



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

Nancy B.	4th
Betty B.	27th
Mary C.	26th
Joanne D.	10th
William F.	24th
Vester M.	13th
Loretta M.	24th
Elizabeth P.	7th
Margaret R.	7th
Katie R.	17th
Alice W.	28th

Staff Birthdays

Desiree B.	5th
Sarah M.	18th
Diana R.	9th
Evelyn S.	4th
Angel M.	11th
Juliette G.	10th
Brittney P.	4th
Cierra B.	9th
Billie T.	11th

Staff Anniversaries

Sierra B.	4/2022
Kayla D.	4/2022
Kaitylyn H.	4/2021
Tyler H.	4/2022
Rosa J.	4/2015
Lydia P.	4/2019
Diana R.	4/2003
John T.	4/2005



Please Welcome Our New Facility Chaplain Lisa Folks

Lisa is with Shiloh Ministries. She will be coming 1-2x a week to pray, visit and just talk to residents. She and her husband Ronnie, have been involved with ministries for many years. So, if you see her in the building, please give her a big welcome.

We are happy to meet the Spiritual needs of our residents. Welcome Lisa!!



Look for us Around Town!

Our van is finally finished with all the detailing.

We are so proud of how it looks



Walking Day

Put on your comfortable walking shoes and celebrate National Walking Day, April 5 by going for a walk!

Daily walks can be beneficial for overall emotional and physical health. Studies have shown that walking for 30-60 minutes per day can help prevent Type II diabetes, cancer, and heart disease.

Other benefits from walking may include maintaining a healthy weight, improved cardiovascular health, stronger muscles, and even improvement of mental health. Did you know that people who walk regularly are less likely to have insomnia, and tend to sleep better than those who don't? Walking also improves circulation and gets the blood flowing. It can even reduce blood pressure and the risk of suffering a stroke.

APRIL 2023

CHURCH SERVICES

Shiloh ministries will be coming on the first sunday of every month to do services at 3:00pm

St. Marys church will be coming on the 3rd saturday at 10:00am

Kinard community holiness church will be coming to sing to residents

Day and time TBA.

New Employees

Claire B.RN

Ja'Quanda D... Hospitality Aide

Robin E.....Transportation

Valerie G.RN

Mark H. Hospitality Aide

Jimmie H.Dietary

Malina H..... Hospitality Aide

Alexis P.Dietary

Marjorie P..... CNA

Brenna P. CNA

Kendall. P. CNA

Theresa R. Hospitality Aide

Tamaya R. Hospitality Aide

Whitney R..... CNA

Corey R..... CNA

Madison R..... CNA

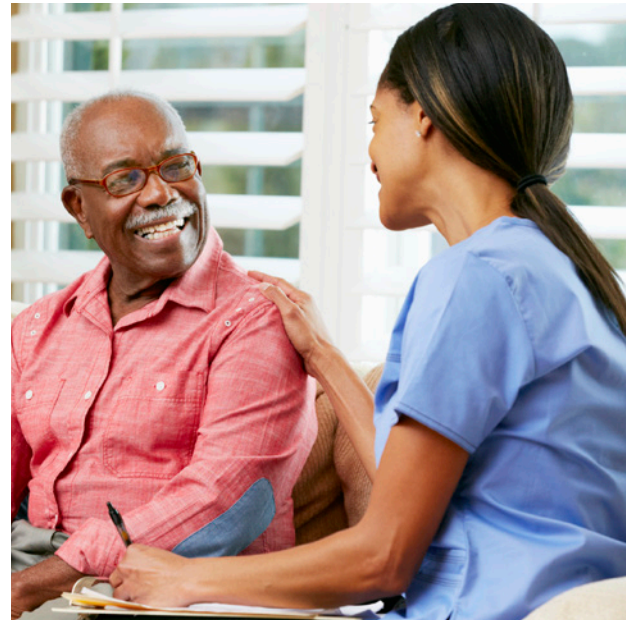
Occupational Therapy Month

Disabilities, illnesses, and injuries can often cause difficulties in daily living. Activities such as bathing, getting dressed, cooking, or driving may be challenging, and these limitations can become barriers to engaging in valued tasks and interests.

Occupational therapy is a beneficial resource for addressing these challenges and improving capabilities.

Occupational therapists and occupational therapy

assistants are healthcare professionals who work with people of all ages to help them live more independently and participate in activities that are meaningful to them. Occupational therapy practitioners help their patients accomplish their goals through a variety of methods, including:



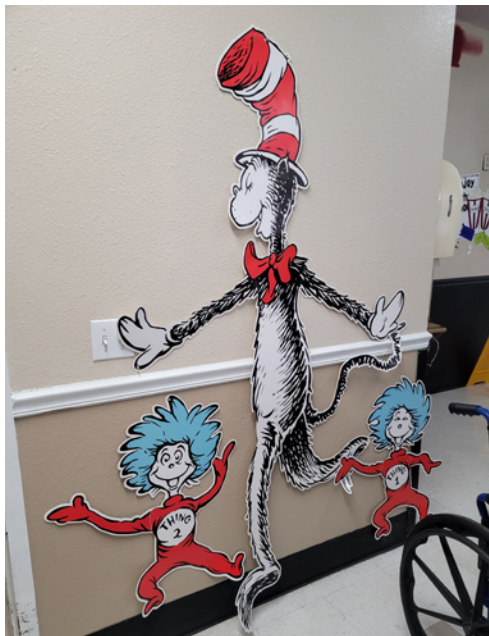
- Planning effective daily routines
- Demonstrating exercises that will help increase mobility
- Developing techniques to aid concentration, memory, and executive function.
- Identifying alternatives and solutions for accomplishing certain tasks (for example, helping a patient who may not be able to drive learn to navigate the public transportation system)
- Recommending appropriate adaptive equipment such as eating aids, shower chairs, or walkers, and teaching the patient how to use the equipment
- Recovering and improving the patient's skills through the therapeutic use of daily activities
- Intervening with preventative measures or exercises to reduce the risk of future illness or injury
- Assessing the patient's home and work environment, and recommending modifications to improve the functionality and accessibility of the spaces
- Educating a patient's family or caregivers about how to care for and accommodate the patient

April is Occupational Therapy Month and is a great time to show appreciation for the occupational therapy practitioners who help people live their lives to the fullest. If there is an occupational therapy practitioner in your life, take the time to thank them this month!



Our Dr. Seuss Week was a Huge Success!

Staff dressed up for WACKY WEDNESDAY, RED AND BLUE DAY and FOR CAT IN THE HAT. A big shout out to all the staff that participated. We even had cat in the hat visit us!!



Thank you to Larry, Elizabeth and Crystal for all their hard work with the success of our Dr. Seuss theme week. They made all the food, decorations and drinks. It is greatly appreciated. You all definitely went above and beyond. Oh, and THANK YOU Grant for being CAT IN THE HAT!!



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Find Us On Facebook

Administrative Team

Administrator

Grant Williams • Ext. 122

administrator@blountstownhealthandrehab.com

Payroll/Benefits Coord.

Lydia Pfeider • Ext. 127

pbcord@blountstownhealthandrehab.com

Infection Control Nurse

Michelle Thrasher • Ext. 116

icnurse@blountstownhealthandrehab.com

Staff Coordinator

Brianna Jacobs • Ext. 100

staffcoord@blountstownhealthandrehab.com

Social Services, Admissions

Tammy Godwin • Ext. 103

socialservices@blountstownhealthandrehab.com

Director of Nursing

Rebecca Bailey Ext. 102

adon@blountstownhealthandrehab.com

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

unitmgr1@blountstownhealthandrehab.com

Business Office Manager

Cecilia Shiver • Ext. 112

businessoffice@blountstownhealthandrehab.com

Therapy Dept. Manager

Lauren Moore • Ext. 117

lmoore@adaptiverehab.com

MDS Coordinator

Danae Holmberg • Ext. 129

mds@blountstownhealthandrehab.com

Dietary Manager

Sarah Mabbott • Ext. 106

dietary@blountstownhealthandrehab.com

Activities Director

Connie Gottfreid • Ext. 107

activities@blountstownhealthandrehab.com

Transportation/Medical Records

Rosa Jaramillo • Ext. 101

transportation@blountstownhealthandrehab.com

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Excellent 401K & Benefits

Call Brianna at 850-674-4311 Ext. 100

to set up an interview

National Parkinson's Awareness Month

National Parkinson's Awareness Month helps to increase awareness of Parkinson's disease in the United States. Parkinson's disease is a degenerative disorder of the nervous system that affects motor skills. Symptoms can include shaking, slowness of movement, and difficulty walking, with advanced stages usually involving dementia and memory impairment. There currently is no cure for Parkinson's disease.

Celebrities who have been diagnosed with Parkinson's disease include Muhammad Ali and Michael J. Fox, who created the Michael J. Fox Foundation to increase public awareness of the disease and help find a cure.



April – 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

- ACTIVITIES
- ART
- EARTH
- EXERCISE
- LIFE
- MEDIATE
- PARKINSONS
- RELAX
- SCABBLE
- SKILLS
- STRESS
- THERAPY
- UPCYCLE
- VOLUNTEER
- WALK