



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

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blountstownhealthandrehab.com

Happy Birthday

Residents

Elizabeth P.	4/07
Margaret R.	4/07
Jody D.	4/10
Vester M.	4/13
Lois T.	4/15
Katie R.	4/17
Loretta M.	4/24
Betty B.	4/27

Staff

Evelyn S.	4/03
Cierra B.	4/09
Diana R.	4/09
Billie T.	4/11
Sarah M.	4/18
Lekisha M.	4/28
Zoie M.	4/28
Destin F.	4/29
Allie O.	4/30

Staff Anniversaries

Juli C., CNA	2023
Stefan L., CNA	2023
Diana R., CNA	2023
Sierra B., Activities	2022
Elaina P., Transportation	2022
Kayla D., Dietary	2022
Kaitlyn H., CNA	2021
Lydia P., Payroll/Benefit Coordinator	2019
Rosa J., Medical Records/Transportation	2015
John T., Housekeeping	2005

Newsletter

Lil Miss Traveling Nail Salon

Lil Miss Traveling Nail Salon came to paint the lady's nails. Lil Miss Nail Salon has nail techs ranging from 4 to 12 years old. They did such a great job doing our resident's nails. Our residents loved having them here and enjoyed visiting with them. Thank you. They will be coming once a month to paint nails.



APRIL 2024



Activity Highlights

March 1st was our Dr. Seuss Day. Residents and staff really enjoyed our Dr. Seuss celebration. We had all kinds of food, and drinks and even did Dr. Seuss tattoos. Look at our Dr. Seuss character. Grant makes a great Dr. Seuss.

News from the Kitchen

We are pleased to announce our new meal selection process. Residents will be able to pick what they would like to have for lunch and dinner. Every morning, they will get lunch and dinner menus on their breakfast tray, including what the main menu is and what they can get for the alternative. They fill out what they would like to have and give it to their CNA or the kitchen. The floor staff will also be available to assist those who need it. We just rolled this out over the past few weeks and the residents love it.



EASTER MENU

Main Meal

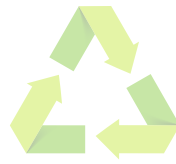
- Ham
- Scalloped Potato
- Peas
- Roll
- Cake

Alternate Meal

- Fried Chicken
- Potato Salad
- Broccoli Casserole



Seven Reasons to Recycle

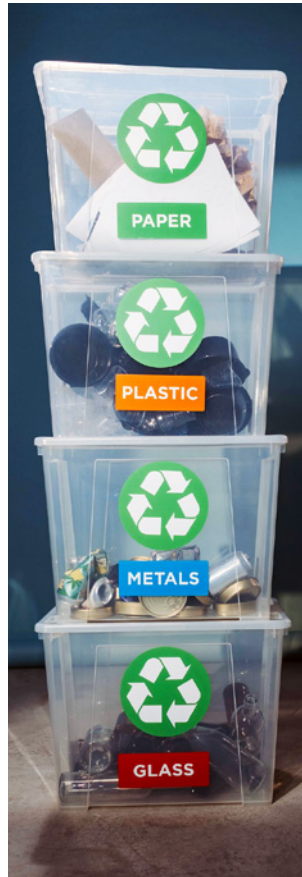


Recycling is sort of like exercising: we all know we should do it, but some of us don't do it at all. Here are seven good reasons why you should start.

- ✓ *It reduces global warming.*
- ✓ *It makes us more energy-efficient.*
- ✓ *It keeps our landfills from overflowing.*
- ✓ *It improves the quality of our groundwater.*
- ✓ *It reduces air pollution.*
- ✓ *It creates jobs.*
- ✓ *It adds to property value.*

One person can make a difference. Research has shown small acts of recycling make a big difference. For example, recycling just one large newspaper would save around 75,000 trees. On average, each person in the U.S. produces around 1,600 lbs. of waste each year.

If you recycled all of that, you could save around 1,100 lbs. of waste per year— that's over half a ton— just by yourself!



April is National Occupational Therapy Month

Occupational therapists enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability. These services may include:

- Offering seniors who are recovering from a stroke or surgery ways to resume independence.
- Helping seniors recovering from injury to regain skills necessary to return home.
- Providing support for seniors experiencing physical and cognitive changes.

Information taken from www.aota.org.

HEALTHCARE DECISIONS DAY

Making choices about healthcare for you or your loved one can feel daunting.

National Healthcare Decisions Day (NHDD) emphasizes the significance of advance care planning and encourages individuals to make informed healthcare decisions.

Held annually on April 16, NHDD promotes awareness about the importance of discussing and documenting preferences for medical treatments, ensuring that people's wishes are known and respected during critical moments.

Have a conversation with family and loved ones this April 16 about your advanced care plans. If you are unsure what your plan should be, this is a great time to research, communicate, and discuss options with your healthcare providers.

Activity Highlights... continued





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COME JOIN US

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Excellent 401K & Benefits

Call Brianna at 850-674-4311 Ext. 800

to set up an interview

St. Patrick's Day Celebration

Residents had a great time celebrating St. Patrick's Day. Everyone was wearing their green hats and beads. We served Shamrock Milk Shakes and pretzels. We played St. Patrick's Day Trivia. Residents knew a lot about the history of St. Patrick's Day.



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!

R	J	S	W	O	M	J	D	N	Z	L	X	D	W	E
P	R	P	P	C	G	S	E	G	R	I	L	L	E	D
A	I	E	K	C	V	I	C	V	M	L	K	B	A	E
A	W	C	B	U	U	B	I	E	X	J	O	Y	R	Z
F	J	E	W	P	J	L	S	N	C	K	P	F	T	H
X	M	R	P	A	Y	I	I	V	E	P	I	H	H	B
C	A	R	E	T	V	N	O	I	T	E	C	X	R	B
O	L	R	G	I	I	G	N	R	C	O	K	J	X	C
J	Q	W	X	O	R	S	S	O	S	B	L	L	W	F
C	I	B	E	N	M	H	E	N	T	H	E	T	K	E
S	J	X	P	A	X	S	U	M	R	L	B	O	R	E
P	J	L	W	L	U	F	C	E	E	U	A	E	J	D
O	C	Y	M	W	C	H	O	N	S	P	L	Y	U	E
R	R	E	C	Y	C	L	E	T	S	K	L	U	C	R
T	Y	F	V	S	T	H	E	R	A	P	Y	L	O	F

Word List

CARE

DECISIONS

EARTH

ENVIRONMENT

FEEDER

FUN

GRILLED

JOY

OCCUPATIONAL

PICKLEBALL

RECYCLE

SIBLINGS

SPORT

STRESS

THERAPY