



Blountstown

Health & Rehabilitation Center

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Newsletter

CNA Week

All of our CNAs were recognized during CNA week. We would like to thank them all for all the hard work they provide. You all are greatly appreciated. We could not do this without you!!



Happy Birthday

Residents

Martha R.	8/10
Betty S.	8/17
Cheryl G.	8/19
Mary Q.	8/26
Eloise G.	8/29

Staff

Trace B.	8/2
Ambur N.	8/5
Tara C.	8/7
Levada T.	8/9
Stefan L.	8/15
Shelby S.	8/15
Kayla D.	8/18
Aylissa W.	8/18
Lydia P.	8/20
Heather B.	8/24
Jimmie H.	8/26
Kirsten F.	8/31



CNA OF THE YEAR EAST WING

Congratulations to Brandi B. for being nominated by her peers as CNA of the year for East Wing. Brandi has been with BHRC since 2022. She is a dedicated employee and the residents love her. She takes good care of our residents. She has a good attitude, always has a smile on her face and goes above and beyond her duties. Congratulations Brandi, we are so lucky to have you on our CNA team. You are greatly appreciated.



CNA OF THE YEAR WEST WING

Tara C. has been with BHRC since 2017. She always comes to work with a great attitude and has a smile on her face. She provides great care to all of our residents. She's a dedicated CNA and always goes above and beyond what is expected of her. Congratulations Tara, we are grateful to have you on our CNA team. You are greatly appreciated.

AUGUST 2024

PEANUT BOIL

We had another Peanut Boil. It's always a good turnout. Resident's LOVE peanuts!!



4th of July Firework Display

Our 2nd Annual Firework display was a huge success. Residents enjoyed watching them. Thank you to all the staff who helped to bring the residents outside. You are greatly appreciated.

We would also like to put out a huge thank you to the Calhoun County Correction Institute for bringing out the tents and supplying water bottles for our residents. Thank you!!



Happiness Happens Month: Four Simple Steps to Happiness

Every person deserves to be happy, and happiness can be positively influential!

The more happy people there are, the more likely they are to inspire others. We owe it to ourselves and society to work on our happiness. Try these four simple steps:

Ready Yourself for Happiness: Commit to being happy and understand that true happiness comes from within, not from luck, possessions, or lifestyle.

Envision Yourself as Happy: Each day, imagine yourself laughing, smiling, and

relaxing. The more you visualize happiness, the easier it becomes to feel genuinely happy.

Assume You Will Be Happy: Choose to be happy by recognizing that there is always something in your life to be grateful for, whether big or small. Show your appreciation and gratitude for increased happiness.

Pursue Your Happiness: Identify what makes you happy, whether it's a hobby, activity, or spending time with loved ones. Make time for these joy-inducing pursuits, and happiness will naturally follow.



Residents' Garden Highlights

The residents' garden is coming along well. We have green peppers, zucchini, carrots and sweet peppers. Our tomatoes are coming along slow. There are a few blooms and one green tomato. We also planted radishes, however they came up fast and we already picked them. Residents had them in their Chef Salad. We harvested our first zucchini. Residents plan to make zucchini bread.



Birthday Celebration

For our July Birthday Celebration we had a Luau theme. Residents made Luau hats to wear at the party. They turned out cute.



National Wellness Month – Encourage your friends and family members to celebrate Wellness Month by completing this activity checklist throughout the month. Motivate each other to check off as many as possible. Celebrate your increased health and wellness together!

- | | |
|---|--|
| <input type="checkbox"/> Drink a glass of water | <input type="checkbox"/> Exercise for 15-30 minutes |
| <input type="checkbox"/> 8+ hours of sleep | <input type="checkbox"/> Enjoy an engaging hobby |
| <input type="checkbox"/> Schedule an annual exam with a healthcare professional | <input type="checkbox"/> Engaged in a brain-boosting activity like sudoku, crossword, or word search |
| <input type="checkbox"/> Meditate for 10 minutes | |
| <input type="checkbox"/> Spend time outside | |
| <input type="checkbox"/> Call a loved one | |

Be sure to consult with your physician before making any changes to your daily routine or diet to know what is right for you.



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to set up an interview

Celebrate The King!

Elvis Week is August 9-17

Elvis Presley, known throughout the world by his first name, is widely regarded as one of the most influential figures of 20th century music and popular culture, and his status as a cultural icon appears strong as ever. 2024 will mark the 47th anniversary of his passing.



Elvis Facts:

- The international superstar was an accomplished and influential artist in several genres of music: rock, pop, country, R&B and gospel.
- He triumphed on television, the concert stage and the silver screen.
- Elvis has been inducted into the Rock and Roll Hall of Fame, the Country Music Hall of Fame and the GMA Gospel Music Hall of Fame – the only artist with the distinction of being honored by all three.
- It is estimated that Elvis Presley has sold more than one billion records worldwide.
- He enjoyed eating peanut butter and banana sandwiches and would often add bacon and grape jelly.

Sources: graceland.com

August – 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
- BOOKS
- COLOR
- ELVIS
- HAPPINESS
- KING
- LEMONADE
- MARSHMALLOW
- MUSIC
- PRESLEY
- READ
- RELAX
- SENIOR
- SMORE
- WELLNESS