



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

Phyllis A.	20th
Betty G.	16th
David H.	16th
Mary L.	31st
Sondra M.	59th
Robert P.	05th

Staff Birthdays

Krystal H.	20th
Kimberly M.	22nd
Jasmine M.	26th
Marla S.	3rd
Connie W.	21st
Jessica L.	7th
Nathaniel C.	17th
Debra B.	31st
Corey R.	29th
Marjorie P.	8th

Staff Anniversaries

Rebecca B.	5/2016
Charlene C.	5/1997
Jaquille M.	5/2011
Debra P.	5/2022
Sara R.	5/2022
Shirley W.	5/1996
Jennifer S.	5/2018

New Employees

Claire B.	RN
Robin F.	TRANSPORT
Valerie G.	RN
Jamie W.	ACTIVITIES



Osteoporosis Awareness and Prevention Month

Osteoporosis is more common in women. It affects almost 20% (1 in 5) of women aged 50 and over and almost 5% (1 in 20) of men aged 50 and over. Many people with osteoporosis do not know they have it until they break a bone. Screening is important to find these people before this happens, so they can take steps to decrease the effects of osteoporosis.

As you get older, you are more likely to have osteoporosis and recovering from a

broken bone becomes harder. Broken bones can have lasting effects including pain that does not go away. Osteoporosis can cause the bones in the spine to break and begin to collapse, so that some people with it get shorter and are not able to stand up straight.

Currently, screening for osteoporosis is recommended for women who are 65 years old or older and for women who are 50 to 64 and have certain risk factors, which include having a parent who has broken a hip.

How can I improve my bone health if I have osteoporosis?

There are steps you can take to improve your bone health and strengthen weak bones:

- Take medications to strengthen your bones and avoid medications that can make your bones weaker.
- Eat a healthy diet that includes adequate amounts of calcium and vitamin D.
- Perform weight-bearing exercises regularly.
- Do not smoke.
- Limit alcohol use.
- Don't wait until you have a broken bone to take steps to improve your bone health—you can start at any age!

You can also take steps to prevent falls, including doing exercises to improve your leg strength and balance, having your eyes checked, and making your home safer.

Source: cdc.gov

MAY 2023

UPCOMING EVENTS

Church Service with Shiloh
Ministries May 7th 3:00pm

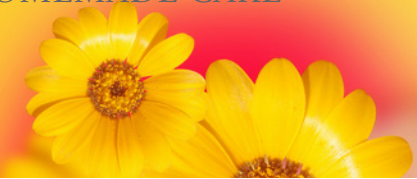
Mother's Day Spa and Tea Social.
May 12th 10:00am

Live Entertainment with Billy
May 17th 2:30pm

Bible Study with Pine Grove
Baptist Church every Wednesday
at 3:00pm

Special Mother's Day Menu

FRIED CHICKEN
POTATO SALAD
CARROTS
ROLL
HOMEMADE CAKE



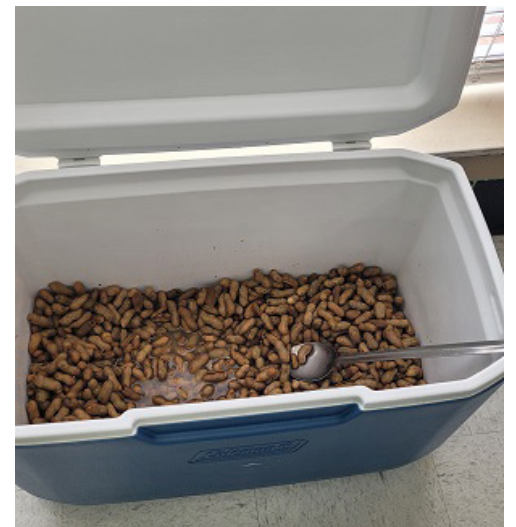
Movie Mural

The Mural in our dining room is finally finished. It looks so good. Residents enjoy coming to our movie nights. It makes them feel that they are in a movie theatre. Come take a peek!!



ST. PATRICK'S DAY

Our St. Patrick's Day celebration was a huge hit. All the residents had on their green hats and shirts. We did a peanut boil, cookies, and punch. Residents always love when we have a peanut boil



Joel is enjoying his boiled peanuts.

They were so good. Thank you Thomas for boiling the peanuts!



Annual Easter Egg Hunt!!

Residents had a great time with our annual Easter Egg Hunt. Many found a golden egg and received a prize. Alice was our big winner who found the BIG golden egg with money in it. She was so excited.



IMPORTANT INFORMATION

When taking your loved one out of the building for an outing please make sure that you advise their nurse they will be leaving. It is important due to medications and other medical necessities.
Thank You.



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Find Us On Facebook

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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

National Senior Health & Fitness Day: May 31

Seniors need regular exercise to maintain muscle tone, boost endurance and gain independence. Muscle tends to atrophy during the later stages of a person's life. You can keep hard-earned tissues through both cardiovascular exercises, stretching routines and weight training.



Exercise programs should be very flexible, so routines and movements change every week or so, depending on individual progress and feeling. Striving to maintain or boost strength, flexibility and strength, should be an achievable goal.

Whether following an online fitness class or in person a group setting, proper execution is crucial to attain the various objectives and goals. Be sure to ask a physician or therapist to go through all of the movements with you when starting an exercise program to make sure you understand all of the movements and know they help and not hinder you.

Logging workouts helps to track your progress and provide accountability, especially when deciding to exercise alone or in a group.

May – 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

- APPRECIATE
- BARBECUE
- BONE
- DEDICATION
- EXERCISE
- FITNESS
- GRATITUDE
- HEALTHY
- HONOR
- JEDI
- KINDNESS
- MOTHERS
- NURSES
- OSTEOPOROSIS
- STROKE