



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

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blountstownhealthandrehab.com

Newsletter

Happy Birthday!

Residents

Sharon M.	11/04
Janet B.	11/09
Annie B.	11/13
Sandra J.	11/13
Joy K.	11/19
Cheryl S.	11/19
Joyce P.	11/25
Johnnie C.	11/27

Staff

Grant W.	11/04
Jamie W.	11/14
Tamon W.	11/24
Pamela B.	11/28

Staff Anniversaries

Tonya K	LPN 2013
Jasmine M	LPN 2019
Brandi B.	CNA 2022
Erika H	Dietary 2022
Kristina R.	LPN 2022
Billie T.	CNA 2022

Welcome New Employees

Madelaine B.	CNA
Leslie M.	CNA
Gloriya P.	CNA
Lacreshia S.	CNA

BHS HOMECOMING

Residents enjoyed our cheer rally for Blountstown High School homecoming game. The cheer team did a few cheers and a dance for our residents. They really cheered them on, and got the players excited for their game. Thank you for coming and giving us a chance to cheer you on!!



NOVEMBER 2023

The Gratitude Attitude

Gratitude is one of the most powerful forces in the universe. Here are some things you can do to make the Gratitude Attitude a firm fixture in your life.

Create a Thank Bank. A Thank Bank is simply a place where you can jot down all the things that you are grateful for in your life. Put your list somewhere safe and pull it out when you're feeling down – your mood can change instantly.

Show Gratitude Quietly. Don't turn gratitude into a promotional or motivational tool. Express your thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren't bought at shops: a bit of your time, a sacrifice, something valuable to you.

Always Replace the 3 C's With the 3 A's. If you work or manage others, and sometimes feel the need to use one of the 3 C's – complaining, condemning, and criticizing – replace them with the 3 A's of Accepting, Acknowledging, and Appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

Activity Photo Highlights



Residents love watching our Monday night football. We watched the Bucs and Bengals play. Lots of drinks and treats were served. Mr. Kyle really enjoyed his beer (nonalcoholic of course!!) We have the football game on every Monday night in main dining room.



Residents had a blast making their cone bird feeders. We used ice cream cones, peanut butter, and rolled it in bird seed. Residents hung them outside their windows.

Honoring Our Veterans We will be honoring our Veterans on November 10th with a cookout. We would like to say Thank You for your service to the following residents

Dewey W.

Charles M.

Ben S.

Leonard M.

Warren K.

William K.

More Activity Photos



Emerald Coast Hospice and Centerwell Home Health sponsored a virtual Dementia training for all our staff. The training was very informative and provided our staff with, an immersive experience into the challenges dementia patient's face every day. Thank you all for coming to BHRC to provide us with this training.

MS. SANDRA J.

It was an honor to be part of Ms. Sandra J. wish to be Baptized. She made a public confession of her faith and acceptance of Jesus in her heart. Then she followed with the believers Baptism. Thank you. Rivertown Community Church and other staff members for making this happen.



Movember vs. No Shave November: What's it all about?

You may have recently noticed some of the clean-shaven men in your life becoming fuzzier as their 'staches, goatees, Fu Manchus, mutton chops and other furry face-warmers sprout predominantly during the month of November. These sudden changes to their features foster a conversation about their noble goal: raise awareness and money for cancer research.



Movember and No Shave November are actually two separate movements with a common theme. Movember asks men to participate in growing out a mustache and focuses primarily on men's prostate and testicular cancer.

No Shave November asks that men and women save the money they would regularly set aside for grooming (salon, waxing, razors, etc.), and instead pledge that money to the American Cancer Association. Both groups have a worthy goal, and participation can be a lot of fun!

Prostate cancer is one of the most common types of cancer with over 200,000 new cases a year in the United States alone. Testicular Cancer is more rare, with over 8,000 new cases a year. Routine check-ups may help to identify cancers early, and aid with keeping the loss of life to a minimum.



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to set up an interview

Happy Veterans Day: November 11 Honoring All Who Have Served

In May 1938, November 11, originally known as Armistice Day became a legal holiday to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of defense personnel in the Nation's history, and after American forces had fought aggression in Korea, the 83rd Congress amended the Act of 1938 by replacing the word "Armistice" with "Veterans." At that time, November 11 became a day to honor American veterans of all wars for their patriotism, love of country, and willingness to sacrifice for the common good.



November – 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

DEMENTIA

DIABETES

FAMILY

GAMES

GRATITUDE

HELPFUL

HONOR

KINDNESS

MEAL

MEMORY

MUSTACHE

SHAVE

THANKSGIVING

TRADITION

VETERANS