



16690 S.W. Chipola RD
BLOUNTSTOWN, FL 32424



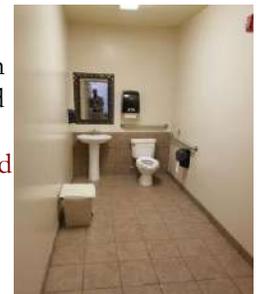
Your Local 2015-2016
Nationally Ranked
"5 Star"
Long Term Care Facility



The residents and staff of BHRC were all smiles the afternoon of Tuesday the 28th, as they sat, adorned in glittery masks and shiny beads, and music in celebration of Mardi Gras. Residents, staff members and volunteers dressed up in their finest Mardi Gras costumes then everyone lined up to parade through the community's halls and spread Mardi Gras cheer. Groups of residents were the parade "floats." The parade then ended with a big party in the dining room where they enjoyed finger foods, cake, and punch. The room was decorated in purple, green and gold, which matched the traditional king cake. Tables were decorated with Mardi Gras masks and beads. Some people danced to jazz music playing in the background while others enjoyed feasting on delicious food.

Administrators Corner

We've seen a lot of positive changes this March! Pictured to the right are our newly remodeled bathrooms, located in the front lobby. We would like to thank Thomas Cook and Joshua Morris from our maintenance department for such a spectacular job. In other good news, with recruitment and retention of BHRC employees. They can now register for an additional benefit at Verizon wireless receive a discount of 22% off eligible monthly access & 35% off eligible accessories! Simply stop by Verizon, present your pay stub, photo I.D. and your driver's license.



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Blountstown Health and Rehab
www.blountstownhealthandrehab.com



L-R: Johnnie Tharpe, Hattie Thomas, Judy Knowles, Levada "Cookie" Tipton, and Sarah Mabbott, Dietary Manager.

Meet a few of our 5-star dietary staff, always focused on highest quality in food service
Even when Grant cook's pancakes for the residents!



Resident Meal of the Month
April 16th Easter Dinner
Baked Honey Glazed Ham
Creamed Baby Red Potatoes
Herbed Green Beans
Roll & Margarine
Pineapple Upside Down Cake



News from Activities

WE ARE CELEBRATING EASTER IN A VERY FASHIONABLE WAY AS WE WILL BE HAVING A "HAPPY EASTER FASHION SHOW. "

PARTICIPANTS WILL MODEL OUTFITS OF THEIR CHOOSING SUCH AS CLASSIC EASTER SUNDAY OR CASUAL SPRING ATTIRE. STAFF, THEIR CHILDREN AND RESIDENTS ARE ENCOURAGED TO SIGN UP FOR THIS EVENT. THE DEADLINE IS FRIDAY, APRIL 7TH. THE FASHION SHOW IS SCHEDULED FOR FRIDAY, APRIL 14TH AT 3:30 PM IN THE DINING ROOM.

"REST AND RELAX" IS THE THEME FOR OUR VOLUNTEER SOCIAL. THIS EVENT IS SCHEDULED FOR SATURDAY, APRIL 29TH AT 2:00 PM. TO REFLECT OUR THEME, WE WILL HAVE REFRESHMENTS, MUSIC, GAMES AND GIFTS WHILE SOCIALIZING IN A CASUAL ATMOSPHERE. THIS IS OUR WAY OF PROVIDING THOSE WHO FAITHFULLY SHARE THEIR TIME AND TALENTS IN SPITE OF THEIR BUSY SCHEUDLES, AN OPPORTUNITY TO "REST AND RELAX."

WE ARE ONCE AGAIN SELLING EASTER BASKETS AS A FUND RAISER FOR PYRAMID, INC., WHICH IS A PRIVATE, ARTS FOCUSED NONPROFIT ORGANIZATION THAT PROVIDES SERVICES FOR ADULTS WITH DEVELOPMENTAL DISABILITIES.

THESE BEAUTIFUL BASKETS ARE FILLED WITH NUMEROUS TOYS AND A VARIETY OF CANDY. BASKETS RANGE IN PRICE FROM \$12.00 TO \$35.00 AND ARE ON DISPLAY IN THE FRONT LOBBY.

WE NOW HAVE A "BOOK CLUB." MEMBERS ENJOY READING THEIR FAVORITE BOOKS WHILE GETTING CREDIT FOR DOING SO. MONTHLY MEETINGS ARE HELD TO DISCUSS WHAT THEY ARE READING AND HOW MUCH THEY HAVE READ. FOR MOTIVATION, THE RESIDENT READING THE MOST PAGES WINS A CERTIFICATE TO THE BEAUTY SHOP.

WE HOPE EVERYONE HAS A BLESSED EASTER AND AN AMAZING APRIL.

Communication is Key

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

News from our Director of Nursing



Good News about Social Media from our Director of Nursing, Jay Prowant

I read a recent article with some exciting news for long-term care. If handled correctly and monitored diligently, using social media can help engage your residents, their families, employees and prospective customers. The message **“Engage Don't Just Age!”** was shared at the American College of Health Care Administrators 50th Annual Convocation & Exposition in Philadelphia “The City of Brotherly Love”.

Social media use among adults over age 65 has skyrocketed in recent years, “It informs, it can be used as a conversation, it's a total shift in the way we communicate.” Social media applications like Facebook, Facetime and Skype can be used to connect residents with family and friends through communication and photos. Seniors can also learn how to surf the internet for information or read the news. Learning new things like how to operate an iPad, computer or to use Google is crucial for people of all ages to maintain cognitive abilities. Clinical studies have shown that seniors who use the internet have up to a 20% decrease in depressive symptoms.

Computers use, iPads, internet and websites provide a rich assortment of apps that can be used to help residents improve their cognitive, communication, motor skills, diabetes symptoms and vision. It is also a prime opportunity to welcome in groups of high school students, scouting troops and religious organizations as volunteers to assist seniors learn their usage.

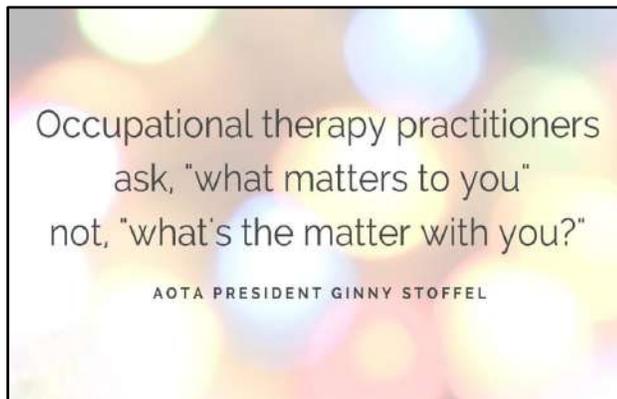
“There's an elephant in the room, Social media isn't going away.”

That's where there's some gray area, one that we address through clear guidelines, close social media monitoring, obtaining resident consent upon admission & updated as situations change. “Having that all clearly spelled out allows everyone to stay safe.” With guidelines set in place, long term care should be poised & ready to reap the benefits that social media can offer everyone.

And that is good news worth sharing.

Search for us on Facebook @ Blountstown Health and Rehab

Visit us on the Web @ Blountstownhealthandrehab.com



News from Therapy

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners 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.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

- an individualized evaluation, during which the client/family and occupational therapist determine the person's goals.
- customized intervention to improve the person's ability to perform daily activities and reach the goals.
- an outcome evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science. Our Occupational Therapists would be happy to answer any questions that you might have.

-MaKeshia Bush Daniels OTR/L, Donna Sapp OTR/L



April Employee of the Month was a tie!

Thomas Cook



My name is Thomas Cook. I was born in Tampa Florida December 7, 1971. My family moved back home to Blountstown when I was 3 years old & have lived here since. I have been married to Celest Cook for 10 years & have 3 beautiful children. Chelsea age 20, Corbyn age 10, and Carleigh age 9. I attended Blountstown High School, graduating in 1989. I was employed with the State of Florida for over 20 years. I joined the BHRC family in 2015 & became your Maintenance Director in 2016. I love to hunt and fish as well as being on the water during the summer time with my family.

I have been asked several questions for this article. One of them was, because "Getting it Right Matters" at BHRC, what is my answer to what they get right? My answer is: the professional treatment of residents & family members. Whether you are a walk-in patient for rehabilitation or a long-term care resident, BHRC goes above & beyond to make your stay as pleasant as it can be. BHRC is full of professional staff that ensures the quality of your loved-one's stay is nothing less than a five-star accommodation. Next was what I liked most about working here? I get to help people through the work I do & make a difference in their lives. I remember changing the furniture in a resident's room & moving picture frames to a different wall for a resident a while back. The work I did took only minutes but to see the face of the resident & know that it meant so much was worth every second & it put a smile on my face.

Another question I have been asked is where I see myself in 10 or 20 years? My answer to that would be, hopefully healthy number one, retired and able to travel with my family would be just good enough for me. I have been on (2) cruises out of the states but my ultimate vacation has been multiple mountain trips with my family.

The last question was, if I could have one wish, what it would be? Some people would say money, some would say fame. My answer would be for everyone in this world to be at peace with each other & understand we have to share this world with one another. John 3:16 says, God so loved "THE WORLD", that he gave his only begotten son. I heard a quote a few days ago, which is simply a "breakdown" of John 3:16, it stuck with me & if everyone would wake every morning including myself & live by this quote, believe & have faith in it, we would not do without anything. It's simply this,

GOD LOVED, GOD GAVE, WE BELIEVE, WE RECEIVE.

I would like to say thank you for the staff that nominated me for employee of the month.

Hattie Thomas



Hattie Thomas was born in Bartow, Florida but lived in Liberty county most of her life. She has three brothers and two sisters. She is also the mother of six boys, two girls, has around 12 grandkids and four great grand kids. Hattie's grandchildren always put a smile on her face. In her free time, she enjoys reading, particularly romantic novels. She also teaches Adult Sunday School at Deliverance Temple Ministries. She says she was 20 when she met Jesus on an Easter Sunday morning. She finally attended church after being repeatedly asked, and after the first time, she never stopped going. When asked about the most exciting place she's ever been, Hattie told us about her trip to Tennessee. She loved the mountains, valleys, rolling hills, and all the beautifully colored leaves in Autumn.

Hattie opened the doors at Blountstown Health and Rehabilitation Center in 1996. She started as a Dietary Aide, but also helped cook, clean, and serve food. She later promoted to Assistant Dietary Manager. What she likes most about working here are the residents, staff and her wonderful dietary manager, Sarah Mabbott. Something special everyone at BHRC notices about Hattie is her infectious smile, her laugh and her unwavering optimism. She feels like BHRC always gets the best people for the job, and our staff are what makes the facility great. When asked where she sees herself in 10 to 20 years, she laughed and said "Lord, I hope home and retired. I've gone into retirement once before, then back part-time, then back full-time again." We also asked what advice she could offer to those reading this article, and she closed with this:

"Hard work pays off. You have to love what you do, and I love what I do."

Congratulations Hattie & Thomas, from your BHRC family!

News from Laundry **RESIDENT CLOTHING LABELS**

Please help us to better serve your loved one by insuring clothing has our correct label attached with the resident's name printed clearly.

Bring any new clothing or items to laundry between 7am – 7pm.

We will gladly label them properly & in the correct location for identification prior to giving them to your loved one, Please! This will greatly help us insure our 90+ residents clothing get returned timely & does not end up in our ever growing "NO NAME RACK".

We strive to get clothing returned ASAP. Average turnaround time is approx. 2-3 days.

Makayla Harvell is your laundry attendant for rooms **101 thru 301.**

She is from Bristol, FL. & has been part of the BHRC family for 8 1/2 years.

Frances Goff is your laundry attendant for **rooms 302 thru 406.**

She is from Clarksville, FL. & has been here for over 10 years.

Shirley Wilson is your Laundry attendant for **rooms 407 thru 608.**

She is from Marianna, FL. & opened the doors of BHRC in 1996.



Bringing you 40 years' experience, these 3 ladies strive daily to provide the best laundry service possible to our 90 residents every day. They separate laundry, pretreat a multitude of items, wash & dry nearly 10,000 loads of laundry a year, fold, hang & neatly put away everyone's clothing in the right resident's rooms, plus label and relabel every piece of clothing for all residents.

We are proud of the service they do & hope you are also!



News from Housekeeping Dept.



"SPRING HAS SPRUNG"

We would like to take a moment & thank our residents, families & staff for always being so cooperative with housekeeping. Their priority is always to insure the cleanest rooms & facility possible for our family of residents. Daily, our Housekeeping staff strives to insure every room is always prepared for company as you would at your own home.

Every 3 weeks, Deep Cleaners conduct a spring cleaning of every resident's room. We would like to thank everyone (residents, families & staff) for insuring residents have something to do outside of their room for an hour or so while we do a thorough deep clean of every room in its entirety, every 3 weeks.

Proudly, serving you with over 60 years of Housekeeping experience is:

Frances Black, Bristol FL: 100, 200 & 300 halls since July 1996 when our doors 1st opened!

Charlene Clark, Blountstown FL: 400, 500 & 600 halls since May 1997.

Debra Thomas, Blountstown FL: Offices & the rest of the building since Sept 1996.

Resident of the Month

Mattie Whittaker



Mattie Whittaker was born May 17th, 1925 in Hollywood, FL. When she was 9 years old, her father, Charlie, received a job as a trencher and had to relocate to Bristol, FL. So she, Charlie, her mother Lena, and her two siblings, George and Annie Mae, loaded up in their model A truck and traveled 500 miles to their new home. As a child, Mattie loved to climb trees and play made up games with her siblings. She regularly attended a Mormon church in Bristol and at age 13, she was baptized. Mattie attended Liberty County High School, and a community college in Tallahassee for nursing. She was a nurse at Tallahassee Memorial Hospital for numerous years. In 1952, she was married to Franklin, who she had known since high school, and was a local barber.

When asked how the two met, Mrs. Whittaker giggled and said “We would run into each other at every corner.” After being wed, Mattie and Franklin moved to live on a farm that had been in Mattie’s family for many years. Together they had one son, Bobby, from a previous marriage, and one daughter, Cheryl. Mattie and Franklin did many exciting things together such as traveling to California to look at the giant sequoia trees. Though the most exciting thing she says they ever did was going to the county fair every year. Their favorite thing to do was not only to watch the show horses, but also competing in the equestrian events. Mattie says they won a great deal of blue ribbons. In her spare time, Mattie enjoyed painting, collecting antique dolls, gardening, playing with her parakeets, cats and eating Hershey’s chocolate. Mrs. Whittaker arrived for the first time at BHRC around 10 years ago, and says that she loves bingo, all her nurses, and CNAs. Mattie is known here at BHRC by her beaming smile, loving nature, and extremely witty humor. Congratulations Mrs. Whittaker!

The latest initiatives from Caitlin Griffin BHRC Recruitment & Retention Coordinator CNA Referral Bonuses

Anyone need an extra 500 bucks? Refer a fulltime CNA!!!



After their hire date, receive 250 @ 90 days & another 250 @ 180 days. Visit the careers page at BlountstownHealthandRehab.com
We are establishing an **Employee Committee** to assist in many different employee focused areas of concern, employee recognition, benefits, assistance, most importantly for recruitment and retention. This is an initiative to enhance our employee retention rate & lower our turnover rate. **Employee Assistance Program:** This is an area we are looking into its benefits for our employees for assistance with job burn-out & also assistance in times of emergency. We’re also actively promoting the BHRC **Employee of the Month Program**, to ensure its success. Nomination forms are next to the vending machines, and must be turned in by the 15th to Debbie in Activities. All nominations will be read and voted on by the entire morning meeting

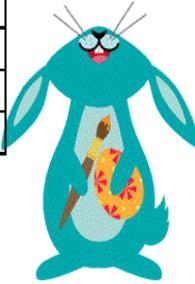
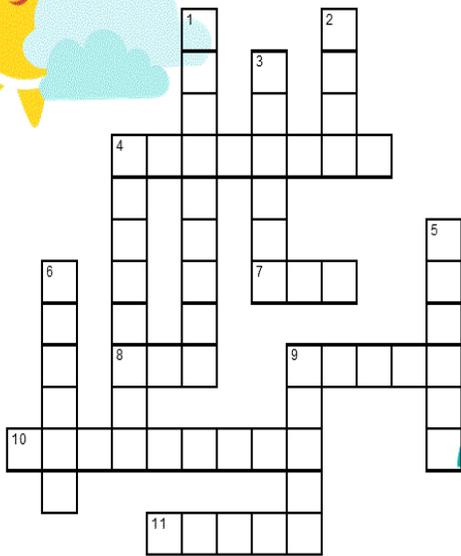
April Birthdays

Resident Birthdays

Lonnie Franklin 4-1
Ann Nessmith 4-3
Ruthie Carroway 4-5
Constance Brehm 4-6
Mary Vickery 4-7
Arthur Brown 4-15
William Surprenant 4-17
Frankie Bailey 4-20
Charlotte Gonzales 4-30



Easter Crossword



ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache



Funny Bone

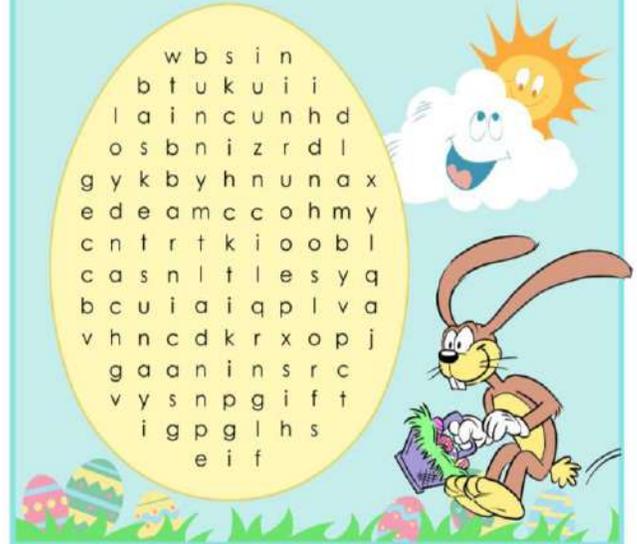


Stalemate

-Lisa Chason



Easter Word Search



- | | | | |
|--------|--------|----------|----------|
| eggs | spring | hunt | gift |
| bunny | April | candy | sun |
| rabbit | Sunday | vacation | duckling |
| chick | basket | lamb | holiday |



News from BHRC Book club



- The March First Place Winner for Most Books Read is:
- 1st Mae Parker 20 books
 - 2nd Shirley Strickland 15 books
 - 3rd Lucile Pitts 4 books
 - 3rd Romelie 4 books
 - 3rd Daisy Plazarin 4 books
 - 4th Doris Smith



Congratulations Mrs. Parker!
 Also, a big congratulations to February winner, Mrs. Nancy Arrant!



APRIL 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>HAPPY EASTER! APRIL 16TH</p>	<p>ONE TO ONE PROGRAMS- MON-FRI AND SUNDAY</p>		<p>1 10:00 Fun and Games 2:00 Bingo </p>
<p>2 9:30 Poplar Head Church Service 2:00 Popcorn Party </p>	<p>3 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Activity Committee </p>	<p>4 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Cooking Class 5:00 Resident Choice</p>	<p>5 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p>	<p>6 9:30 Social Club 9:45 Shape Up 10:0 Glad Tidings 2:00 Spunky Spirit Society </p>	<p>7 9:30 Social Club 9:45 Shape Up 10:00 Memory Street 2:00 Guy Time 5:30 Resident Choice Pretty Puppy</p>	<p>8 10:00 Fun and Games 2:00 Bingo</p>
<p>9 9:30 Poplar Head Church Service 2:00 Red Oak Church </p>	<p>10 9:30 Social Club 9:45 Shape Up 10:00 Resident Council 2:00 Bingo </p>	<p>11 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Easter Crafts 5:30 Resident Choice</p>	<p>12 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails </p>	<p>13 9:30 Social Club 9:45 Shape up 10:00 Dwayne's Hour 2:00 Gardening-Terrariums</p>	<p>14 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 3:30 Easter Fashion Show 5:30 Resident Choice Pretty Puppy</p>	<p>15 10:00 St. Mary's Baptist Church 2:00 Bingo </p>
<p>16 9:30 Poplar Head Church service 2:00 PM Sunday Sundaes  HAPPY EASTER</p>	<p>17 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Brain Teasers </p>	<p>18 9:30 Social Club 9:45 Shape up 10:00 Bingo 2:00 Cooking Class 5:30 Resident Choice</p>	<p>19 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails</p>	<p>20 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Pie of the Month </p>	<p>21 9:30 Social Club 10:00 Steve and Friends 2:00 Movie Time 5:30 Resident Choice Pretty Puppy</p>	<p>22 10:30 Kinard Church 2:00 Bingo </p>
<p>23 9:30 Poplar Head Church Service 2:00 Popcorn Party 9:30 Poplar Head 2:00 Sunday Sundaes </p>	<p>24 9:30 Social Club 9:45 Shape Up 10:00 Bingo 2:00 Enjoying Everyday Life</p>	<p>25 9:30 Social Club 9:45 Shape Up 10:00 Sneads Assembly of God 2:00 Donna/ Friends 5:30 Res. Choice</p>	<p>26 9:30 Social Club 9:45 Shape Up 10:00 Bible Study 2:00 Pretty Nails </p>	<p>27 9:30 Social Club 9:45 Shape Up 10:00 Dwayne's Hour 2:00 Community Outing </p>	<p>28 9:30 Social Club 9:45 Shape Up 10:00 Kinard Church 2:00 Birthday Bash 5:30 Resident Choice Pretty Puppy</p>	<p>29 10:00 Bingo 2:30 Volunteer Appreciation </p>
<p>30 9:30 Poplar Head Church Service 2:00 Sunday Sundaes</p>						