



# Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road  
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

## Happy Birthday!

### Residents

Doris S.	2/08
Johnnie M.	2/10
Alma S.	2/16
Patricia L.	2/21

### Staff

Latoria H.	2/01
Billie P.	2/03
Kathy E.	2/04
Robin F.	2/05
Rosa J.	2/13
Alison B.	2/15
Hulda B.	2/17
Sara S.	2/21
Elizabeth R.	2/25
Morgan L.	2/27
Jamie R.	2/27

## Staff Anniversaries

Dawn K. Dietary	2019
Biranna J. Administration	2022
Angel M. Restorative	2022
Lisa F. Facility Chaplain	2023
Lynn H. Dietary	2023
Theresa R.	2023

FEBRUARY 2024

# Newsletter

## What Warms Your Heart & Soul?



During Healthy Heart month, it makes sense to make your health a priority, but it's also a great time to focus on you. Most people find that making time to improve the quality of their "heart and soul" actually simplifies life and makes even the hardest things seem more enjoyable.

**Taking time for yourself often helps to renew friendships with people and re-center your life on what really matters.**

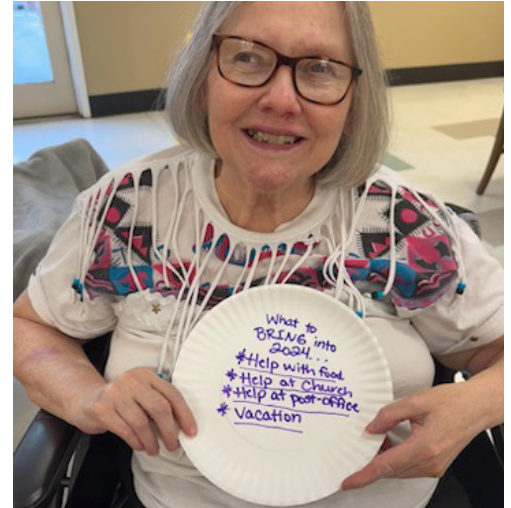
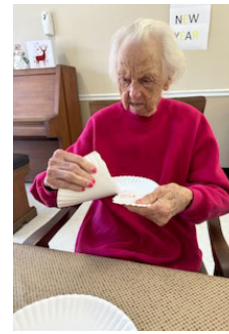
Doing what is good for you can be as simple as watching a good movie or picking up a book that you've wanted to read for a while. Everyone is different, so focus on activities and people that bring you inner balance and joy.





# Activity Photo Highlights

Residents had a great time for our New Years Eve celebration. We had photo booth, sang Karaoke with drinks and lots of snack. They enjoyed singing Karaoke. For New Years day we did throwing out 2023 and bringing in 2024. Residents wrote on their plate what they wanted to throw away for 2023 and then they ripped it up. Let 2024 be a better year!



## A BIG THANK YOU

A big thank you to Landrea Garrett and Lori Carter from Centerwell Home Health and Emerald Coast Hospice for the goodie basket to celebrate Activity Professional Week. It was awesome!





# Renovation Update

We have been working hard on the renovations in the building. We are still working on West Wing. We have all the halls painted and now working on the hand railing. It's still a work in progress, but once it's completed it will look great!

We have also installed a security lock on the front door. It will automatically be locked at

7:15 pm and unlocked at 7:00 am. If you are visiting between those times, just push the doorbell and a staff member will let you in. This is for the security of our residents and staff.

We'll keep you posted on what's going on next. We appreciate your patience during this time. Thank you.

## HAVE THE HAPPIEST VALENTINE'S DAY EVER!



### Valentine Card

Send a heartfelt Valentine Card to someone who has inspired you and tell them how much they mean to you.



### Flowers or Candy

Send flowers or candy to someone without a significant other and sign it anonymously.



### Care Package

Send a care package basket to a family that has gone through a difficult time and sign it anonymously.



### No-Sew Blanket

Make a no-sew blanket and donate it to a local shelter.



### Sweet Treat

Treat for ice cream. Enjoy a sweet afternoon with your best friend, grandchildren or family.



### Heartfelt Gifts

Giving doesn't have to be expensive, a compliment, handmade card, or flower will do. Anything heartfelt and thoughtful will surely be appreciated. Giving is two gifts in one—not just the recipient benefits, but so do you!

## Welcome

### Please Welcome Our Newest Staff Members

Jimmy B. *LPN*

Marie B. *Speech Therapist*

Whitney E. *RN*

Leon F. *LPN*

Madison F. *RN*

Mitzi G. *Speech Therapist*

Myra H. *RN*

William H. *Occupational Therapist*

Zoie M. *Physical Therapist*

Lauren M. *Director of Rehab*

Chessia M. *CNA*

Dorothy N. *Occupational Therapist*

A'Rae P. *CNA*

Sara S. *Physical Therapist*

Murphy S. *Speech Therapist*

Jonathon S. *Occupational Therapist*





# Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road  
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

Find Us On Facebook

## 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 Pfeleiderer • 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

### COME JOIN US

Now Accepting Applications for most positions.  
Visit Our Website! [Blountstownhealthandrehab.com](http://Blountstownhealthandrehab.com).

Excellent 401K & Benefits

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

# Healthy Snack Options for your Big Game Party

Here are three low-prep, healthy snack ideas for a big game party or to consider choosing between meals:

## Vegetable Platter with Hummus:

Prepare a colorful assortment of fresh vegetables like carrot sticks, cucumber slices, and bell pepper strips. Pair them with a tasty and protein-packed hummus for a satisfying and nutritious snack.

## Popcorn with Herbs:

Air-popped popcorn is a whole-grain snack that can be made flavorful with the addition of herbs like rosemary, thyme, or a sprinkle of black pepper or garlic powder. It's a crunchy and low-calorie option for those who like to munch.

## Whole Grain Chips:

Mash ripe avocados and mix them with diced tomatoes, onions, lime juice, and cilantro to create a delicious guacamole. Serve with whole-grain tortilla chips for a satisfying snack, rich in healthy fats and fiber.



## February – 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

CARD

EXERCISE

FEBRUARY

GIVE

HAPPY

HEALTH

HEART

HISTORY

LOVE

MASK

RED

SNACK

SOUL

TUESDAY

VALENTINE