



# Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road  
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

## Happy Birthday!

### Residents Birthdays

Dorothy F	3/21
Lucy J	3/23
Patricia C.	3/23

### Staff Birthdays

Charlene C.	7th
Kaitlyn H	8th
Shirley W.	14th
Brianna J	28th
Delia L	28th
Jaquille M.	28th
Josie H.	27th
Jose M	11th
Mark H	5th
Tamera R.	3rd

### Staff Anniversaries

Aadin H.	3/2020
Delia L.	3/2022
Sarah M.	3/2014
Karen O.	3/2021

### New Employees

Melanie C.	Hospitality Aide
Ja'Quandra D.	Hospitality Aide
Mark H.	Hospitality Aide
Uneata H.	Hospitality Aide
Malina H.	Hospitality Aide
Brittney J.	Hospitality Aide
Alexis P.	Dietary
Marjorie P.	Hospitality Aide
Breanna P.	Hospitality Aide
Kendall P.	Hospitality Aide
Theresa R.	Hospitality Aide
Tamera R.	CNA
Tamaya R.	Hospitality Aide
Whitney R.	CNA
Corey R.	Hospitality Aide
Madison R.	Hospitality Aide

**MARCH 2023**

# Newsletter

## GREAT NEWS!!



*Our brand new Dodge Caravan is finally here. We are so excited for our residents. Stretcher and wheelchair capable. Stop by and take a look*

## Certified Nurses Day



Research shows that **41% of nurses maintain careers in healthcare facilities while another 25% work in hospitals.** Certified nurses study and take certification exams to demonstrate their competency, skill, and knowledge. On March 19, celebrate the certified nurses in your life by letting them know how appreciative we are for their hard work and compassionate care.

## Activity Enhancement

We finally got our 72 inch TV set up in the dining room. Residents have enjoyed having it. They were able to watch the SUPERBOWL, all kinds of movies and Youtube videos. It is a smart TV so we will be able to connect to the internet and be able to do so many different things.



## Video Surveillance

This project is completed and allows us to remotely monitor inside and outside of the facility. Common areas, hallways, and the entire parking lot (not residents rooms). Safety and accountability are of the utmost importance to this facility.

## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus

Zodiac signs: Pisces & Aries

Birthstone: Aquamarine

Flower: Daffodil

### *Historical Events in March:*

## The Concorde

In March 1969, the Concorde roared into the skies on its maiden flight. Built as part of a joint venture between the UK and France, it was a supersonic passenger airplane that traveled at twice the speed of sound. Only 14 Concorde aircraft went into service before it was retired in 2003

## Long Term Care Administrator's Week:



## March 13-17, 2023

We would like to recognize our Administrator for going above and beyond each day in providing compassionate, quality care and leadership to our staff, residents and families. We appreciate you! Be sure to take a moment this week to express your gratitude and appreciation.

## March is Nutrition Month

**Good nutrition makes such an impact in our lives, which is why it is so important! By following these simple tips, good nutrition doesn't have to be difficult.** Your daily diet should include fruits, vegetables, whole-grains, dairy products, meats and other protein-rich foods. How large of a portion you should eat depends upon your caloric need. Be sure to consult your physician, nutritionist, or dietician before making any changes to your diet to know what is right for you.



### **Eating regular meals is important.**

By keeping your hunger under control, you can keep your food choices under control. Many times, tiredness is not caused by lack of sleep alone but rather poor nutrition. If eating three meals a day is not enough for you, divide your total calories into five or six small meals which you can spread throughout the day, so you never get too hungry or end up reaching for poor food choices.

**Avoid overeating.** Try to understand the difference between stopping eating when you are hungry as opposed to when you are full. Try to remember how it feels to eat to the point of feeling uncomfortable. A person needs only so much to eat, and taking extra bites will make you feel worse in the long run. A satisfied belly doesn't have to mean a full belly.

**Overcome emotional eating.** A lot of people tend to eat food as a way of coping with stress. This is known as emotional eating which can lead to obesity and low self-esteem. By overcoming emotional eating, you may notice a difference in energy levels, sleep patterns, and overall mental health.

**Eat more darker and brightly colored fruits and vegetables as they tend to offer the best nutrition.** A good example of colorful fruit would be berries and darker vegetable would be something like broccoli or spinach. Avoid lighter colored vegetables such as celery and iceberg lettuce because they offer very little nutrients.

**Beans can be a great source of nutrition.** They offer a high source of protein, low fat content, and little to no sugar. This makes them quite versatile for dieters. There several types of meals you can make with beans in it that can offer a high quality of nutrition.

**Limit sugary treats.** Better nutrition starts with cutting down on foods that are not healthy for you and then replacing them with better options. Knowing that you have a limit and sticking to it will help give you more control to make better food choices over the course of each week.

*The information in this article is to be used for informational purposes only. It should not be used in place of professional medical advice. Always consult with your physician or dietician regarding any changes in diet.*



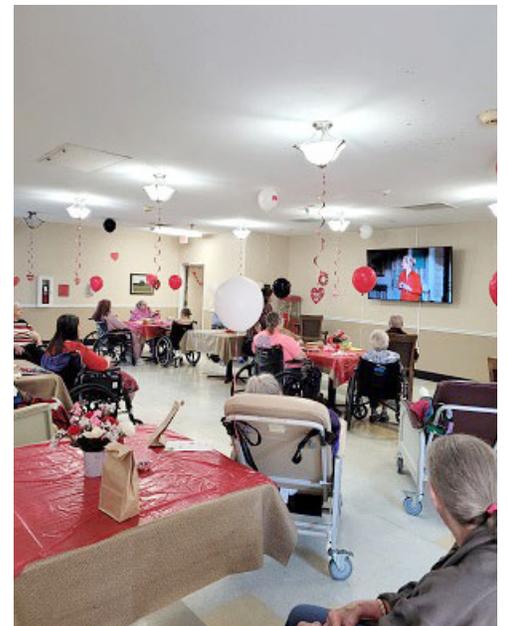
*Rosa loved her Valentine Bear!!*



*Cecilia answered her trivia question right.  
Look at her Gnome*

# We Love Our Residents!!

Residents had a great time during our Valentine Day celebration. Love was in the air!! We had strawberry floats, cookies and played a Love is in the Air trivia. Everyone won a prize. We sure love our residents





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## Administrative Team

### Administrator

Grant Williams • Ext. 122

administrator@blountstownhealthandrehab.com

### Payroll/Benefits Coord.

Lydia Pfeiderer • Ext. 127

pbcord@blountstownhealthandrehab.com

### Infection Control Nurse

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### Staff Coordinator

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### Social Services, Admissions

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### Director of Nursing

Rebecca Bailey Ext. 102

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### East Nurses Station

Ext. 109 & 110

### West Nurses Station

Ext. 108 & 111

### West Wing Unit Manager

Kim Herring • Ext. 130

riskman2@blountstownhealthandrehab.com

### East Wing Unit Manager

Marla Sewell • Ext. 104

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### Business Office Manager

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### Therapy Dept. Manager

Lauren Moore • Ext. 117

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### MDS Coordinator

Danae Holmberg • Ext. 129

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### Dietary Manager

Sarah Mabbott • Ext. 106

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### Activities Director

Connie Gottfreid • Ext. 107

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### Environmental Services

Maintenance Director

Thomas Cook • Ext. 115

maintenance@blountstownhealthandrehab.com

### Transportation/Medical Records

Rosa Jaramillo • Ext. 101

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### COME JOIN US

Now Accepting Applications for most positions.

Visit Our Website! [Blountstownhealthandrehab.com](http://Blountstownhealthandrehab.com).

Excellent 401K & Benefits

Call Brianna at 850-674-4311 Ext. 100

to set up an interview

## Old Stuff Day

Do you treasure older items, or do you see them as outdated clutter? Regardless of your stance on “old stuff,” there is a way for you to participate in Old Stuff Day on March 2!

Most people have at least a few older possessions in their homes. If you have been meaning to discard or donate any of them, take some time on Old Stuff Day to locate, evaluate, and decide what to do

with the items you no longer want or need. If your old stuff includes valued antiques, cherished mementos, or any other prized belongings, take some time to research the history of those items or to reminisce about the memories that those items evoke.

Alternatively, if you don't have much old stuff or just want to see some “new” old stuff, consider going to a museum or antique store and admiring the variety of unique items that are on display there.

Old stuff can provide a glimpse into the past, and many older items have interesting backstories just by virtue of existing for so long. What does your old stuff mean to you?



## March – 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

- AWESOME
- BRAVERY
- CRAFTS
- EMPOWER
- FABRIC
- HISTORY
- HOBBY
- MEDAL
- NUTRITION
- QUILT
- READ
- RECOGNIZE
- SACRIFICE
- STUFF
- WOMEN