Blountstown
Health & Rehabilitation Center

16690 SW Chipola Road
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Newsletter

Facility Baptism

Thank you to World Truth Church for coming and doing Ms. Pope's baptism. It was a very emotional experience for her. She was so grateful for having the opportunity.. Thank you Joseph Cogswell for taking the time to do this.It was also a great experience for all of our staff members to be a part of.

Happy Birthday

Residents

Sandra J.	11/13
Margaret J.	11/19
Joy K.	11/19
Cheryl S.	11/19
Joyce P.	11/25
Louise B.	11/27
Johnnie C.	11/27

Staff

Edward G.	11/01
Grant W.	11/04
Amanda M.	11/07
Mykayla A.	11/07
Mitzi G.	11/12
Jamie W.	11/14
Emma D.	11/16
Cynthia W.	11/22
Tamon W.	11/24
Pamela B.	11/28

Staff Anniversaires

Kaylee B. CNA	2024
Shana D. CNA	2023
Sydney G. CNA	2023
Michelle M. Activities	2023
Sarah K. Activities	2024

Thanksgiving Menu

Turkey	Alternate Meal Choice
Stuffing	Ham
Green Bean Casserole	Sweet Potatoes
Rolls	Greens
Pie	Cornbread

WELCOME

Please welcome the newest employees to
Blountstown Health and Rehabilitation Center

Desiree B.	CNA
Christa W.	CNA

WELCOME TO THE BHRC TEAM

NOVEMBER 2025

Our Annual Fall Festival

Our Fall Festival event was a great success. All departments made great and creative pumpkins. We had a tattoo booth, popcorn and boiled peanuts. Billy Lipford performed outside. All of our residents love to listen to him sing.

First place pumpkin went to our Therapy Department, with their prize winning pigs. First place prize was 75.00

Michael Bryan, Calhoun County Sheriff, and Castie Ramos, the community Liaison for the sheriff's office.

Our 2nd place winner was our Dietary Department. They made the hamburger pumpkins sitting on fries. Believe it our not, it had real patties with all things fixings. . Even the fries were real. They won the $50.00 prize

Our 3rd place winner was East wing, with the Chill Pill pumpkin. They won the $25.00 prize.

Celebrating Housekeeping

We celebrated our housekeeping, laundry, and environmental services departments the week of September 15-19th. They had different themed days throughout the week. Thomas cooked breakfast, grilled hamburgers, and had pork steaks with all the fixings. Thanks to all of our housekeeping, laundry and environmental services employees. You work hard to keep the building nice and clean, inside and out. We appreciate all you do.

Dietary Week

October 6th-10th was a week long celebration for the dietary staff. Throughout the week they had cookies, chips, and fruit and vegetable platters. Rounding out the week on Friday, lunch was catered by Sonny's BBQ. All staff received a tote bag and a monogrammed apron as a token of appreciation for all they do. Grant made two pans of brown rice for their department raffle.. The lucky winners were Dawn and Lynn. We truly appreciate all the work the dietary department does. Thank you !!

Taking Care of You: The Importance of Respite for Caregivers

If you're caring for someone who needs help, you are a caregiver. While this role can be incredibly rewarding, it can also be quite challenging. ***To continue being the best caregiver you can be, it's essential to prioritize your own well-being. One effective way to do this is by incorporating regular breaks into your routine, known as "respite."***

Respite care offers caregivers a much-needed chance to step back, recharge, and even enjoy a vacation. It can take various forms, such as in-home assistance, adult day care, or short-term nursing home care, allowing you to take a breather while ensuring your loved one is well taken care of. Research shows that even a few hours of respite each week can significantly boost a caregiver's health and well-being.

If finding a break feels impossible, consider joining an online support group where you can connect with others who share similar experiences. Sharing your journey can provide valuable support and resources. And don't forget to communicate with your doctor about your caregiving

responsibilities—especially if they're causing you stress or anxiety. Your healthcare provider may have suggestions for local support groups or resources that can help.

Remember, taking care of yourself isn't just important for you; it ultimately benefits the person you're caring for, too. This holiday season, be sure to carve out some time for you!

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Giving Thanks and Expressing Gratitude During the Thanksgiving Season

Thanksgiving is a time to gather with loved ones, share great food, and celebrate the joys of life. But it's also a moment to reflect on the deeper meaning of gratitude, beyond just one day.

This year, take a moment before the meal to share with your family what you're thankful for. Whether it's big or small, every blessing matters. Perhaps you're grateful for the warmth of family traditions that have been passed down, like your grandmother's cherished pie recipe. Maybe it's the quiet strength you've found to face life's challenges, or the comforting memories shared with loved ones who are no longer with us.

Give thanks for the simple joys—like a child's laughter, a warm hug, or the opportunity to sit around the table with those you hold dear. Be mindful of the importance of giving, whether it's time, love, or support.

Wishing you and your family a Happy Thanksgiving filled with gratitude, love, and togetherness!

November – 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!

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

Word List

CAREGIVER
CRAFT
FAMILY
GATHER
GRATITUDE
HOLIDAY
JOY
KINDNESS
MEAL
MEMORY
RESPITE
STRESS
THANKFUL
TOGETHER
VETERAN