Blountstown
Health & Rehabilitation Center

16690 SW Chipola Road
Blountstown, FL 32424
phone 850.674.4311
fax 850.674.3798
blountstownhealthandrehab.com

Newsletter

Activity Highlights

Our 3rd annual July 4th fireworks was a huge success. Residents enjoyed the great firework display. Thank you, Thomas and Grant.

Happy Birthday

Residents

Charlotte S.	8/07
Lavania E.	8/16
Betty S.	8/17
Shannon A.	8/17
Angus O.	8/19
Cheryl G.	8/19
Bernice C.	8/23

Staff

Cleveland R.	8/02
Tara C.	8/07
Levada T.	8/09
Stefan L.	8/15
Kayla P.	8/18
Pamela M.	8/19
Lydia B.	8/20
Brittany T.	8/21
Heather B.	8/24
Charla B.	8/30
Heather H.	8/30

Staff Anniversaires

Tara C. CNA	2017
Connie G. Activity Director	2020
Autumn W. Housekeeping	2021
Danae H. RN/MDS Coordinator	2016
Alexis W. LPN	2024
Charla B. Housekeeping	2024
Daisha B. Dietary	2024
Pamela M. Physical Therapist	2024

WELCOME

Please welcome the newest employees to
Blountstown Health and Rehabilitation Center

Lauren L.	Speech Therapist
Katrina R.	Respiratory Therapist

WELCOME TO THE BHRC TEAM

AUGUST 2025

Thank You!

We would like to thank the Glad Tidings Assembly of God youth group for coming in and doing activities with our residents. They played table top games and did the ladies nails. The residents always enjoy having the kids come in..

Bee-lieve in the Buzz: World Honey Bee Day is August 17

Every third Saturday in August, we pause to celebrate World Honey Bee Day—a tribute to the tiny pollinators that make a huge impact on our planet. First recognized in 2009, this day also honors the dedicated beekeepers who help sustain healthy hives.

Honey bees are essential to our environment and food supply. Not only do they produce delicious honey and beeswax, but they also play a vital role in pollination—supporting over one-third of the world's food production. A single bee can visit 50 to 1,000 flowers in just one trip, helping to fertilize fruits, vegetables, nuts, and flowers! Unlike some bee species that pollinate only specific plants, honey bees are generalists—pollinating nearly anything in bloom.

How You Can Help the Bees:

- Plant with Purpose: Fill your garden or window box with bee-friendly blooms like coneflowers, lavender, mint, basil, sunflowers, asters, and black-eyed Susans. Add native trees like maples, redbuds, and black cherries to support foraging and nesting.
- Go Organic: Reduce or avoid chemical pesticides and use natural gardening alternatives to protect pollinators.
- Add Water: Set up a bee water station with a shallow bowl and stones that rise above the surface—bees need to hydrate too!
- Shop Local: Support nearby beekeepers by using locally-sourced honey in your tea, toast, or favorite recipes. Every spoonful supports both your community and the hive!

Whether you're admiring bees buzzing in the garden or drizzling honey into your morning cup, take a moment this August to appreciate the sweet, hardworking honey bee—and do your part to help them thrive.

July 4th Celebration

For our July 4th celebration the residents enjoyed our desserts. We served Strawberry Short cake (it was a cake) and ice cream. We played July 4th trivia and listened to patriotic music.

Arts and Crafts

During our Arts and Crafts we made summer theme Palm Trees. Resident wanted to put them in their rooms. They are so crafty!!

Let's make National Potato Day on August 19 *spud*-tacular!

Crispy, creamy, mashed, roasted, baked or fried, potatoes are a beloved comfort food and one of the most versatile ingredients in the kitchen. From Sunday dinners to holiday feasts and everyday meals, potatoes appear in dishes we all know and love.

Not only are they delicious, they're also surprisingly nutritious. ***Did you know a medium potato is packed with vitamin C, potassium (even more than a banana), and fiber, especially if you leave the skin on?*** Naturally low in fat, sodium, and cholesterol, potatoes can be a wholesome addition to almost any meal when simply prepared.

Whether you enjoy them as French fries, hash browns, in a summery potato salad, or oven-roasted with herbs, take a moment to celebrate this popular veggie on National Potato Day. It might even be the perfect time to try a new recipe or share a favorite with a friend.

Book Lovers Day: Celebrating the Joy of Reading

Every August 9, bibliophiles (book lovers) around the world unite to celebrate Book Lovers Day! On this special day, bookworms, avid readers and literary enthusiasts of every age come together to express their appreciation for the written word.

Books transport us to different worlds, eras, and dimensions. Through literature, we can explore beyond our lives, experiencing diverse characters' joys and struggles and embarking on thrilling adventures from the comfort of our favorite reading spot.

Reading also bridges generations, allowing different age groups to bond over favorite stories and lively debates. Celebrate by visiting a library, bookstore, or family bookshelf to start your next literary journey. Your choices are limitless!

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Find Us On Facebook

Administrative Team

Administrator
Grant Williams Ext 822
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 Shiver 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 Pfleiderer Ext 827
pbcord@blountstownhealthandrehab.com

Therapy Department Manager
Lauren Moore Ext 817
therapy@blountstownhealthandrehab.com

Staff Coordinator
Barbie Alday 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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to set up an interview

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Celebrate the Amazing Seniors in Your Life!

Our seniors are living legacies. They've built families, served communities, and faced life's ups and downs with strength, wisdom, and heart. August 21 is a special day to honor and recognize them, but they deserve to be celebrated every day.

Say Thank You, From the Heart – A simple "thank you" can mean so much. Tell a senior in your life how they've inspired you with their love, guidance, or example. If they enjoy it, gather friends and family to celebrate their remarkable life.

Preserve Their Legacy – Seniors carry rich histories worth cherishing. Take time to listen to their stories and memories. Celebrate their life lessons by helping document these moments through writing, photos, or videos. A memory book or legacy letter is a priceless gift for generations to come.

Discounts and Allowances – Many seniors qualify for discounts and benefits that make everyday life more enjoyable. Help your loved one discover deals on favorite stores, restaurants, travel, and entertainment so they can take advantage of these special offers.

Make New Memories Together – The best moments come from simply being present. Plan outings or quiet days that bring joy: a movie, a sporting event, music in the park, bowling, or a meal at a favorite restaurant. Or spend time together over coffee, cards, photo albums, or classic movies.

Senior Citizen Day, August 21, honors the history, wisdom, and significant contributions seniors have made to families, communities, and our country. Let's cherish their journey, celebrate their lives, and show them how deeply they are appreciated every day.

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!

M	W	R	I	Q	B	O	O	K	S	E	N	I	O	R
R	F	S	N	Q	W	P	R	R	G	Q	C	M	C	K
Z	N	L	F	Z	A	H	O	D	K	B	A	C	V	Y
L	P	A	O	M	P	Q	O	A	T	E	F	H	S	R
L	C	C	S	A	D	D	T	Q	R	E	U	I	O	Q
Q	E	C	V	R	T	D	B	C	E	S	G	L	P	H
Q	L	S	Q	H	L	N	E	Z	L	D	O	D	K	O
P	E	Z	H	C	N	C	E	M	M	C	C	R	S	N
U	B	R	R	Q	I	R	R	Y	L	S	M	E	O	E
R	R	X	E	I	V	I	G	P	G	Y	G	N	O	Y
E	A	R	A	O	P	P	E	J	V	R	N	N	T	J
L	T	F	D	T	J	K	F	Y	U	H	L	R	H	L
A	E	J	X	N	W	Y	P	O	T	A	T	O	E	F
X	S	R	J	E	L	V	I	S	W	A	H	I	S	J
K	A	L	P	I	G	Y	W	W	O	N	R	S	V	B

Word List

BEES
BOOKS
CELEBRATE
CHILDREN
COLOR
ELVIS
FLOAT
HONEY
ICECREAM
POTATO
READ
RELAX
ROOTBEER
SENIOR
SOOTH