

Jefferson City

Nursing and Rehabilitation Center, LLC
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OUR LEADERSHIP TEAM

Victoria Gilbert	Executive Director
Tina Arnold	Director of Nursing
Brandi Britton	Nurse Manager
Brenda Copeland	Facility Liaison
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Teresa Laster	Memory Unit Mgr.
	Activity Director
Regina Johnson	Dietary Supervisor
Pamela Barrett	Housekeeping/Laundry Dir.
Kelly Newcomb	Maintenance Director

April is national
OCCUPATIONAL
THERAPY *month!*

Have you thanked an **OT** today?

During the month of April, Occupational Therapy Month allows us the opportunity to honor and recognize our OT staff and the benefits this specialized therapy provides to health care.

Here at JCNR, we have an awesome team of OTs! We honor each one of them for their dedication, loyalty and commitment given to the residents. They are experts in their field!

April 2023



Shamrock Shakes

Shamrock Shakes were a hit with the residents on St. Patrick's Day. Regina Gibson, Dietary Manager, was popular that day for making this sweet delicious treat for the day!

Brain Bender: A Spring Story

The story below has some missing pieces. In the first paragraph, the same six letters can be rearranged into four different words to fill in the blanks. In the second paragraph, a new set of six letters can be rearranged to form four more words. Can you finish the story?

Last spring, a _____ and his mate began visiting the pond in my backyard. Their diet _____ from grass in the spring to corn in the fall, so while my _____ was safe for now, I worried it would be in _____ in a few months. I had to find them a new home!

This wasn't one of my _____, but I knew a little bit about their habitat. My lawn was probably _____ than they were used to, but they prefer to nest on an island where they can safely _____ their young. Behind my house is a large pond next to the _____. I built a platform and anchored it to the bottom of this pond, making an island. The next day, they had flown to the new spot.

(Answers: 1. gander, ranged, garden, danger; 2. fortes, softer, foster, forest)

Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

Michael Walters Takes 1st Place in the Shamrock Shuffle



Gene Oldfather Sporting His St. Patty's Day Attire Gene Took 3rd Place in the Shamrock Shuffle



It's That Time Again!

The seasons are changing, and the time has come to update your loved one's wardrobe. Please be sure that he or she has clothing appropriate for the season. When you bring in new items, please also remove any clothing that is out of season or has been worn or damaged. This will make finding the right clothes for the right season that much easier. Be sure to let staff know of any new items you are bringing so that they can get added to the inventory list. Thank you!





RESIDENT BIRTHDAYS

Eugene Meyer	April 2
Rondald Mindham	April 7
Dianne Roark	April 7
Emma Shy	April 8
Jerry Brodsky	April 9

EMPLOYEE BIRTHDAYS

Madison Conley	April 5
Sdara DiVirgilio	April 6
Turquoise Lawson	April 15
Martha Jaggie	April 22

Tricia Roberts	April 24
Ballu Kamara	April 25
Brandi Britton	April 30

EMPLOYEE ANNIVERSARIES

Kayla Elder	9 Years
Chanel Seals	4 Years
Ryan Kissel	2 Years
Samantha Helton	1 Year
Kara Kristofferson	1 Year
Antionette Sanders	1 Year

APRIL IS
PARKINSON'S
AWARENESS
MONTH



A Day With a Twist

April 26 is National Pretzel Day, a time to celebrate pretzels of all shapes and sizes. If you can't decide which is your favorite, try mixing a variety of different types of pretzels in a big bowl. The best place to celebrate might be Freeport, Ill., which is known as Pretzel City, USA, home of the Billerbeck Bakery pretzel company, founded in 1869. The Freeport High School sports teams are called the Pretzels.



Pretzel Bar

Join us Wed afternoon, April 26, for a pretzel bar in the dining room. Come try a variety of pretzels flavors, pretzels with dip, soft baked pretzels and more. Enjoy an ice cold root beer to wash them down. Pick your favorite!

Wit & Wisdom

"The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what."
—Colleen Hoover

"Trees are poems that the earth writes upon the sky."
—Kahlil Gibran

"The sky takes on shades of orange during sunrise and sunset, the color that gives you hope that the sun will set only to rise again."
—Ram Charan

"Look at your feet. You are standing in the sky. When we think of the sky, we tend to look up, but the sky actually begins at the earth."
—Diane Ackerman

"Rain is grace; rain is the sky descending to the earth; without rain, there would be no life."
—John Updike

"Every time I see the sunshine in the bright blue sky, I cannot help but think how blessed I really am to see another day."
—Donna Karan

"We touch the sky, not to soar above the clouds, but to show respect to the earth beneath our feet."
—Anthony T. Hincks

