



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

Newsletter

ACTIVITY NEWS

Happy Birthday!

Residents Birthdays

Doris S.	Feb 08
Johnnie M.	Feb 10
Alma S.	Feb 16
Patricia L.	Feb 21
Lloyd C.	Feb 23
Erline B.	Feb 28

Staff Birthdays

Kathy E.	Feb 04
Latoria H	Feb 01
Patricia M.	Feb 12
Rosa J.	Feb 13
Hulda B.	Feb 17
Tyler H.	Feb 19

Staff Anniversaries

Madison F.	Feb 2022
Brianna J.	Feb 2022
Tesa K.	Feb 2021
Dawnna K.	Feb 2019
Jessica L.	Feb 2022
Angel M.	Feb 2022

New Employees

Veal D.	CNA
Jose M.	CNA
Nikeysia M.	CNA
Maci P.	Administration



Our residents got so many nice Christmas gifts. Thank you to everyone in the community who donated. We are grateful for such an outstanding community that thinks of our seniors. We truly appreciate everyone. Our residents had a great time opening all their gift boxes. They were so overwhelmed with all the great gifts.

Thank you !!

ASKING FOR YOUR HELP!!

We would like to ask if family members could help out with cleaning their loved one's closet and rooms. If you bring your loved one new clothing please make sure their name is on it.

FEBRUARY 2023

RESIDENTS RIGHTS

Safe Environment

The resident has a right to a safe, clean, comfortable and homelike environment, including but not limited to receiving treatment and supports for daily living safely. The facility must provide-

1) A safe, clean, comfortable and homelike environment, allowing the resident to use his or her personal belongings to the extent possible.

*This includes ensuring that the resident can receive care and services safely and that the physical layout of the facility maximizes residents' independence and does not pose a safety risk.

*The facility shall exercise reasonable care for the protection of the residents' property from loss or theft.

2) Housekeeping and maintenance services necessary to maintain a sanitary, orderly and comfortable interior;

3) Clean bed and bath linens

4) Private closet space in each room

5) Adequate and comfortable lighting levels in all area

6) Comfortable and safe temperature levels. Must maintain a temperature range or 71 to 81 degrees Fahrenheit and for the maintenance of comfortable sound levels.

PANCAKE BREAKFAST

Grant and Thomas made pancakes and sausages for our staff and residents. Residents were so excited to have homemade pancakes.



Exercise and Heart Health

If you've been diagnosed with heart disease or are at risk of developing heart disease, regular exercise is essential for the health of your heart, body and mind.

In fact, aerobic exercise and heart health really do go hand-in-hand. The American Heart Association has recently added "lack of exercise" to the list of major risk factors for heart disease. The other risk factors are smoking, high blood pressure, and high blood cholesterol. Exercise not only helps fight heart disease and gets you in shape, but if you live a sedentary

lifestyle, a regular exercise routine can also:

- help control high blood pressure
- reduce the risks of type II diabetes
- help prevent osteoporosis
- improve your general wellbeing and help fight depression, anxiety and stress
- greatly help to lose weight

Be sure to speak with your physician before adding exercise to your routine, so you know what type and amount is right for you.

Special Meal For Valentines Day

LASAGNA IN MEAT SAUCE
GARLIC BREAD
GREEN SALAD
RED VELVET CAKE



HAIRDRESSER

We have an in house hairdresser. If you would like an appointment please write their name and room number down in the hairdressers book outside the salon.

CHURCH SERVICES

Activity Department is working on getting live church services in building. As soon as we know times and dates, we will post it.

We also have a new facility Chaplin who will be starting soon.

Thank You

I would like to thank the family member for their continued support to our residents and staff at Blountstown Health and Rehab. Blountstown is an amazing community and we thank all of you who have donated different supplies to the facility. It is greatly appreciated!!

Springtime is right around the

corner. We are getting ready to start our Spring cleaning. We would like to encourage families to come in and help us with getting the resident's rooms and closets organized. If you have any questions please let us know.

Thank you

Grant Williams

Administrator

The Color of Roses

There are many flowers that convey the expression of love, but the most common is the rose.

- The red rose has been a popular choice as a gift of love on special days such as Valentine's Day, birthdays, and anniversaries.
- The pink rose can mean a variety of expressions depending on the shade of pink. In general, the pink rose symbolizes grace, sophistication and elegance.
- A darker shade of pink can also mean gratefulness and appreciation, and a lighter shade of pink can express admiration and sympathy. The pink rose can also symbolize the love within friendship.
- The white rose means innocence, purity, friendship, reverence and humility.
- The yellow rose can express the emotion of joy and can mean friendship or platonic love.
- An orange rose symbolizes enthusiasm and desire.
- The purple rose can convey the message of family and protection.



Fun February Facts

1 - Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

2- The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leaping."

Things You Can Control

by Caleb LP Gunnors

Your Beliefs

Your attitude

Your thoughts

Your perspective

How honest you are

Who your friends are

What books you read

How often you exercise

The type of food you eat

How many risks you take

How you interpret the situation

How kind you are to others

How kind you are to yourself

How often you say "I love you."

How often you say "thank you."

How you express your feelings

Whether or not you ask for help

How often you practice gratitude

How many times you smile today

The amount of effort you put forth

How you spend/invest your money

How much time you spend worrying

How often you think about your past

Whether or not you judge other people

Whether or not you try again after a setback

How much you appreciate the things you have.



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Medical Records/Transportation

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COME JOIN US

Now Accepting Applications for most positions.

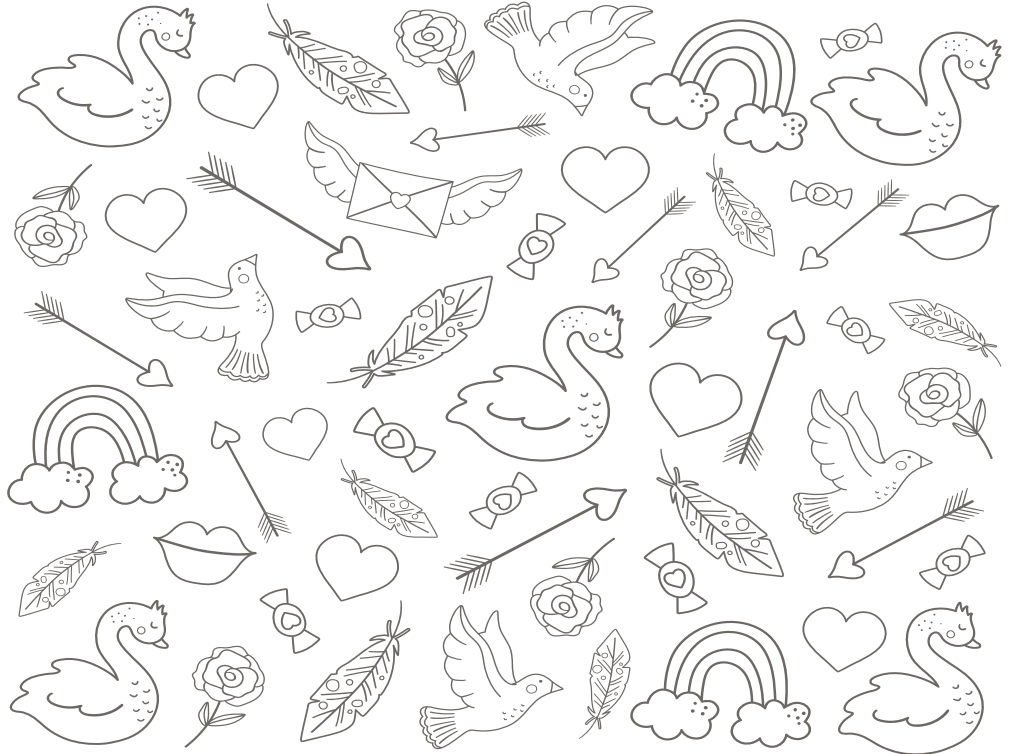
Visit Our Website! blountstownhealthandrehab.com.

Excellent 401K & Benefits

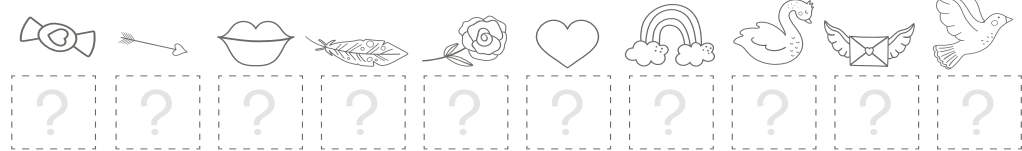
Call Brianna at 850-674-4311 Ext. 100

to set up an interview

I SPY: MY VALENTINE



How many of each shape can you find? Fill in your answers below:



February – 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
- CHOCOLATE
- EMBROIDERY
- EXERCISE
- FAMILY
- FEBRUARY
- GROUNDHOG
- HEALTHY
- HEART
- HISTORY
- LOVE
- RED
- RISK
- ROSE
- VALENTINE