

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



September Greetings

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about some favorite fall activities that we have planned. As always, please feel free to stop by my office at any time. Have a great September!

Victoria Gilbert, Executive Director

September 2023

HAPPY
Grandparents
DAY



Happy Grandparents Day!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!



Rehab ... What We Offer

Our therapists have additional training on using enhanced therapy techniques in combination with modality equipment.

Our modality equipment includes equipment such as ultrasound electrotherapy, a motorized therapeutic exercise system called the Omnicycle, a shortwave diathermy system and much more. All consist of evidenced-based clinical programs and assist our patients with getting better faster.

Some of our programs consist of orthopedic rehab, stroke rehab, cardiac rehab, fall prevention & balance, pain management, continence improvement and wound management.

So whether you need inpatient short-term therapy or as a long-term resident who needs a therapy program for increased strength & mobility, our dynamic team of therapists and assistants are here for you! Don't hesitate to our Director of Rehab with any questions.

A big thank-you to our therapy team for all that they do!

Fall Menu

Our menus change with the seasons, and it's time to showcase a new lineup of autumn produce and delicious entrees. Come to the dining room to taste the new selections!



Brandi Britton, Nurse Manager, and Craig Bentlage stop to pose for a picture.

Time To Update Wardrobes

With cooler weather right around the corner, now is a good time to update your loved one's wardrobe. Please make sure that he or she has plenty of warm clothing as well as a jacket or sweater. When doing this, please remove any out-of-season clothing. All items should be marked with resident's name. In addition, please notify laundry of items brought and what you are removing so we are able to update your loved one's inventory list. Thank you!



Pictured are Katelyn of Primrose & her Act Assistant and Nikki Heather and Tandy Jessup from JCNr

Hosting Happy Hour

We were honored to host Happy Hour at Primrose Retirement Community. We are also honored when their residents choose Jeff City Nursing & Rehab for their short-term rehab program. We have a long history of having them as our guests to assist them with rebuilding their strength and endurance to safely return back to their apartment within their community.

We look forward to seeing you again soon!



We Will Never Forget

Please join us in a moment of silence on Sept. 11, Patriot Day, as we honor the victims of 9/11.



RESIDENT BIRTHDAYS

Grace Blank	Sept 7
Lisa Morrison	Sept 7
Pamela Brodsky	Sept 16
Verna Ramsey	Sept 19

EMPLOYEE BIRTHDAYS

Courtney Raithel	Sept 4
Jacque Dickson	Sept 7
Archie Pettigrew	Sept 9
Tito Mghamba	Sept 20
Rebecca Griggs	Sept 22
Theresa Birdsong	Sept 27



Apple Nachos

The taste of a caramel apple served up nachos-style makes an easy fall snack. Place apple slices on a plate and drizzle them with warm caramel sauce. Add chopped nuts, crushed pretzels,

EMPLOYEE ANNIVERSARIES

Colleen Jansen	12 Years
Jamila Terkman	8 Years
Kristen Stotts	1 Year
Dave Adams	1 Year



Sip Into Fall

Grab a mug and get a taste of a new season on Hot Mulled Cider Day, Sept. 30.

or chocolate chips. For peanut butter lovers, drizzle apples with melted peanut butter and top with chopped peanut butter cups.



Another favorite of the fall season is apple cider. Whether cold from the fridge or heated into mulled cider, it is delicious!

Check the activity calendar for the date & time when this fall treat will be available.



Back to School

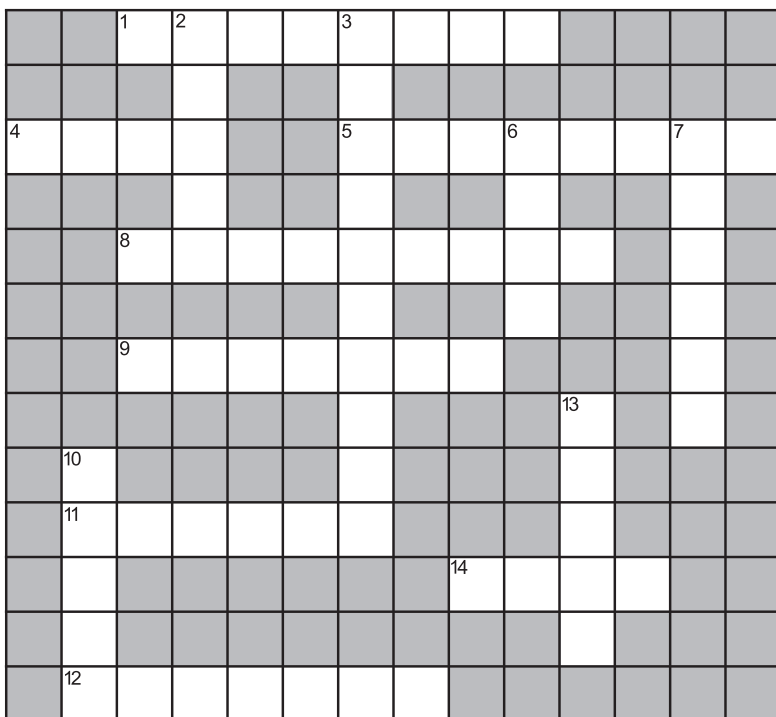
We take great pride in being involved and supporting the community of Jefferson City. We are proud that they support JCNR when they choose us for their healthcare needs. It makes us feel good when we can give back with programs like these.

Primrose Retirement Community and JCNR went together to make goodie bags for the children of the community when returning to school.



Shoo the Flu

For the maximum protection, it's important to get a flu shot early in the season. The flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.



Across:

1. Working people holiday
4. Temporary accommodations
5. American game with oval ball
8. Ninth month
9. Particular territory
11. Third season
12. Gathering of crops
14. Body of water

Down:

2. Typically round and red fruit
3. Image thrown back
6. Arboreal
7. Plant structures
10. The planet we live in
13. Printed works

