



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

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blountstownhealthandrehab.com

Newsletter

Activity Highlights

Happy Birthday

Residents

Rebecca V.	1/03
Gladys W.	1/03
Charles C.	1/04
Violet C.	1/08
Laura V.	1/14
Grace R.	1/15
William K.	1/19
Patricia P.	1/21
Sarah P.	1/26
Shirley T.	1/26

Staff

Trinity H	1/02
Stephanie J.	1/04
Chardae W.	1/04
Ida M.	1/05
Dawn B.	1/07
Ameila M.	1/08
Marie D.	1/09
Larry M.	1/11
Christina H.	1/14
Sarah K.	1/16
John T.	1/17
Sarah R.	1/19
Lori B.	1/20
Rebecca B.	1/20
Erin F.	1/20
Roni O.	1/22
Angie R.	1/25
Kaitlin T.	1/25
Lauren M.	1/26



Thank you to CenterWell Home Health and Emerald Coast Hospice for bringing the Grinch to visit our residents and staff. They even provided us with Grinch Juice. We loved the visit from the Grinch. It was a huge hit!



Staff Anniversaries

M. Sewell East Wing Manager 2003
K. Dalton LPN 2017
M. Daffin Speech Therapist 2018
L. Moore Director Of Therapy 2018
D. Nelson Occupational Therapist 2018
W. Smith Occupational Therapist 2018
L. Hardy CNA 2021
T. Williams CNA 2021
M. Goodman Speech Therapist 2022
D. Brummer Dietary 2023

W. Hayes Occupational Therapist 2023
Z. Mcalpin Physical Therapist 2023
S. Sayeau Physical Therapist 2023
M. Sims Speech Therapist 2023
C. Bush CNA 2024
W. Edwards RN 2024
M. Fortune RN 2024
A. Mccourt CNA 2024
M. Varnum LPN 2024

JANUARY 2025

Renovation Update

Come see our new updates on our West Wing. We have completed 100 and 200 halls. The 300 Hall will be completed in January. The floors and walls look great!



Thank you West Florida Electric

Thank you to West Florida Electric for donating 92 blankets for our residents. Altha School donated socks, lotions, word puzzles, and homemade cards. Thank you all for the great donations. Bethel Assembly of God also donated candy and socks. We have such a loving community. We couldn't do it without you!



Christmas Lights

Residents were taken out in our van to see the Christmas lights throughout the month of December. They really enjoyed the lights. It really got them in the Christmas spirit.



Christmas Party

This year's annual staff Christmas Party was held at Scotts Ferry Lodge. Our staff had lots of fun celebrating together. There was lots of food; drinks and lots of giveaways.



Door-Decorating Contest

Staff and residents decorated their doors for our door-decorating contest. They all did a great job on all the Christmas decorations. All the doors turned out so cute!! They did a great job on all the Christmas decorating. Will let you know who the winner is in our next newsletter.





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Find Us On Facebook

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COME JOIN US

Now Accepting Applications for most positions.

Visit Our Website! Blountstownhealthandrehab.com.

Excellent 401K & Benefits

Call Brianna at 850-674-4311 Ext. 800

to set up an interview

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Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:



- 1. Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- 2. Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- 3. Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep to know what is right for you.

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

- ACTIVITIES
- CONNECT
- DONOR
- EQUALITY
- GAMES
- GLAUCOMA
- GOALS
- HOBBY
- JANUARY
- KERNEL
- POPCORN
- RESOLUTION
- UNITY
- WELLNESS
- WORDS