

Blountstown

Center for Rehab and Healing

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Newsletter

St. Patrick's Day Highlights

We had a great St. Patrick's Day celebration. Lots of games, trivia, and food. Residents even got their St. Patrick's Day beads!!

Happy Birthday

Residents

Margaret R.	4/07
Vester M.	4/13
Lois T.	4/15
Katie R.	4/17
Virginia S.	4/18
Loretta M.	4/24
Betty B.	4/27
Alva M.	4/29



Upcoming Activities

- April 7 Bible Study with Pastor Wells at 10:00am
- April 20 Live music with Billy Lipford at 2:00pm
- April 21 Bible Study with Pastor Wells at 10:00am
- April 22 Our Garden club will be starting up again on at 10am.
- April 24 April Birthday celebration will be at 2:00pm
- April 29 Our Garden club we will discuss what we want to plant and start planting.

Pine Grove Baptist Church will be coming every Thursday at 3:15 for church service..



APRIL 2026

Sense of Smell Day

What scents make you smile? Which ones instantly send you the other way? Our sense of smell is powerful. It quietly shapes how we experience each day, influencing taste, memory, mood, emotion, and even our ability to detect danger. **Sense of Smell Day is celebrated on April 30, offering the perfect opportunity to pause and appreciate just how much our noses do for us.**

Today, try tuning in a little more closely. Notice the aroma of your morning coffee, fresh laundry, rain in the air, or something baking in the kitchen. **What memories surface? A childhood home? A favorite holiday? A walk outdoors? Scent has a remarkable way of bringing moments rushing back.**

Make it interactive. Share your favorite smells with friends or loved ones and compare notes. You may be surprised how one fragrance feels comforting to one person and energizing to another.

Scents are also at the heart of aromatherapy, which uses essential oils to support overall well-being. Lavender, chamomile, and rose are often linked to relaxation, while citrus, ginger, and peppermint tend to feel bright and refreshing.

With countless scents in the world around us, there is always something new to notice. On Sense of Smell Day, take a slow breath in and enjoy the experience.



Pickleball: The Sport Everyone's Talking About

Pickleball is taking off across the country, attracting players of all ages, from teens to adults, and especially seniors. It combines elements of tennis, badminton, and table tennis, played on a smaller court with solid paddles and a lightweight plastic ball. Its mix of fun, fitness, and social interaction makes it easy to see why so many people are picking up a paddle.

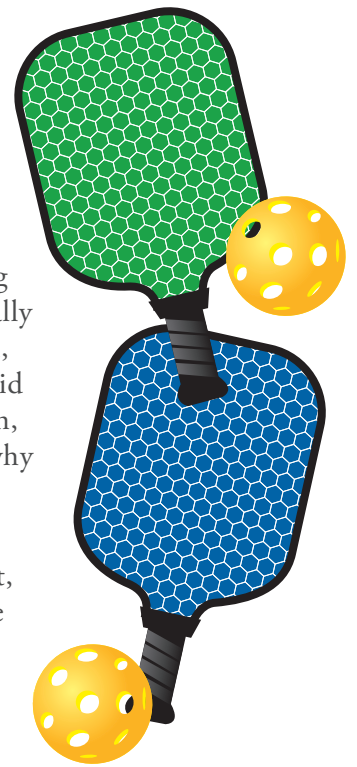
Where did the name pickleball come from? The truth is, no one knows for sure. A few theories exist, including one involving a family nickname, but the quirky name stuck and the game has grown into a nationwide favorite.

Pickleball is popular for several reasons:

- **Social fun:** Play singles or doubles and connect with friends, neighbors, or even family members. Many enjoy playing together across generations.
- **Low-impact fitness:** It provides a gentle workout that is easy on joints while keeping both mind and body engaged. Anyone can join in, regardless of size or skill level.
- **Accessible and adaptable:** Equipment is affordable and courts are smaller, making it ideal for recreation centers, retirement communities, and pop-up courts in parks.

The game's simplicity and welcoming nature mean that almost anyone can play, from a tween learning with a parent to a grandparent trying it for the first time. It's a wonderful way to stay active, enjoy time together, and share laughs.

With its combination of health benefits, social connection, and fun, pickleball has become one of the fastest-growing sports in the country. Whether you are looking for exercise, friendship, or a new hobby, now is the perfect time to grab a paddle and join the fun. Check with local parks or community centers for beginner lessons and get started today!



April is National Occupational Therapy Month

Occupational therapists enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability:

- Offering seniors who are recovering from a stroke or surgery ways to resume independence.

- Helping seniors recovering from injury to regain skills necessary to return home.
- Providing support for seniors experiencing physical and cognitive changes.

Source: www.aota.org

Move Over April Fools Day! Celebrate 'Fun Day' on April 1!

There are many ways to have fun, and the definition of "fun" can vary greatly from person to person. From connecting to your community, engaging in a passion that you enjoy, and pursuing new and creative activities, the sky's the limit to what fun can look like for you. When you add more fun to your day-to-day life, it can spark happiness and contentment! *Here are a few unique ideas to create fun:*

Outdoor Adventures: As the weather starts to get warmer outside, enjoy a walk in the park, go on a picnic, do some gardening, or simply sit on the porch immersing yourself in the bright sunshine!

Community Connection: Host a get-together with friends and family, go to an organized event with friends, or share stories with the people around you. When you make new friends and keep old ones, your level of fun and joy may increase tenfold!

Games and Play: Dive into the magical world of board games, conquer challenging puzzles, embark on thrilling video game quests, or relive childhood joy with nostalgic games you played as a kid.

Creative Pursuits: There are nearly limitless ways to let your creativity shine! Perhaps try writing a story that's been on your mind lately, or photograph your room in a fun composition. You could also explore crafting a quick ten-minute craft, or let your inner musician shine by singing along to your favorite nostalgic music album.

Learning & Growth: It's never too late to explore a topic that has always seemed interesting, pursue the hobbies that ignite your passion, and absorb knowledge from intriguing books or videos. You can also enrich your mind with an online class, take a visit to your local library, or engage in thought-provoking conversations that leave you inspired to learn more!



Indulge in Self-Care to Reduce Stress

Stress Awareness Month in April reminds us to manage stress for our overall well-being. Recognizing the presence of stress proactively helps us identify its causes and gives us a chance to use healthy ways to cope. One of the best ways to reduce the effects of stress is to engage in self-care. There is a large variety of activities to choose from to aid in melting the stress away:



Physical: Exercise, eat well, sleep enough, and practice hygiene.



Relaxation: Take breaks, and enjoy hobbies, leisure activities, and time in nature.



Emotional: Journaling, mindfulness, and setting healthy boundaries.



Intellectual: Read, learn new things, engage in creativity.



Social: Spend time with loved ones, join groups, and make social plans.



Spiritual: Practice gratitude, engage in spiritual activities, and connect with nature.

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COME JOIN US

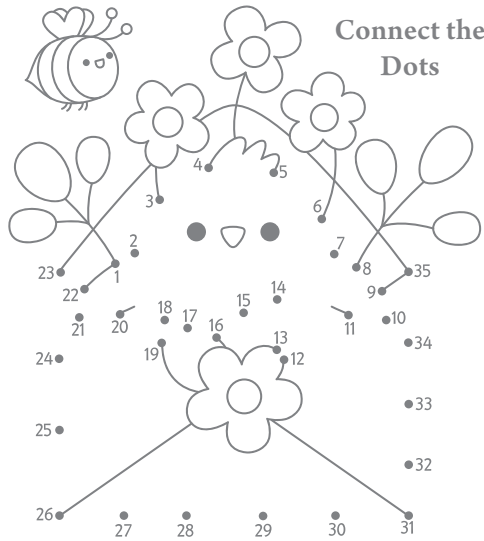
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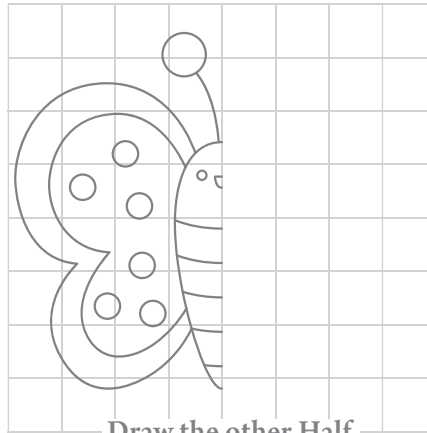
Excellent 401K & Benefits

Call Erin at 850-674-4311 Ext. 800

to set up an interview



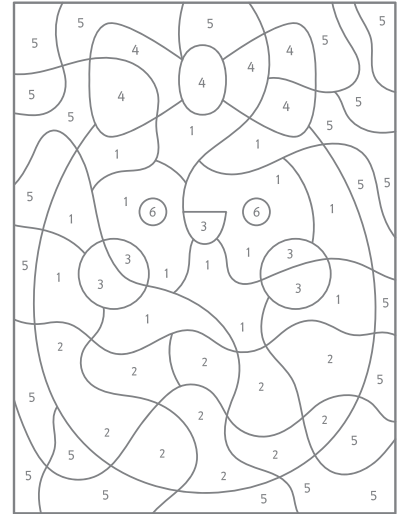
Connect the Dots



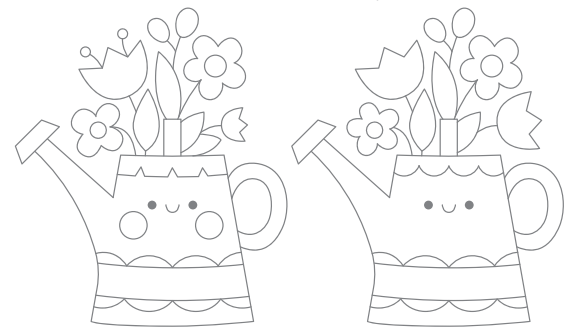
Draw the other Half

Easter Spring Fun!

- 1 GREY
- 2 BLUE
- 3 PINK
- 4 PURPLE
- 5 GREEN
- 6 BLACK



Color by Number



Spot the Differences

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

- ADVENTURE
- CARE
- CONNECT
- FRAGRANCE
- FUN
- PICKLEBALL
- SCENT
- SMELL
- SPORT
- SPRING
- STEPS
- STRESS
- THERAPY
- VOLUNTEER
- WALK