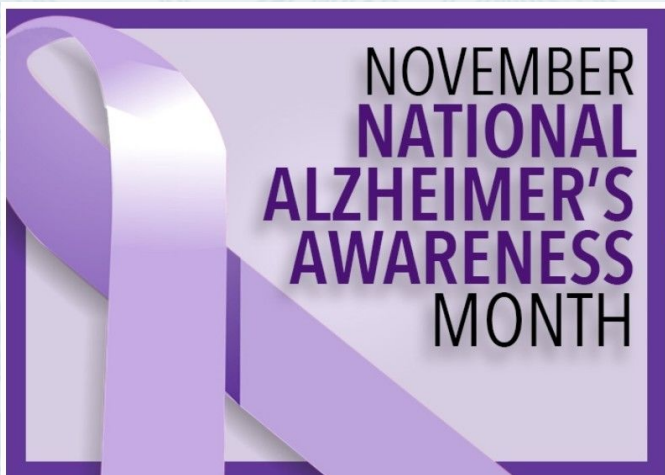


Jefferson City

Nursing and Rehabilitation Center, LLC
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OUR LEADERSHIP TEAM

Sheila Distler	Executive Director
Ashley Bond	Director of Nursing
John Boyer	Asst Dir. of Nursing
Jackie Hoover	Nurse Mngr
Brenda Copeland	Facility Liaison
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Vernice Thomas	Activity Director
Regina Johnson	Dietary Supervisor
Pamela Barrett	Housekeeping/Laundry Dir.
Samuel Wolfe	Maintenance Director



The Power of Purple

Recent figures from the Alzheimer's Association show that every 65 seconds, someone in the U.S. is diagnosed with the disease. During Alzheimer's Awareness Month in November, wear purple to show your support. Join in the fight and get information by visiting ALZ.org.

November 2023

Happy Thanksgiving

There are so many things I am thankful for this year, but at the very top of that list is you. Wishing you a wonderful holiday filled with the warmth and happiness of the season.



A Turkey Myth

The familiar urge to take a snooze after Thanksgiving dinner is often blamed on tryptophan, an amino acid in turkey. But experts say the real culprit is overeating. To digest a piled-up plate (or two!) of food takes a lot of your body's energy.



Honoring Veterans

Honoring Our Veterans

Thank you to all the heroic men and women who have bravely served our country. We take great pride in caring for our Veterans. They sacrificed so much for us and their country. Choosing us to serve them is an honor we don't take lightly. We will honor our Veterans in a special ceremony. Please check your calendar for the time and location.



Military-Inspired Fashion

It may come as no surprise that many military fashions easily became everyday wear. Clothes that were manufactured to be functional, durable and fuss-free—who wouldn't want that? Check out some fashions that were first worn by our brave service members.

Aviator sunglasses. This iconic pilot-inspired accessory was intentional in its look. The large teardrop-shaped lenses completely cover and protect eyes from debris and glaring light, and the lightweight metal frames are comfortable even when worn under headgear.

Overcoats. The varieties of coats and jackets that stem from military fashion are many, including trenchcoats, peacoats and snorkel parkas. However, one of the most popular is the bomber or flight jacket, which first came about in 1917. These coats kept World War I pilots warm as they flew in uninsulated, open-air cockpits.

Chino pants. These dress pants were worn by the U.S. Army during the Spanish-American War in the 1890s. Stylish yet comfortable, they are often worn at weddings, in the office or as part of a school uniform.

Long-Term Care Awareness Month

Around 70% of people over the age of 65 will need long-term care services at some point. Each November, Long-Term Care Awareness Month is a reminder to make a plan for the future—not only for yourself, but for your loved ones as well. A caregiver can be a family member, home health aide, nurse or other staff member in a senior living community, or a combination of these. Thinking about possible needs and making decisions now can make the transition into long-term care go more smoothly, both financially and emotionally.

Brain Bender: Turkey Day Terms

Unscramble each of the following Thanksgiving-themed words, then rearrange the letters in bold to create a seasonal phrase.

SPILRMIG
FWAOEMLRY
UTEYKR
INSNAID
BNMOEVRE
ASRHVET
CNRO
DGTITARUE
ULMHPYOT
FTASE

(Answers: Pilgrims, Mayflower, turkey, Indians, November, harvest, corn, gratitude, Plymouth, feast. The phrase is "Give thanks.")



RESIDENT BIRTHDAYS

Dorothy Russell	Nov 2
Vicky Shirley	Nov 2
Teresa Pasley	Nov 9
Rodney Sewell	Nov 12
James Jones	Nov 21
Kathy Clark	Nov 23
Sandra Clink	Nov 24
Frank Nugent	Nov 26
Larry Jaegers	Nov 27

Stay Healthy This Season

A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick. The biggest tip to stay germ-free is to wash your hands. Use soap and warm

Kenton Etter	Nov 28
Rory Meyer	Nov 30

EMPLOYEE BIRTHDAYS

Sheila Barks-Distler	Nov 7
Kenna Walker	Nov 8
Melissa Carr	Nov 9

EMPLOYEE ANNIVERSARIES

Kishon Clark	11 Years
Jamie Drury	2 Years
Madison Conley	1 Year
Jazzmyn McGowen	1 Year



water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission. Most importantly, stay home if you feel ill.



Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day."
—Trisha Yearwood

"Savor the moments that are warm and special and giggly."
—Sammy Davis Jr.

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together 'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."
—Carl Honoré

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."
—Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second."
—Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

"One can never truly savor success until first tasting adversity."
—Ralph Waldo Emerson

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."
—Rainn Wilson

