

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-100/300 Hall
Jackie Hoover	Nurse Mngr-Memory/Rapid
Brenda Copeland	Facility Liaison
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Camile Skonecki	Activity Director
Regina Johnson	Dietary Supervisor
Pamela Barrett	Housekeeping/Laundry Dir.
Adam Sweazea	Maintenance Director



From the Executive Director

Greetings to all our residents! I want to wish you a safe and fun 4th of July! Thank you for allowing us to care for your loved one. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you. - Victoria Gilbert, Executive Director

July 2023

Welcome Camile

We are pleased to announce that Camile Skonecki has joined our team as our Activity Director. Camile comes to us with 34 years of experience in long-term care. She has held many positions in those years. She is a certified nurse's aide, certified medical assistant, restorative aide, and has done transportation. She has done activities in LTC for the last 2 years.

Camile moved from Texas to Fulton 2 years ago to be near her children and grandbabies. "Family is everything," says Camile. "That's why working with seniors to help keep them active and social brings me such fulfillment."

Stay tuned for upcoming events by watching our activity calendar. Camile looks forward to meeting the families of our residents.



Berry Bliss

Yummy, colorful and nutritious, berries are not only good for a healthy body, but they also boost brainpower. Along with vitamins, fiber and antioxidants, these superfoods are bursting with fun facts to share with your friends:

- The hazy white coating you often see on blueberries is called "bloom," and it actually protects the fruits from the sun! It's also a sign of a good, fresh berry.
- Blueberries are one of the only commercially available fruits that are native to North America.
- Strawberries contain natural chemicals called salicylates, which are also found in aspirin. The next time you have aches and pains, try snacking on this red fruit.
- The average strawberry is covered with around 200 tiny seeds.
- If red raspberries are a little too tart for your tastes, then try gold raspberries for a sweeter flavor. The fruits also come in purple and black varieties!
- An accidental creation, the loganberry is a hybrid between a raspberry and a blackberry.
- Botanically, bananas, avocados and tomatoes are considered true berries because they grow from the ovary of one flower.



July - Hot Dog Month

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That's why July is deemed National Hot Dog Month. With all due respect to hamburgers and apple pie, hot dogs are arguably the most American of foods.

If you're tired of your usual toppings, you'll get to try something a bit different at our hot dog bar on 14th. We encourage you tantalize your taste buds and try something different or create your own and name it.



Gene Trower enjoying his drink from the Tiki Bar



Introducing Ender Clarke

We have a new member to our JCNr family, Ender, son of Kishon Clarke, entered the world on June 6th at 6:05pm at 8.7 lbs. and 20 inches long.

Mother and son are doing well! We look forward to getting to see and spoil this cute little guy! Congratulations, Kishon!



Emma Shy



RESIDENT BIRTHDAYS

Carol Meister	July 6
Dixie Pevoto	July 6
Marion Allen	July 18
Kenneth Brown	July 20
Karol Chernich	July 24

EMPLOYEE BIRTHDAYS

Chanel Seals	July 3
Denise Graves	July 4
Kary Reddy	July 6
Vernice Thomas	July 14
Michelle Mosley	July 22
Ryan Kissel	July 25
Julie Davis	July 26



EMPLOYEE ANNIVERSARIES

James Madison	4 Years
Ballu Kamara	2 Years
Rio Mghamba	1 Year



National Strawberry Sundae Day

Join us on the front porch at 2pm on Friday, July 7th, for an ice cream social with friendship & chatting! We will be serving strawberry sundaes in honor of National Strawberry Sundae Day. See you there!



Gail Obanion

Cornhole Competition

Wind up your throwing arm and get ready to join us for a game of cornhole! This lawn game is easy to learn and a fun way to bond with others. See calendar for location and times.



Summer in a Cup

There's nothing better than a cold smoothie on a hot day. Simply blend your favorite base—milk, juice, yogurt or ice cream—with your chosen fruits and veggies for a delicious treat. Add ice for texture or nutritional supplements for an immunity boost.

Join us for a Porch Social on Wednesday, July 26th, while we whip up some of these refreshments

Strawberry Raspberry Smoothie

- 1 c strawberries
- 1/2 c raspberries
- 1/2 c milk
- 1/2 plain yogurt
- 1 tsp vanilla
- 1 Tbsp honey

Add strawberries, raspberries, milk, yogurt, vanilla and honey into a blender.

Blend until combined and smooth

Serve & Enjoy!



Word Search

Category: Words in "The Star-Spangled Banner"

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

1. Bright
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

- | | |
|--------------|--------------|
| 1. And | 11. Home |
| 2. Bombs | 12. Land |
| 3. Brave | 13. Last |
| 4. Bright | 14. O'er |
| 5. Dawn's | 15. Perilous |
| 6. Does | 16. Proof |
| 7. Early | 17. Proudly |
| 8. Fight | 18. Red |
| 9. Flag | 19. Still |
| 10. Gleaning | 20. Through |

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