



Blountstown

Health & Rehabilitation Center

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blountstownhealthandrehab.com

Newsletter

Activity Photo Highlights

Happy Birthday!

Residents

Horace H.	01/02
Becky V.	01/03
Gladys W.	01/03
Violet C.	01/08
William K.	01/19
Patricia P.	01/21
Sarah P.	01/26
Shirley T.	01/26
Lorraine B.	01/30

Staff

Ida M.	01/05
Larry M.	01/11
Christina	01/14
John T.	01/17
Sarah R.	01/19
Rebecca B.	01/20
Angela R.	01/25
Lauren M.	01/26
Tonya K.	01/28

Staff Anniversaries

Debra B. Dietary	01/2023
Kayla D. LPN	01/2007
Mary D. Dietary	01/2023
Latoria H. CAN	01/2021
Marla Sewell	01/2003
Tamon W.	01/2021



Our annual staff Christmas party was a huge success. Staff had a great time. Thomas smoked a Boston Butt, and had many sides to go along with the delicious Boston Butt. Staff also got a lot of great gifts.

JANUARY 2024

Christmas Photo Highlights

The activity department had a busy month. We had a lot of fun activities for the residents. We had a lot of arts and crafts where we made Christmas ornaments to decorate our resident Christmas Tree. We painted ceramic Christmas trees, made Ginger Bread Houses, reindeer and snowmen ornaments, wreaths for their doors and decorated cookies. The holidays are always so much fun.



More... Activity Photo Highlights



Calhoun County Sheriff's Dept. donated 86 goodie bags for residents



Travelers Rest church did a great job at Christmas Caroling to our residents. Residents loved listening to them.



St. Mary's Missionary Baptist Church donated socks for our residents.



Church of Latter Day Saints Bristol came a to sing to our residents. Even the Grinch was here!!

Resident Christmas Party

Residents had a great time at our annual Christmas party. Each resident received a gift from their secret santa. They sure got a lot of nice gifts. We served meatballs, chips and dip, punch, and cheese crackers. Santa and his elf help them open their gifts. It was nice to see all those smiles on residents faces.



Door Decorating Contest

We had a door decorating contest for residents and staff. We choose two winner from each category.

Thank you Howard Johnson and Debbie Van Lierop for being our judges. We know how hard it was to pick the winners!!



The Activity Department won first place in our door decorating contest. East wing nurses came in second. Everyone did an amazing job decorating their doors.



The winners for the residents doors were first place Barbara D. and second place George P. Thank you Howard Johnson and Debbie Van Lierop. I know how hard it was to pick the winners!!



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Call Brianna at 850-674-4311 Ext. 800
to set up an interview

Get Involved: Donate Blood. Save Lives.

The need for blood, plasma, and platelets donations are constant. Each day, the Red Cross must collect nearly 13,000 blood donations for patients at about 2,500 hospitals nationwide. This need doesn't stop for the season, weather, or holiday.

The Red Cross Blood Donor app or RedCrossBlood.org is a great way to find a place to make an appointment to donate in your area.

Before your donation:

Eat iron-rich foods such as meat, fish, poultry, spinach, iron-fortified cereals, or raisins.

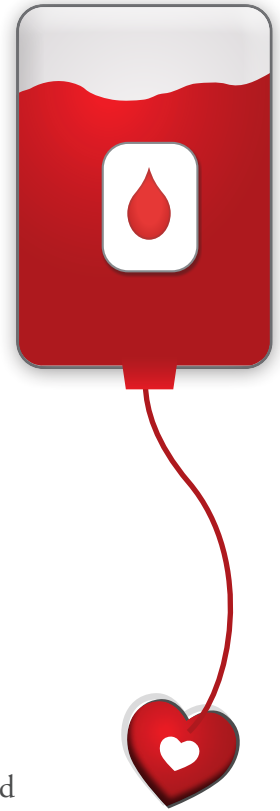
Get a good night's sleep and drink extra liquids, so you're well-hydrated.

If you're going to donate platelets, do not take aspirin products for two days prior to your appointment.

Learn more about Red Cross donation safety protocols.

Donating blood, plasma, or platelets is a simple, quick, and effective way for eligible individuals to get involved in their community.

Source: cdc.gov



January – 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

- ACTIVITY
- CLUTTER
- COURAGE
- DONATE
- ENGAGE
- GLAUCOMA
- GOALS
- JANUARY
- LEGO
- MOTIVATE
- NEW YEAR
- ORGANIZE
- PURPOSE
- PUZZLE
- RESOLUTION