
Sierra B.	12/10
Christian H.	12/11
Andrey J.	12/11
Austin G.	12/13
Jennifer S.	12/27
Autumn B.	12/28
Aadin H.	12/29
Karen O.	12/30

New Employees

Melody B.	CNA
Rosilyn B.	CNA
Pamela B.	LPN
Autumn B.	CNA
Brittnee C.	Hospitality Aide
Angel C.	CNA
Tamara F.	RN
Kristine H.	Hospitality Aide
Erika H.	Dietary
Summer J.	CNA
Maria M.	Hospitality Aide
Kimberly R.	CNA
Emily R.	Hospitality Aide
Lindsey S.	LPN
Billie T.	Hospitality Aide

Staff Anniversaries

Ashley B. CNA	12/22/2021
Junior B. Administrative	12/20/2021
Reagine P. Activities	12/22/2021
Cecilia S. Administrative	12/02/1996
Connie W. CNA	12/09/2002
Jennifer Y. CNA	12/27/2019



Enjoy A Sip of a Seasonal Favorite

Sipping on a steaming mug of hot cocoa is a great way to warm up on a winter day. Beloved by adults and children alike, drinking hot cocoa evokes cozy feelings that are perfect for the holiday season, especially if you live in a cold climate!

Our appetite for cocoa goes far back in human history. Originating with the Mayans in Mesoamerica, there is evidence that people have been drinking cocoa for thousands of years. However, it wasn't until Spanish conquistadors brought cacao beans to Europe in the 16th century that chocolate drinks gradually transformed from being cold and bitter, to being hot, sweetened, and milky.

Hot cocoa was an expensive, luxury product that was primarily enjoyed by European aristocrats until the invention of the cocoa press in 1828, which made cocoa powder easier to produce. Since

then, cocoa products have become far more accessible and varied, and have risen exponentially in popularity.

If you want a new way to enjoy the beverage that was once only available to European nobility, try new hot cocoa variations on National Cocoa Day, December 13 by experimenting with these suggestions:

- Whipped cream
- Cinnamon
- Nutmeg
- Toffee bits
- Crushed candy canes
- Instant coffee powder
- Caramel syrup
- Coconut
- Chili powder
- Peanut butter powder
- Coarse sea salt

DECEMBER 2022

ACTIVITY NEWS

We have had a lot of fun activities this past month. Pumpkin carving contest, Halloween costumes, twin day, hat day and arts/crafts.



Hat Day



Enjoying Halloween festivities



Twin Day



Pumpkin carving contest



CHRISTMAS MENU

- BAKED HAM
- BAKED SWEET POTATO
- GLAZED CARROTS
- ROLLS
- BANNANA CAKE

COMMUNITY HIGHLIGHTS

We finally got our deck on the pond completed. The residents can now go sit by the Pond. Any family member can take their loved one to the dock to watch the fish.



RESIDENT RIGHTS

GRIEVANCES

- You have the right to voice grievances to this facility or other agency concerning your care, treatment, behavior or staff and/or other residents as well as other concerns about your stay without fear of discrimination or reprisal.
- You have the right to information on how to file a grievance or complaint.
- You have the right to prompt resolution of grievances.

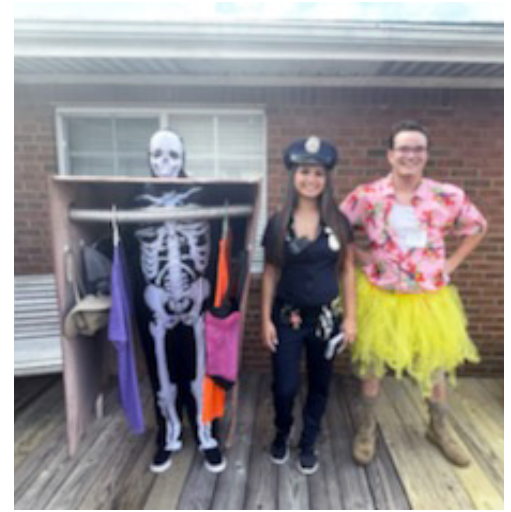
PRIVACY AND CONFIDENTIALITY

- You have the right to personal privacy and secure, confidential personal and medical records.
- You have the right to refuse the release of your personal and medical records except as provided at 483.7(i)(2) or other applicable Federal or state laws.

More Activity News Highlights



Sierra won our pumpkin contest. Look at that Fairy Pumpkin



Our Winners: Skelton in the Closet, Police Officer and Luau



PANCAKE BREAKFAST

Grant, Sarah and Thomas cooked a pancake breakfast for all residents and staff.

Thomas cooked sausages and Grant made the pancakes. This was a big treat for our residents. They loved the fresh made pancakes and sausages.



STAFF EDUCATION

A big shout out to Judy Skilton, from Orlando Health who came to BHRC to do an all-day Dementia and Alzheimer's education. Our staff learned a lot of valuable information about Dementia and Dementia care.

With this education our staff will be able to provide better care to our residents. It was such a pleasure to have Judy here, she was such a great educator and provided us with a lot of new information. Thank you so much, Judy!!





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Find Us On Facebook

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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

Give a Gift Made from the Heart

Who doesn't love gifts?

There's just something amazing about the fulfilling process of unwrapping or unboxing a gift, and the anticipation of wondering what's inside. On Dec. 3, we celebrate National Make a Gift Day. This unofficial holiday encourages people to get creative and make gifts with a personal touch for their loved ones.

Here are some ways to celebrate:

- Draw or paint something frameable as a keepsake
- Create a photo album, personalized T-Shirt, mug or calendar with memorable and meaningful photos
- Knit a sweater, scarf, or hat in the recipient's favorite colors



December – 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

- BACON
- CARDS
- COCOA
- CONNECTED
- FRIEND
- GIFT
- GREETING
- HANDS
- HEALTHY
- HOLIDAYS
- JOURNAL
- ORNAMENT
- PHONE
- POINSETTIA
- WASH