

Jefferson City

Nursing and Rehabilitation Center, LLC
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OUR LEADERSHIP TEAM

Nick Lageman	Executive Director
Michael Henderson	Director of Nursing
	Asst. Director of Nursing
Keri White	Director of Admissions
Kishon Clarke	Social Service Director
Jamila Terkman	Dir. of Rehabilitation
Rebecca Baker-Bey	Business Office Manager
Justin Parker	Memory Unit Mgr.
Theresa Birdsong	Dir. of Medical Records



National Nursing Assistants Week 2022

CNAs have a unique and demanding job based on their specialty and the facility where they work. June 16 to June 22 is a time we take this year to say “thank you” for all the difficult work that our CNAs do to care for our residents and families.

We celebrate National Nursing Assistants Week to remind our CNAs that their work is crucial to us and crucial to our family members who are unable to provide the day-to-day care of their loved ones.

This year’s theme is “I’m Still Standing.” We honor our CNA team for the incredible work that these frontline heroes do every day for our residents. We thank our special team of nursing assistants for dedicating their lives to the well-being of others, for their strength and perseverance in standing strong during the pandemic, for their observance in recognizing the smallest of details that could lead to a major

June 2022



YOU'RE
APPRECIATED
IN SO MANY WAYS!

health concern in a resident, for their patience, compassion and empathy. We can never express how invaluable you are to the team here at JCNr. From the bottom of our hearts, we thank you for all you do!

A FEW SNAPSHOTS FROM NATIONAL NURSING HOME WEEK



Executive Director, Nick Lageman, took a turn in the dunk tank! Yes, he hit the water several times! Thanks for being a good sport, Boss!



Superhero Day - two of our very own Superheroes, Jamila Terkman and Kishon Clarke, pose for a snapshot!



Just for Fun



National Nail Polish Day, June 1st, will find our Activity Dept. hosting a Nail Salon Day at 2pm.



Join us June 3 at 2pm in the Dining Room to celebrate Donut Day with a tall glass of milk and your favorite donut!



Take a memory trip back to your childhood when we honor National Cracker Jack Day! Residents and staff will receive a box of this nostalgic treat.



Ann Mallow enjoys a margarita during Social Hour!

Happy Juneteenth

Commemorating the end of slavery in the U.S., Juneteenth takes place on June 19 every year. On that date in 1865, U.S. troops arrived in Galveston, Texas, the western-most state at the time, to announce the end of the Civil War. The following year, freed slaves celebrated the anniversary as Jubilee Day, and the festive tradition spread through the remaining states, eventually becoming a federal holiday.



Happy Birthday



RESIDENT BIRTHDAYS

Jeffrey Summers	June 3
Robert McClellan	June 9
Jen BradfordStruguess	June 11
Deborah Vinduska	June 11
Kevin Olsen	June 17
Mary Christian	June 20
Barbara Baker	June 23
Harold Behlke	June 23

EMPLOYEE BIRTHDAYS

Kara Kristopherson	June 4
Belinda Woodard	June 8
Katandia Jessup	June 12
Alyssa Wright	June 12
Jamie Drury	June 15
Christine Heather	June 17
Riley Wampler	June 17
Jessica Wilkinson	June 17
Kishon Clarke	June 25

EMPLOYEE ANNIVERSARIES

Katherine Fandrey	4 Years
Jackie Jones	3 Years
Tammy Mulcahey	1 Year
Charity Blair	1 Year



Nail Care Tips for Everyone

You use your hands every day, but how often do you think about the health of your fingernails? Whether you get pampered regularly with manicures or just want strong, clean nails, the essentials of nail care are important for everyone to know.

Washing your hands often keeps your body healthy in many ways, including your nails. Rather than using sharp tools to clean beneath them, try a nail brush with soft bristles.

Fingernails can get dry and brittle, just like hair and skin, so one of the main ways to keep them healthy is to moisturize

them often, especially after washing your hands. Gently massage the lotion or balm of your choice into your cuticles and nail beds.

Similar to regular haircuts, cutting your nails on a consistent basis can prevent splitting and breaking. Use nail scissors or clippers to trim them straight across, then round the corners with a nail file while moving the file in one direction, not back and forth.



Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

PORCH PARTY

Join us on the front porch for a fun afternoon of bubble blowing, lemonade and watermelon! This throwback afternoon will be held Friday, June 10th, at 2pm.





NOT ALL
SUPERHEROES
WEAR CAPES.

HAPPY *Father's* DAY!