



Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424

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blountstownhealthandrehab.com

Newsletter

Building Renovation Updates

We have painted and put new flooring in our Therapy Gym. Come take a peek. It looks very nice!



Before



After

Happy Birthday

Residents

Robert P.	5/05
Donna T.	5/20
Peggy F.	5/25
Donald O.	5/27
Sondra M.	5/29
Eula P.	5/29
Mary L.	5/31

Staff

Marla S.	5/03
Krynn I.	5/06
Nanthaniel C.	5/17
Krystal H.	5/20
Kimberly M.	5/22
Kaylee B.	5/23
Debra B.	5/31

Staff Anniversaires

Rebecca B. Director of Nursing	2016
Charlene C. Housekeeping	1997
Stephanie F. Dietary	2024
Kaitlin T. RN	2024
Shirley W. Laundry	1996

Welcome to the BHRC family



Congratulations to Kimberly Shiver, Heather Wester and Isela Flores for passing their CNA testing. Welcome to the BHRC family. We are happy to have you on our team.

WELCOME

Please welcome the newest employees to Blountstown
Health and Rehabilitation Center

Ashlynn B. Hospitality Aide
 April B. Hospitality Aide
 Hunter C. LPN
 Heather H. Hospitality Aide
 Angelina H. Hospitality Aide

Skyler R. Hospitality Aide
 Caira S. Hospitality Aide
 Zane W. Hospitality Aide
 Ellie W. Hospitality Aide

High School Weight Lifting team

BHRC sponsored Blountstown High School Weight Lifting team. They did an awesome job.

First place was Savion Loftin. Trenton Pumphrey came in 4th and 5th place.

Good Job guys !!!!



Easter Celebrations

Residents had a great time hunting for Easter eggs. Some found the egg with a special prize and candy. It is always a great time !!



May is Speech Therapy Month.

We would like to say Thank You to our Speech Therapist Murphy Sims, CCC-SLP. Thank you Murphy for all you do for our residents. You are greatly appreciated!!!



Understanding Osteoporosis: Awareness and Prevention

May is Osteoporosis Awareness Month, a time to highlight the importance of bone health and early detection.

Osteoporosis develops silently, often going unnoticed until a fracture occurs. Since aging naturally weakens bones, identifying risk factors and taking preventive steps is crucial.

Did you know:

Osteoporosis affects nearly 20% of women and 5% of men over 50?

Risk factors include:

- Small body frame
- Family history of osteoporosis
- Poor diet or overall health
- Menopause
- Vitamin D deficiency
- Thyroid issues
- Smoking and excessive alcohol use

Osteoporosis makes bones fragile, increasing the risk of fractures, especially in the hip, spine, and wrist. Spinal fractures can lead to height loss and posture changes, while broken bones can cause long-term pain and slow recovery.

You can take steps to maintain bone strength and prevent fractures:



- Ask your physician about scheduling a bone density screening
- Eat a nutrient-rich diet with enough calcium and vitamin D
- Engage in weight-bearing exercises to maintain bone density
- Avoid smoking and limit alcohol to reduce bone loss
- Take medications if prescribed to strengthen bones
- Prevent falls by improving balance, ensuring good vision, and making your home safer

Don't wait for a broken bone to take action—prioritizing bone health now can help you stay strong and independent as you age. If you have risk factors, talk to your doctor about screening and preventive care.

Source: cdc.gov



THE ABCDE'S OF SKIN HEALTH

May is National Melanoma and Skin Cancer Awareness Month, a time to highlight the importance of skin health—especially as the weather gets nicer and more time is spent outdoors. According to the CDC, skin cancer is the most common cancer in the United States. The most common warning sign is a change in your skin, such as a new growth, a sore that won't heal, or a change in a mole. Since not all skin cancers look the same, it's essential to stay vigilant.

For melanoma specifically, an easy way to remember the warning signs is the A-B-C-D-Es:

- A Asymmetry:** Does the mole or spot have an irregular shape with two distinct halves?
- B Border:** Is the border uneven, irregular, or jagged?
- C Color:** Is the color inconsistent or varied?
- D Diameter:** Is it larger than a pea?
- E Evolving:** Has it changed in size, shape, or color over the past few weeks or months?

If you notice any changes in your skin, including new or changing growths, sores that won't heal, or any of the A-B-C-D-Es of melanoma, schedule an appointment with your physician or dermatologist. Early detection can make all the difference.

Source: cdc.gov

Artisan Corner





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to set up an interview

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Tapestry of Life

NATIONAL SKILLED NURSING CARE WEEK® | MAY 11 - 17, 2025

The 2025 theme for National Skilled Nursing Care Week (NSNCW), *Tapestry of Life*, honors the rich and diverse stories that come together in skilled nursing care.

These stories are threaded together by each resident, family member, caregiver, and staff member—each contributing unique threads that are intricately woven into a fabric of resilience, connection, and compassion. This theme celebrates the meaningful bonds formed within skilled nursing care centers—places where experiences are shared, memories are cherished, and lives are forever connected.

Now and through May 11–17, families, residents, and staff are encouraged to

collaborate and participate in activities that reflect the theme of weaving together traditions, experiences, and shared moments.

- **Write short memories on paper strips and post them on a shared display or bulletin board.**
- **Ask one person to write one of their favorite memories (one or two sentences) to start a story and keep passing it along as have others add to the story with memories of their own.**
- **Share favorite songs and their meanings, then enjoy a group listening session.**

May – 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

- AGING
- BONES
- CARE
- CONNECT
- EXERCISE
- FLOWERS
- HEALTH
- MEMORIAL
- MOTHERS
- NURSES
- SALAD
- SKIN
- TAPESTRY
- THREAD
- WOMEN