



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

Newsletter

Mardi Gras

For Mardi Gras we played the Mardi Gras bead game. All the residents won a lot of beads. It was so much fun.



Happy Birthday

Residents

Dorothy F.	3/21
Patricia C.	3/23
Lucy J.	3/23
Helen O.	3/27

Staff

Aaron P.	3/01
Claire B.	3/04
Charlene C.	3/07
Kaitlyn H.	3/08
Shirley W.	3/14
Crystal R.	3/17
India S.	3/18
Brianna J.	3/28
Delia L.	3/28
Josie H.	3/27

Staff Anniversaries

Claire B., RN	2023
Robin F., Transportation	2023
Aadin H., Maintenance	2020
Morgan L., CNA	2023
Delia L., Transportation	2022
Sarah M., Dietary Manager	2014
Karen O., Laundry	2021
Levada T., Transportation	2022
Jamie W., Activities	2023

Lake Mystic Baptist Church Children's Choir

Lake Mystic Baptist Church Children's Choir came and sang gospel songs to our residents. They did such an amazing job. Thank you for coming.



UPCOMING ACTIVITIES

- 3/01 Dr. Suess day
- 3/15 Karaoke Singing Activity @ 2:00 pm
- 3/17 St. Patrick's Day Party @ 2:00 pm
- 3/22 Easter Egg Coloring @ 2:00 pm
- 3/25 Monthly Birthday Party @ 2:00 pm. Includes cake & ice cream
- 3/29 Annual Easter Egg Hunt @ 2:00 pm

MARCH 2024

Activity Highlights

Residents enjoyed our Valentine's Day party. Everyone got a goodie bag that had a stuffed bear and candy. We also served chocolate cake and cookies. The North Florida Children's Development Center made them Valentine's cards. They really enjoyed reading and looking at all the creative cards they made.



THANK YOU

A big thank you, to the North Florida Children's Development Center for donating the candy, and making all the cute cards for our residents. We appreciate you thinking of us on Valentine's Day. Thank you!



March is Nutrition Month

Healthy eating habits are easier to maintain with a well-rounded diet, and it's easier to do than you may think. In fact, living a nutritious lifestyle can be easy and fun. Nutrition is about more than vitamins—it also includes fiber and healthy fats.

Add healthy fats. Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Limit foods with trans fats, which increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.

Bump up your fiber. Fiber in your diet not only keeps you regular, it also helps you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber.

Aim for a variety of colors on your plate. Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.

Be sure to consult with your physician or dietician before making any changes to your diet to know what foods, portions, and choices are right for you.

Source: cdc.gov



New Sign



Welcome

Please welcome our new beautician Molly Hobs

Molly is a new cosmetologist. She is very excited to be able to work as BHRC new beautician. She is here Tuesdays and Thursdays from 9 am to 4 pm. If you would like to make an appointment to get your hair done, please put your name in her appointment book. Her book is outside the beauty shop door. Here are the prices for services.



GOSPEL MUSIC



We had Jamie Davis perform gospel music. He plays the piano, sings and plays the saxophone. He will be coming on the third Friday of each month. We are so excited to have him come one time a month.



Prices for Services:

Haircut	\$15.00
Shampoo & Style	\$15.00
Woman Long Hair	\$18.00-20.00
Beard Only	\$10.00
Beard With Cut	\$23.00
Single Color	\$55.00
Highlights	Starts at \$55.00
Perm-All Inclusive	\$65.00
Perm Specialty Rolls	\$75.00

We are very excited to have her with us. Welcome to our team Molly!



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Find Us On Facebook

Administrative Team

Administrator

Grant Williams • Ext 802

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

Maintenance / Housekeeping / Laundry

Thomas Cook • Ext 815

maintenance@blountstownhealthandrehab.com

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Excellent 401K & Benefits

Call Brianna at 850-674-4311 Ext. 800

to set up an interview

Large Print Books Make Reading Easy During Reading Month and Save Your Vision Month

There really is nothing quite like curling up with a fascinating book! For some people, however, reading is a bit more challenging because of vision difficulties. **Large print books offer a fantastic solution.** They can be read comfortably without having to worry about eye strain.

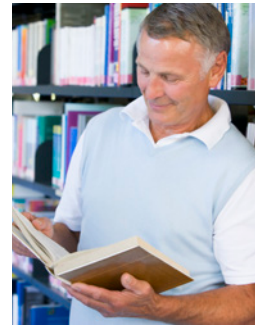
The text in most reading material is pretty small. It's designed this way to pack the most content into the fewest pages. Seniors often use reading glasses in order to see smaller print. As our eyes age, it becomes a more difficult to clearly focus on small objects. This can be discouraging for someone who finds solace in reading.

Large print books may allow some seniors to regain their joy in reading.

With large print books, there's no more eye strain or need to hold books too close in order to read. Many new titles are now being released in this format, which is great news for anyone who has trouble reading standard size text.

Another great option is e-readers. Not only because the text size and fonts can be adjusted, but because e-readers are lightweight, portable, and most of all, there is an endless collection of titles available to instantly download with the tap of a finger.

Now more than ever, there's no excuse for not reading. With many best-sellers and classics available in large-print or electronically, you'll never again miss out on the next best how-to book, page-turning novel, or thriller.



March – 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

- BOOKS
- CELEBRATE
- CLOVER
- GREEN
- HOLIDAY
- JOY
- KNIT
- LUCK
- MARCH
- NURSE
- NUTRITION
- PATRICK
- READING
- SAINT
- SLEEP