



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

Newsletter

Activity Photo Highlights

Happy Birthday!

Residents

Patricia E.	12/1
Eddie S.	12/15
Barbara B.	12/21
Nancy A.	12/29
Marilyn V.	12/29



Staff

Cassandra B.	12/1
Kyle O.	12/1
Tammy G.	12/2
Kristina R.	12/6
Thomas C.	12/7
Veal D.	12/7
Cecilia S.	12/8
Sierra B.	12/10
Christian H.	12/11
Tinorio Z.	12/12
Sierra B.	12/17
Holly A.	12/21
Aadin H.	12/29
Jennifer S.	12/27
Karen O.	12/30
Marian C.	12/30



Our Fall Festival was a huge success. We had different booths, such as tattoos, games, popcorn and guess how many in the jar. Residents had a great time.



October was Breast Cancer Awareness Month:

Staff wore pink to honor all Breast Cancer Survivors.

Kim and Rosa are Breast Cancer Survivors.

Staff Anniversaries

Chanley B., LPN	12/2022
Veal D., CNA	12/2022
Cecilia S.,	12/1996
Jennifer Y.	12/2019

DECEMBER 2023

Christmas Lunch Menu

ROAST BEEF
BABY BAKED POTATOES
GLAZED CARROTS
ROLL & MARGARINE
CAKE



Activity Highlights...continued

We had a cookout for all our Veterans for Veterans Day. Grant made pork tenderloin on our pellet grill. The residents really enjoyed it. Thank you for your service.



Welcome Our New Employees

Holly A.	CNA
Madelaine B.	CNA
Madison C.	CNA
Shenna D.	CNA
Chloe D.	Hospitality Aide
Shanna D.	CNA
Shicala D.	CNA
Tiara E.	CNA
Destin F.	Hospitality Aide
Jessica G.	Activity Assistant
Christina H.	CNA
Sarah K.	Hospitality Aide
April L.	Hospitality Aide
Michelle M.	Activity Assistant
Leslie M.	CNA
Gloriya P.	CNA
Amanda P.	Hospitality Aide
Lacreshia S.	CNA
Naomi S.	CNA
Shelby S.	CNA
Cynthia W.	Hospitality Aide



Residents really enjoyed our Halloween celebration. Grant was Michael Meyers and Rebecca was the Hippo. Michelle was the all-around best costume, Jack in the Box! Rosa was our Pumpkin carving winner.



Candy Cane Day: December 26

Candy Canes are Festive and Fun!

Candy canes are a favorite holiday treat. Their versatility makes them perfect for all kinds of edible and decorative uses! Plastic versions work great for décor purposes too and can be reused each year!

Here are ten festive ways to use candy canes this season:

- Enjoy them as a festive treat. Savor the traditional minty flavor or try new fruit flavors.
- Stir your hot cocoa or coffee with a candy cane to add a touch of minty sweetness to your favorite warm beverages.
- Use crushed candy canes as a topping for ice cream, adding a delightful crunch and burst of flavor.
- Create festive holiday decorations. Add them to wreaths, trees or hang them around your house.
- Incorporate crushed candy canes into your baking, using

them as a topping for brownies, cookies, or cupcakes.

- Use candy canes as stir sticks for holiday-themed cocktails or mocktails, adding a seasonal twist to your beverages.
- Create candy cane-themed gift packages by bundling them with hot cocoa mix or other holiday treats.
- Attach candy canes to gifts as decorative and edible embellishments.
- Mini candy canes can be crafted into a candy cane tree and used as a centerpiece.
- Crush candy canes and mix them into homemade trail mix for a sweet and minty twist on a classic snack.

No matter how or which enjoy candy canes you enjoy (traditional peppermint, fruit, or cinnamon), they are sure to make your holiday celebrations much more delightful.



UPCOMING CHRISTMAS ACTIVITIES

- 12/8 Addressing Christmas cards to family friends at 10:00am
- 12/11 Making Reindeer ornaments at 10:00am
- 12/13 Gingerbread house at 2:00pm
- 12/16 Pine Grove Church Christmas Caroling at 2:00pm
- 12/18 Cookie Decorating at 10:00am
- 12/19 Live Entertainment with Billy Lipford at 2:30pm
- 12/20 Our Annual Christmas Party for residents at 2:00pm - *For our annual Resident Christmas Party we will be having snacks and drinks. Each resident will have a gift to open.*
- 12/22 Fusion Church Youth caroling at 4:30pm
- 12/23 Travelers Rest Children's Ministry will be coming to pass out goodie bags to residents at 2:00pm

We are also doing several arts/crafts to make various Christmas ornaments.

CHURCH SERVICES

- 12/3 Liberty Holiness Church Service at 3:00pm
- 12/10 Shiloh Ministries Church Services at 3:00pm

Lisa Folks will be coming for Gospel Music Sing a Long *every Tuesday* at 10:30am and will be doing a Bible study *every Wednesday* at 10:30



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Administrative Team

Administrator

Grant Williams • Ext 822

administrator@blountstownhealthandrehab.com

Director of Nursing

Rebecca Bailey • Ext 802

adon@blountstownhealthandrehab.com

Social Services, Admissions

Tammy Godwin • Ext 803

socialservices@blountstownhealthandrehab.com

Business Office Manager

Cecilia Shriver • Ext 812

businessoffice@blountstownhealthandrehab.com

West Wing Manager

Kim Herring • Ext 830

riskman2@blountstownhealthandrehab.com

East Wing Manager

Marla Sewell • Ext 804

unitmgr1@blountstownhealthandrehab.com

Dietary Manager

Sarah Mabbott • Ext 806

dietary@blountstownhealthandrehab.com

Activity Director

Connie Gottfreid • Ext 807

activities@blountstownhealthandrehab.com

Infection Control Nurse

Michelle Thrasher • Ext 816

icnurse@blountstownhealthandrehab.com

MDS Coordinator

Danae Durden • Ext 829

mds@blountstownhealthandrehab.com

Payroll, Benefits Coordinator

Lydia Pfeiderer • Ext 827

pbcord@blountstownhealthandrehab.com

Therapy Department Manager

Lauren Moore • Ext 817

lmoore@adaptiverehab.com

Staff Coordinator

Brianna Jacobs • Ext 800

staffcoord@blountstownhealthandrehab.com

Transportation, Medical Records

Rosa Jarmillo • Ext 801

transportations@blountstownhealthandrehab.com

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to set up an interview

Embrace the spirit of giving and spread warmth, hope, and goodwill by getting involved with local charities and holiday campaigns.

Whether it's volunteering your time, making a donation, or participating in fundraising events, your contribution can bring joy and support to individuals and families in need within your local community.

Participating in holiday campaigns provides a meaningful opportunity to give back to your local community and make a positive impact on the lives of others. Whether it's purchasing and sharing **Christmas Seals** to support lung health research, donating to the **Salvation Army's** red kettle campaign, or contributing toys to local **Toys for Tots** to bring joy to children, every act of generosity and kindness can make a significant difference.

Similarly, volunteering for **Wreaths**



Across America to honor veterans, donating coats (or winter clothing) for **Coats for Kids** to ensure children stay warm, or taking part in the **Jingle Bell Run** for arthritis research and support, all serve as powerful ways to demonstrate compassion and support for those in need during the holiday season.

By lending a helping hand to your local shelters, food banks, or toy or clothing drives, you are sure to make a difference this holiday season.

December – 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

- CHEER
- COLD
- FAMILY
- GIFT
- GIVING
- HOLIDAYS
- HYGIENE
- READ
- RELAX
- SEASONAL
- SNOW
- TIME
- WASH
- WINTER
- WREATH