



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

phone 850.674.4311

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blountstownhealthandrehab.com

Newsletter

Social Service Month



We would like to say Thank You to Tammy, our Social Service Coordinator. You do an amazing job and we appreciate all you do for our residents. We celebrated her all month. Thank you Tammy !!!

Happy Birthday

Residents

Margaret R.	4/07
William B.	4/09
Vester M.	4/13
Carolyn C.	4/15
Katie R.	4/17
Loretta M.	4/24
Betty B.	4/27
Alva M.	4/29

Staff

Evelyn S.	4/03
Leah R.	4/08
Sierra T.	4/09
Diana R.	4/09
Cierra B.	4/09
Madison H.	4/12
Lorenza J.	4/15
Sarah M.	4/18
Mallory V.	4/26
Melissa N.	4/27
Zoie M.	4/30
Alexander O.	4/30

Thank you Grant!!



We would like to say Thank You to our Administrator, Grant Williams, for all he does for our staff and the facility. We celebrated him for Administrator week in March. We really appreciate him. Thank you Grant!!! We are so blessed to have you as our administrator.

Staff Anniversaires

John T. Housekeeping	2005
Rosa J. Medical	
Recorts/Transportation	2015
Lydia P. Administration	2019
Kayla D. Dietary	2022
Kaitlyn H. Cna	2021
Stefan L. Cna	2023
Sierra L.cna	2024
Alexia T. Cna	2024
Lori B. Cna	2024
Ziakaria W. Cna	2024

Easter Menu

Ham
Scallop Potato
Vegetable
Roll
Cake for dessert
Alternate meal
Fried Chicken

Potato Salad
Vegetable
Cake for dessert

Bethel Assembly of God will be doing an Easter Church Service for residents at 3pm on Easter Sunday

WELCOME

Please welcome the newest employees to Blountstown Health and Rehabilitation Center

Jennifer A. Lpn
Savannah C. Hospitality Aide
Harmony E. Hospitality Aide
Angela F. Hospitality Aide
Isela F. Hospitality Aide
Stephanie F. Rn
Lorenza J. Cna
Destina U. Cna

Destiny O. Cna
Tammy O. Lpn
Brittany O.cna
Angel P. Cna
Jessica T. Hospitality Aide
Heather W. Hospitality Aide
Kimberly Y. Hospitality Aide

APRIL 2025

Come Take A Peek At Our New Parakeet Birds

Our residents love watching them.



A Jelly Bean Prayer

Red is for the blood He gave,
Green is for the grass He made.
Yellow is for the Sun so bright,
Orange is for the edge of night.
Black is for the sins we made,
White is for the grace He gave.

Purple is for the hours
of sorrow,

Pink is for a new tomorrow.

A bag of jelly beans, colorful and
sweet, is a promise, a prayer, and
a loved one's treat.

- Author Unknown



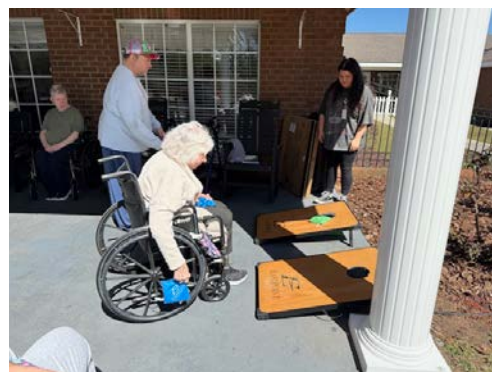
Activity Highlights

For our Arts/Crafts day we made Mardi Gras masks to wear at our Mardi Gras party. We had so much fun at our party. We played a trivia game, had snacks and drinks.



Enjoying The Outdoors!

The weather has been good so we got to go outside and play some corn hole and listened to some country music. Residents always enjoy the fresh air.





Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**—whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength, invisibility, and mind-reading—these heroes became symbols of hope and justice, reminding us that no challenge is too great when we stand up for what is right.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us—nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their

superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

If you could have any superpower, what would it be? The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

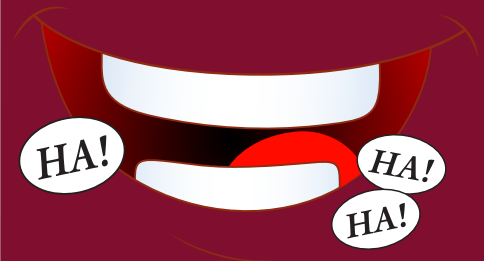
There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact. **This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.** Maybe that hero is *you!*

Laughter: A Simple Remedy for Stress

Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

Make it a habit to laugh often—whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or



lighthearted stickers. Keep a “humor file” filled with comics, memes, and jokes for an instant mood boost—one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. But if stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.



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to set up an interview

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Stress Awareness Month: Keep Stress to a Minimum

Learning to cope with stress in a healthy way can help make you, the people you care about, and

those around you become more resilient. Here are some healthy ways to deal with stress:

- Consider limiting news and disconnecting from your phone, TV, and computer screens for a while each day.
- Take deep breaths or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.

- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures as recommended by your healthcare provider.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Recognize when you need more help. Talk to a psychologist, social worker, or professional counselor, physician, or pastor.
- Connect with your community or faith-based organizations.

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!



Word List

- ART
- CREATIVE
- EARTH
- HERO
- HUMOR
- LAUGHTER
- MEMORY
- PURPOSE
- RECYCLE
- SAVE
- SOCIAL
- SUPER
- THERAPY
- TIME
- VOLUNTEER