

850-674-4311

The BHRC Times

MARCH 2017

Blountstown Health and Rehabilitation Center



16690 S.W. Chipola RD
BLOUNTSTOWN, FL 32424



Your Local 2015-2016
Nationally Ranked
"5 Star"
Long Term Care Facility



Among cancers that affect both men and women, **colorectal cancer** (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.

What You Can Do

- If you're aged 50 to 75, get **screened** for colorectal cancer regularly. If you're between 76 and 85, ask your doctor if you should be screened.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

*This February 14th, we celebrated with our Valentine Day Social. For a month, we set out ballot boxes to vote for our Valentine King and Queen. Our handsome King was **Curtis Lollie**, and our beautiful Queen was **Christine Peddie**.*



Find us on
facebook

& Visit Our Website!
Blountstown Health and Rehab
www.blountstownhealthandrehab.com

The **Centers for Medicare & Medicaid Services (CMS)**, is a federal agency within the **United States Department of Health and Human Services (HHS)** that administers the Medicare program, insuring quality standards in long-term care facilities through survey & certification process.



Compare how we stack up with other facilities in our area by visiting <https://www.medicare.gov/nursinghomecompare/search.html>

Proudly serving you and your community for 20 years!



Unit Manager Rebecca Bailey & Jay Prowant, DON

News from our Administrator

We're very excited to announce on March 29th we will be having our **Employee Appreciation Breakfast at 7p.m in the evening.** Plan to stop by to enjoy this delicious meal in your honor, cooked by Thomas and myself! We would like to thank our employees for all of your hard work on behalf of your residents, their families, and your fellow coworkers at BHRC.

-Grant Williams

News from Activities

We would like to congratulate Mr. Curtis Lollie and Ms. Christine Peddie who were chosen as our **Valentine King and Queen.** They reigned over the festivities of the party which featured playing the famous couples match game, classic upbeat and romantic music and a variety of cheesecakes. "The Spunky Spirit Society" got off to a splendid start. At the first meeting, there was a very good attendance and they presented a lot of good ideas. As a beginning point, these "Spunky Spirits" wish to provide a positive outreach to new residents by assisting staff in helping them feel more comfortable in their new surroundings by personally initiating socialization with others, orientation to the facility and encouraging participation in activity programs are among some of their ideas. New members are always welcome! We will also be celebrating special events during the month such as share a smile day, 130th annual day of prayer, Employee Appreciation Day, national potato chip day, St. Patrick's Day and National Waffle Day.

We would like to welcome Ms. Doris Smith as our newly elected Resident Council Vice-President. She is looking forward to serving the residents in this capacity and invites them to call on her at any time. She joins President Nancy Arrant, Chaplain Hazel Stewart, and Secretary Debbie White.



Communication is Key

- Receptionist**
Libby Peterson ext. 105
- Administrator**
Grant Williams ext. 122
- Director of Nursing**
Yadira Prowant Ext.102
- Social Services & Admissions**
Tammy Baxley ext. 103
- Marketing & Admissions**
Carol Parrish ext. 113
- East Wing Unit Manager**
Rebecca Bailey ext.104
- East Nurses Station**
Ext. 109 & 110
- West Wing Unit Manager**
Becky Pass ext. 130
- West Nurses Station**
Ext. 108 & 111
- Business Office Manager**
Cecilia Shiver ext. 112
- Therapy Dept. Manager**
Donna Sapp ext. 129
- Transportation/Scheduling and Medical Records**
Sarah Lee ext. 115
- Dietary Manager**
Sarah Mabbot ext. 106
- Activities Director**
Debby White ext. 107
- Central Supply, Housekeeping & Laundry Manager**
Todd Prowant ext. 101
- Maintenance Director**
Thomas Cook ext.114
- Risk Manager & QA**
Marla Desrosier ext. 116
- MDS Coordinator**
Lisa Chason ext. 121
- Payroll/Benefits Coord.**
Kyla Sims ext. 127
- Staff Dev. & Accounts Payable**
Courtney Shiver ext. 100

Resident Spotlight Dorothy Johnson



Dorothy Johnson was born May 13, 1924 in Chattahoochee, Fl. where she also attended school. Dorothy accepted Christ as her Lord and Savior as a young child attending Sunday school and Church in River Junction Fl. When she was in her mid-teens she met the love of her life, Kenneth Johnson, at a dance hall called “The Oaks” located outside of Quincy, Fl. Mrs. Dorothy says, “He was so.... good looking!!” They skated at the “ole wooden” skating rink in Chattahoochee on dates until they could barely standup. They were married January 23, 1942 before he was drafted into the United States Military. Dorothy became a wife praying for her husband as he left for war. She continued to work at Florida State Hospital, living in Landis Hall dorm, later she moved to Gainesville, Fl. where she was employed at Sunland Hospital as a nurse. Upon return of her husband from the war, they moved to their farm in Mt Pleasant and raised their daughters, Carol and Elaine. Her daughter Carol giggles as she recalls the memory of her mother going from a “city girl to a country girl” There Dorothy, was disappointed to learn that chickens only lay one egg a day. Kenneth wanted Dorothy to be a homemaker, so she could relax and take care of their daughters. Kenneth spoiled Dorothy and Dorothy spoiled Kenneth. She cooked his favorite homemade desserts, mile high coconut cakes, and mouthwatering pound cakes. Kenneth worked hard as a Master electrician and hobby farmer. Every night when Dorothy prepared supper, she would insist that her daughters wait until Daddy came home so they could eat together as a family. Dorothy loved to read her Bible, she loved the Gretna Baptist Church and attended church there regularly until her health would not permit. She not only led her husband to Christ but also had a huge impact on her girls leading them to Christ by example. Carol says that her family is blessed to have a Christian mother, grandmother and great grandmother. After leaving her home at the farm in 2006, she became a resident of Blountstown Health and Rehabilitation Center. Carol says, “Here at BHRC, Mother receives excellent medical care and love beyond measure. This is home for my mother. BHRC is like family.” This is her 11th year at BHRC. She is known for her beautiful smile and pretty blue eyes. Mrs. Johnson is also known by all at BHRC for the love she gives to everyone. She is loved by all!!

Please Give a Warm Welcome to Our Newest Employees to the BHRC Family!

Elizabeth Hansford

Daina Esgro

Jennifer Waldorff

Britt Hass

Misty Sanders

Taylor Boyd

Tina Sims

Lorenza Johnson

Join our team today!

<https://blountstown.vikus.net/jobs>



Employee of the Month *Kymberlyn Davis*



L-R Unit Manager Rebecca Bailey and Kymberlyn Davis



Kymberlyn was born and raised in Anaheim, California. She's happily married to Graham Davis. They have a beautiful little girl named Lillian, age 3, who was named after her great-grandmother. She grew up practically down the street from Disney Land, where she went after school all the time. She's very excited to now visit Walt Disney World in August with her family. Some of her favorite hobbies are listening to music, playing drums, watching and playing in shows, hockey and collecting vinyl records. If Kymberlyn had one wish she would wish to travel the world, particularly visiting England, Ireland, Germany and Amsterdam.

In 10 or 20 years, she sees herself living in Portland, Oregon, growing fruits/vegetables, and working as a physical therapist. Things that make her happy are her daughter and her hairless Chinese crested dog, Dr. Ludwig Von Frankenstein. Previous to working at BHRC, she worked at the AFYC's boy's camp. Kymberlyn has worked at BHRC for over a year, and has made a big impression on all her peers and residents alike. Her favorite part of working here are her residents and coworkers. She says there is more teamwork here than she has seen anywhere else. BHRC feels very lucky to have her as a part of our team.

Congratulations Kymberlyn!



Resident Birthdays

Dorothy Ward 3-9
Lyman Pullam 3-10
Mary Rowe 3-10
Marcia Gilbert 3-11
Lucy Johnson 3-23
Betty Svara 3-31

March Birthdays

Employee Birthdays

Gina Odom 3-1	Wendi Steward 3-9
Mary Smith 3-4	Lela Williford 3-9
Patricia Anderson 3-6	Shirley Wilson 3-14
Charlene Clark 3-7	Daina Esgro 3-15
Lindsey Laramore 3-9	Janet Boettjer 3-21
	Kathryn Swearengin 3-22



Blountstown Health and Rehabilitation Center's comprehensive services round out our full spectrum care. These services are provided by licensed personnel to inpatients as well as on an outpatient basis:

Physical Therapy

Physical Therapy helps customers regain strength and mobility, manage pain or adapt to a permanent disability.

Speech Therapy

Speech Therapy assists in overcoming communication conditions such as speaking difficulties, swallowing difficulties and voice disorders.

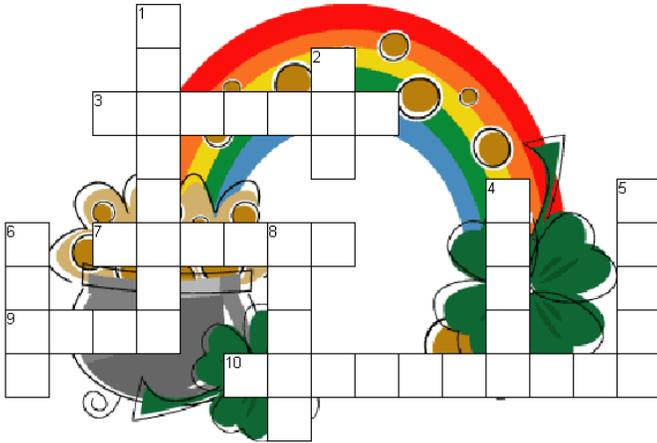
Occupational Therapy

Occupational Therapy helps in regaining as much independence as possible with visual perception training, upper extremity strengthening and coordination and self-care skills.

Out Patient Services

Blountstown Health and Rehabilitation is pleased to offer physical occupation and speech therapy services to our customers on an outpatient basis.

St. Patrick's Day Crossword
Copyright www.KidsCanHaveFun.com



Across

- 3. Colorful Arc
- 7. Where can you find a leprechaun?
- 9. Good _____
- 10. Little Green Elf

Down

- 1. Four-leaf Clover
- 2. In what do leprechaun's store their gold?
- 4. People from Ireland
- 5. St. Patrick's Day Color
- 6. Expensive Shiny Metal
- 8. How many colors are there in a rainbow?

Funny Bone

An elderly man feared his wife was getting hard of hearing. So, he called her doctor to make an appointment to have her hearing checked. The doctor said he could see her in two weeks, but meanwhile, suggested a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem. "Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So, that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens when I talk to her."

"Honey, what's for dinner?" He calls. **No response.**

So, he moves to the other end of the room, about 30 feet away.

"Honey, what's for dinner?" **No response.**

So, he moves into the dining room, about 20 feet away. He starts shouting. "HONEY, what's for dinner?" **No response.**

On to the kitchen door, only 10 feet away. "HONEY, what's for DINNER??" **No response.**

So, he walks right up behind her and screams: "HONEY, WHAT'S FOR DINNER??!!!"

His wife turns to him a rage and screams. "CHICKEN, CHICKEN! *For the FIFTH TIME, WE'RE HAVING CHICKEN!!!*"

-Lisa Chason



St. Patrick's Day Word Search

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

- | | | |
|-----------|----------|------------|
| SHAMROCK | BLARNEY | LEPRECHAUN |
| RAINBOW | MISCHIEF | CELEBRATE |
| CLOVER | COINS | GREEN |
| IRISH | LEGEND | GOLD |
| TRADITION | MARCH | LUCK |



Resident Meal of the Month

Tuesday, March 14th
Pancakes by Grant
Butter & syrup
Bacon & sausage links
Fresh fruit Bananas & strawberries
Coffee, Milk & Juice



News from Activities



Our activity department has started an official **Book Club**. The members so far are as follows:

- | | |
|---------------------|------------------|
| -Nancy Arrant | - Daisy Plazarin |
| -Lucile Pitts | - Mae Parker |
| -Shirley Strickland | -Romelie Tatbert |
| -Doris Smith | |

The Book Club will have a meeting the 27th to discuss books read

Resident Challenge: How many books/pages can you read in a month?
See Patricia to join today!!!

News from our D.O.N.

Be Smart About Antibiotics

Taking antibiotics when you don't need them is like leaving the lights on all the time

- The lights may burn out, leaving you in the dark when you need them
- If you use antibiotics when you don't need them, they may not work when you get sick

Antibiotics can help the body fight infections caused by germs called bacteria, but they are not miracle drugs for everything.

How antibiotics can hurt you:

- Antibiotics normally work by killing bacteria. Sometimes not all of the germs are killed, and the strongest ones can grow and spread. A person can get sick again, and this time the germs are harder to kill because the antibiotics no longer work. This is called resistance and makes some infections very hard to control. Resistance can make you sick longer, requiring more doctor visits and drugs that are even stronger. The more often you use an antibiotic, the greater the chance that germs will become resistant.
- Antibiotics can save lives, but they can cause problems, too. Older people have more side effects, which can cause problems all over the body. In addition to resistance, antibiotics can cause nausea, dizziness, diarrhea, rash, kidney damage, and allergic reactions.

-Jay Prowant



News from Social Services

Did you know?

At the time of a transfer for hospitalization of therapeutic leave, the facility must provide to the resident and/or the resident representative written notice which specifies the duration of the bed-hold policy.

The facility must permit each resident to remain in the facility and not transfer or discharge the resident from the facility unless:

- The transfer or discharge is appropriate for the residents' welfare and the residents' needs cannot be met in the facility.
- The transfer or discharge is appropriate because the resident's welfare and the residents' needs cannot be met in the facility.
- The safety of individuals in the facility would otherwise be endangered.
- The health of individuals in the facility would otherwise be endangered.
- The resident has failed, after reasonable and appropriate notice, to pay for (or to have paid for under Medicare or Medicaid) stay at the facility. Non-payment applies if the resident does not submit the necessary paper work for third party payment, including if Medicare and Medicaid denies the claim and the resident refuses to pay for his or her stay. For a resident who becomes eligible for Medicaid after admission to a facility, the facility may charge only allowable charges under Medicaid. The facility ceases to operate.



-Tammy Baxley

News from Risk Management

Please assist us in keeping our residents free from injury by notifying the nurse or maintenance department of equipment that is not working properly or a potential hazard that you see.



"God is my strength and power, and he maketh my way perfect."

- 2 Samuel 22:33

-Marla Desrosier

Fun from your Housekeeping Department

These housekeepers, maids and butlers have kept TV homes spotless for years. How many can you get right? 4 points each! Good Luck!

- | | | |
|--------------------------|-------------------------------|---------------------------|
| The Addams Family: _____ | Frasier: _____ | Sex in the City: _____ |
| Batman: _____ | Fresh Prince of Belair: _____ | Two and a Half Men: _____ |
| Benson: _____ | Gossip Girl: _____ | Will and Grace: _____ |
| Bonanza: _____ | Hazel: _____ | Who's the Boss: _____ |
| Brady Bunch: _____ | The Jeffersons: _____ | BHRC Housekeeper: _____ |
| Charles in Charge: _____ | The Jetsons: _____ | |
| Diff'rent Strokes: _____ | Maude: _____ | |
| Duck Tales: _____ | Mr. Belvedere: _____ | |
| Family Affair: _____ | The Nanny: _____ | |
| Family Guy: _____ | Richie Rich: _____ | |

of correct x4 = _____

Answers on bottom of next page



Laundry Mind-Blowing Facts



L-R: Makayla Harvell, Shirley Wilson & Frances Goff

40 gallons of water, federal standards now require 13 gallons or less. A Georgia study found that 31 percent of participants were irritated by scented laundry products. Fragrance free & dye free fabric softener have a potential benefit for sensitive skin & Eczema. 1975 Bounce dryer sheets were created becoming the MacGyver of your laundry room, people use them for polishing shoes, removing pet hair from furniture & as mosquito repellent. In the early 1800's Pochon from France created the hand cranked dryer. In 1936 the electric dryer was patented, but manual wringers were still primarily used in homes throughout World War II.

Thankfully, gone are days of pounding your laundry endlessly against a rock or a wash board to get them bright & clean. It is still a chore that many of us dread. Here are some fun facts about the more than **660,000,000** wash loads Americans do weekly.

Your clothes may *look* clean after wearing, but 70% of laundry soil is invisible.

The body produces 10 grams of salt, 40 grams of grease and sebum, & 10 grams of skin cells & flakes daily, equal to 2 billion skin cells that wind up on your clothes & sheets. Each 8-lb. load contains 53 grams of grime—about the size of a candy bar. Enjoy your next Snickers! The first electric powered washer named Thor was created in 1908; 109 years later we have app controlled washers via WiFi. In the 70's washers used



The Addams Family: <u>Lurch</u>	Frasier: <u>Niles</u>	Sex in the City: <u>Magda</u>
Batman: <u>Alfred</u>	Fresh Prince of Belair: <u>Geoffrey</u>	Two and a Half Men: <u>Berta</u>
Benson: <u>Benson</u>	Gossip Girl: <u>Dorota</u>	Will and Grace: <u>Rosario</u>
Bonanza: <u>Hop Sing</u>	Hazel: <u>Hazel</u>	Who's the Boss: <u>Tony Micelli</u>
Brady Bunch: <u>Alice</u>	The Jeffersons: <u>Florence</u>	
Charles in Charge: <u>Charles</u>	The Jetsons: <u>Rosie</u>	
Diff'rent Strokes: <u>Mrs. Garrett</u>	Maude: <u>Florida</u>	
Duck Tales: <u>Duckworth</u>	Mr. Belvedere: <u>Mr. Belvedere</u>	
Family Affair: <u>Mr. French</u>	The Nanny: <u>Niles</u>	
Family Guy: <u>Consuela</u>	Richie Rich: <u>Cadbury</u>	

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>MAIL CALL MONDAY THROUGH SATURDAY</p>	<p>CHAPLAIN – MONDAY, WEDNESDAY, FRIDAY AND UPON REQUEST</p>	<p>1 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p> <p>SHARE A SMILE DAY</p>	<p>2 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Activity Committee</p>	<p>3 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Day of Prayer 5:30 Resident Choice Pretty Puppy</p>	<p>4 10:00 Fun and Games 2:00 Bingo</p> 
<p>5 9:30 Poplar Head Church Service 2:00 Popcorn Party</p> 	<p>6 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 St. Patty's Crafts</p>	<p>7 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Cooking Class 5:00 Resident Choice</p>	<p>8 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p>	<p>9 9:30 Social Club 9:45 Shape Up 10:0 Glad Tidings 2:00 Spunky Spirit Society</p>	<p>10 9:30 Social Club 10:00 Hot Potato 2:00 Guy Time 5:30 Resident Choice Pretty Puppy</p>	<p>11 10:00 Hillcrest Baptist Church/ Fun and Games 2:00 Bingo</p>
<p>12 9:30 Poplar Head Church Service 2:00 Red Oak Church</p> 	<p>13 9:30 Social Club 9:45 Shape Up 10:00 Resident Council 2:00 Bingo</p>	<p>14 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Potato Chip Party 5:30 Resident Choice</p>	<p>15 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p> 	<p>16 9:30 Social Club 9:45 Shape up 10:00 Dwayne's Hour 2:00 Pie of The Month</p> 	<p>17 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 St. Patty Party 5:30 Resident Choice Pretty Puppy</p>	<p>18 10:00 St. Mary's Baptist Church 2:00 Bingo</p>
<p>19 9:30 Poplar Head Church Service 2:00 Popcorn Party</p>	<p>20 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Shoe Garden Part 1</p>	<p>21 9:30 Social Club 9:45 Shape up 10:00 Bingo 2:00 Shoe Garden Part 2 5:30 Resident Choice</p>	<p>22 9:30 Social Club 9:45 Shape Up 10:00 Mind Games 2:00 Pretty Nails</p> 	<p>23 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Enjoying the Outdoors</p>	<p>24 9:30 Social Club 10:00 Charades 2:00 WAFFLES! 5:30 Resident Choice Pretty Puppy</p>	<p>25 10:00 Kinard Church 2:00 Bingo</p> 
<p>26 9:30 Poplar Head Church Service 2:00 Sunday Sundaes</p> 	<p>27 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Enjoying Everyday Life</p>	<p>28 9:30 Social Club 9:45 Shape Up 10:00 Reminisce 2:00 Donna and Friends 5:30 Resident Choice</p>	<p>29 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p> 	<p>30 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Community Outing</p> 	<p>31 9:30 Social Club 9:45 Shape Up 10:00 Let's Make A Deal 2:00 Birthday Bash 5:30 Resident Choice Pretty Puppy</p>	<p>Happy St. Patty's Day March 17th</p>