

Jefferson City

Nursing and Rehabilitation Center, LLC
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OUR LEADERSHIP TEAM

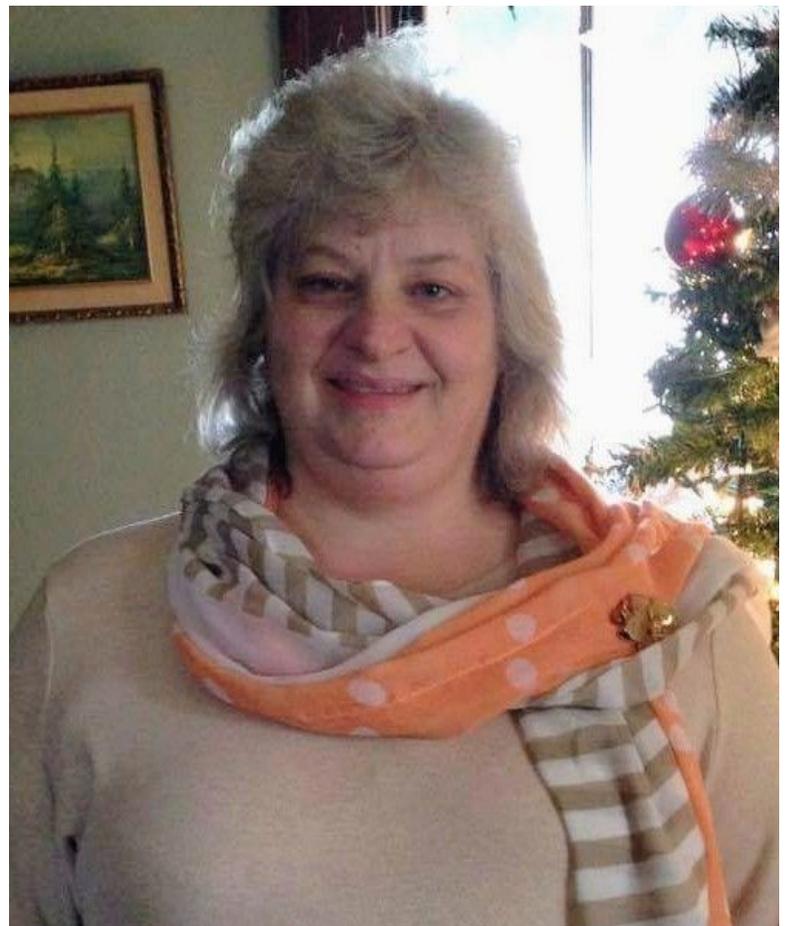
Victoria Gilbert	Executive Director
Brandi Britton	Nurse Manager
Melissa Carr	Nurse Manager
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Rebecca Baker-Bey	Business Office Manager
Brenda Copeland	Facility Liaison
Kishon Clarke	Social Service Director
Teresa Laster	Memory Unit Mgr.
Charity Blair	Activity Director
Pamela Barrett	Housekeeping/Laundry Dir.
Alvin Jinks	Dietary Supervisor

30 Years This Month

Theresa Birdsong will celebrate 30 years as an employee of JCNr on Jan. 23rd. WOW! We are so blessed to have her as part of our team! Theresa knows almost every aspect of each department, and she has seen trends and regulations change over the years.

Starting in 1993, Theresa worked as a CNA and advanced to a CMT. She later went to Central Supply and Medical Records, remaining in Medical Records for years now. When asked what she felt was the most significant changes or events during her career, she replied, "COVID was definitely the most challenging. Enduring the emotional stress of seeing our residents suffer, families not being able to visit & the effect on our residents, the tireless hours put in...it was all such a struggle. Since COVID, the healthcare industry struggles with staffing issues. Not just LTC but hospital settings and basically all industries."

January 2023



Be Thankful

We're starting the year off with kindness and appreciation—January is National Thank You Month. Often, people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others. We will be featuring a "Kindness Starts With Thank You" wall throughout the month. "Thank You" cards can be picked up in the front office, from the Activity Dept or the Social Service Office. Tell someone thank you for the special things they do with a written message. All cards will be posted on the wall!



Pam Taylor, Jennifer Bradford Sturgess & Carol Severs enjoying their favorites.

National Pie Day, Dec 1st

There's a National Pie Day. Well, there was no way we were passing up that opportunity to enjoy something so delicious. We offered strawberry rhubarb, peach, pumpkin, cherry, apple and the residents' favorite: good ole Gooseberry!

Winter Weather Safety

We want our parking areas and sidewalks to be safe no matter what the weather is like. If you notice slick spots that need to be treated, please let us know.



Santa posing with some of the team!



Meatball wasn't going to be left out! Giving the big guy some loving was sure to get him a bone under the tree!



How Do We Celebrate Our FriYaY?

We like starting it with a sweet treat of donuts! Donut Fridays start the day with a positive and yummy feeling!



Craig Bentlage



The winning favorite pie, Gooseberry!



RESIDENT BIRTHDAYS

Marvin Rademan	Jan. 8th
Steven Rodriguez	Jan. 14th
Margaret Wekamp	Jan. 17th
Carol Hoffman	Jan. 18th
Ann Mallow	Jan. 23rd
Darrell Burkett	Jan. 23rd
Gerald Voss	Jan. 30th

EMPLOYEE BIRTHDAYS

Dave Adams	Jan 3rd
Eric Glenski	Jan 18th
Pamela Barrett	Jan 21st
Destinee Coleman	Jan 23rd

EMPLOYEE ANNIVERSARIES

Theresa Birdsong	30 Years
Mandi Dear	4 Years
Mauren Zachery	4 Years
Dan Hilden	2 Years
Mary Garrett	1 Year
Alyssa Wright	1 Year



Fundraising Has Begun

Our year's fundraising has started for the 2023 Memory Walk in September. The Memory Manager held the first bake sale that raised over \$100. Thank you to all who bought and supported this sale.



January Happenings

Jan. 16th - We'll be celebrating National Hat Day and National Bagel Day. So check your calendar for the time and join us in the dining room wearing your favorite hat to enjoy some bagels with cream cheese. We'll have a variety of flavors in both.

Jan. 24th - National Peanut Butter Day - join us to sample a variety of snacks and foods featuring peanut butter.



National Hot Chocolate Day January 31



Warming up with a mug of hot chocolate is a sweet and simple winter ritual. Join us in the dining room for a Hot Chocolate Bar and Shortbread Cookies.



Kevin Olsen shows off his decorated gingerbread man.

Brainteaser

Question: What flies around when it's born, lies still when it's living, and runs when its life is over?

Answer: A snowflake.

Happy New Year!

Word Search

- | | |
|-------------|------------|
| Birthday | Hot Cocoa |
| Celebration | January |
| Champagne | Mittens |
| Cold | New Year |
| Confetti | Resolution |
| Fireworks | Slippers |
| Goal | Snow |
| Hockey | Start |

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