Blountstown
Health & Rehabilitation Center

16690 SW Chipola Road
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Newsletter

Employee Engagement Activities

We always try to have fun at work!! Grant and Thomas cooked pancakes and sausages for staff and residents. Of course the residents enjoyed the homemade pancakes. Some ate a lot of them.Thank you Grant and Thomas!

Our management team went out for Mexican food for lunch. It was a good time to chat and have some fun.

Thanks Grant! It is always nice to get away and have lunch with everyone.

Happy Birthday

Residents

Joseph S.	9/02
Paul M.	9/05
Dewey W.	9/08
Betty C.	9/10
Becky V.	9/10
Joanne H.	9/11
Elaine T.	9/12
Videle B.	9/15
Hazel C.	9/15
Minnie S.	9/15
Leonard M.	9/17
Gordon Ph.	9/17
Meryle S.	9/20

Staff

Debra T.	9/01
Debra P.	9/05
Shana D.	9/07
Auslinn S.	9/08
Mandy H.	9/14
Destiny O.	9/14
Stephanie F.	9/15
Brie D.	9/16
Alexia T.	9/26

STAFF ANNIVERSAIRES

Debra T. Housekeeping	1996	Melinda W. LPN	2021
Thomas C. Maintenance	2015	Debbie W. Housekeeping	2022
Sandra F. Dietary	2018	Allie O. Activities	2023
Kimberly M. LPN	2018	Barbie A. Administrative	2024
Michelle T. RN/ Infection Control	2020	Mykayla A. CNA	2024
		Carolina O. CNA	2024
Dawn B. LPN	2021	Sierra T. Activities	2024

SEPTEMBER 2025

Activity Highlights

We made umbrella wreaths for arts and crafts. Residents enjoyed it. They put them on their doors.

For our cooking class we made cookies and decorated them. They always enjoy their cookies with their afternoon coffee.

We decorated hats for the residents to wear when we go outside on the front porch. They were so creative.

Embracing Healthy Aging: Simple Habits for a Healthier You

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.

Move Your Body in Ways You Enjoy – Exercise doesn't have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.

Feed Your Body & Your Brain – A colorful plate isn't just pretty—it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.

Exercise Your Mind – Lifelong learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!

Connection Is Key – Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist— it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.
Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.

National Environmental Services & Housekeeping Week Sept. 14–20, 2025

This week, we honor the hardworking team members who keep our healthcare spaces clean, safe, and welcoming. Their behind-the-scenes efforts play a vital role in protecting the health and comfort of everyone in our community. Take a moment to thank them for all they do!

Upcoming Activities

Sept 7th	Liberty Holiness Church 3:00pm
Sept. 12th	Gospel music with Jamie Davis 2:00pm
Sept. 13th	Word of Truth Church Services 10:00am
Sept 19th	Gospel music with Steven and Ken 10:00am
Sept 21st	Bethel Assembly of God Church Services 3:00pm
Sept 22nd	Live music with Billy Lipford 2:00pm
Sept 25th	September Birthday Celebration 2:00pm

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COME JOIN US

Now Accepting Applications for most positions.
Visit Our Website! Blountstownhealthandrehab.com.
Excellent 401K & Benefits
Call Barbie at 850-674-4311 Ext. 800
to set up an interview

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Eight Great Ways to Celebrate Grandparents Day on September 7

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

1. **Make Something Together** - Craft a handmade card, bake a favorite family recipe, or create art side by side.
2. **Share a Story** - Ask grandparents to tell a favorite memory or piece of family history. Record it or write it down.
3. **Play and Laugh** - Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.
4. **Plan a Special Meal** - Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.
5. **Fresh Air Fun** - Take a nature walk, stroll through a garden, or visit a favorite local spot.
6. **Send a Little Love** - Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.
7. **Explore Your History** - Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.
8. **Create a Time Capsule** - Gather mementos, notes, or drawings and seal them in a box to open together next year.

No matter how you celebrate, the heart of Grandparents Day is simple: **spend time, show love, and make memories together.**

September – 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!

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

Word List

AGING
BEAR
CLEAN
COMFORT
CONNECT
CREATIVE
CURIOUS
EMERGENCY
EXERCISE
GRANDPARENT
HEALTHY
HEART
LEARNING
ONLINE
PREPARE