

Jefferson City

Nursing and Rehabilitation Center, LLC
1221 Southgate Lane • Jefferson City, MO 65109
Tel: 573.635.3131 • JeffersonCityRehabCenter.com

OUR LEADERSHIP TEAM

Sheila Distler	Executive Director
Ashley Bond	Director of Nursing
John Boyer	Asst. Dir. of Nursing
Jackie Hoover	Nurse Mgr.
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



Mug Mix-Ins

A mug of hot cocoa is a cold-weather favorite. While marshmallows and whipped cream are go-to additions, tickle your taste buds with other flavorful add-ins. Stir in some maple syrup, a sprinkle of cinnamon, a spoonful of peanut butter or caramel sauce, a crushed peppermint stick, or a scoop of ice cream.



December 2023



We Wish You a Glittery, Sparkly, Joyous Christmas. May You Feel the Warmth of Your Family's Love; And May Peace and Hope Fill Your Life Throughout the Year!
From Our Family To Yours, Merry Christmas & Happy New Year





Sparkly Snow Globes

There's something magical about shaking a snow globe and peering at the miniature scene inside as the glittery specks—known as “flitter”—fall to the bottom. These charming collectibles have been around since the late 1800s and are popular gift shop souvenirs as well as holiday décor. To prevent the water from clouding or leaking over time, store snow globes out of direct sunlight.

Memorable Melody: 'Jingle Bell Rock'

Turn on the radio or enter a shopping mall this time of year, and you're bound to hear this hoppin' holiday hit, released by Bobby Helms in 1957. Written by two admen, Joseph Carleton Beal and James Ross Boothe, and featuring guitarist Hank Garland, the song mixes elements of the classic carol “Jingle Bells” with trendy tunes of the era, including “Rock Around the Clock.” Within two days of its debut, “Jingle Bell Rock” became a top 10 single, and continues to dominate the airwaves every holiday season.



Write a Letter

Celebrate National Letter Writing Day on Dec. 7. It's the perfect time of year to reach out to loved ones, and getting a handwritten letter in the mail is always a welcome surprise.



Thank you to St. Croix Hospice for donating a birthday cake to our monthly birthday party where we celebrated all those with November birthdays. It was almost too pretty to eat!



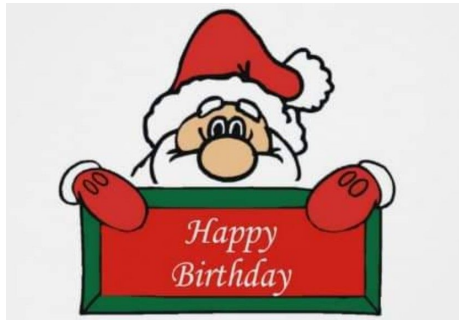
Loaded Potato

You've heard of a loaded baked potato ... but what about an “oversize load” of a four-ton potato? That's 8,000 pounds! A spud that size could make over 20,000 servings of mashed potatoes or 1 million orders of french fries. Apparently, this “a-peeling” sight is a smash hit, as dozens of cities welcome the Big Idaho Potato Truck every year on its trip across the United States.

The Idaho Potato Truck—a semi cab with a flatbed trailer holding the giant potato replica—first hit the road in 2012 for a yearlong celebration of the Idaho Potato Commission's 75th anniversary. The tater was a success, and the cross-country trek continues today with annual tours that last for six months.

Not only does the truck bring awareness to Idaho and their booming potato business—the state produces nearly one-third of the American potato crop—but it also supports local charities. The “A Big Helping” program helps raise awareness, funds and food for nonprofits in towns that the truck visits.

Traveling with the spud-mobile and spreading joy is the Tater Team, which includes human drivers and ambassadors, plus a costumed potato mascot named Spuddy Buddy. Stay in touch with them by checking the online Potato Tracker at BigIdahoPotato.com.



RESIDENT BIRTHDAYS

Antionette Eure	Dec 6
Michael Howard	Dec 7
Helen Yates	Dec 14
Edward Huhmann	Dec 15
Carmen Cantu	Dec 16
Michael Niermeyer	Dec 28
Nancy Heidbreder	Dec 30
Carol Severs	Dec 30



'Souper' Good for You

It's soup season! This classic comfort food is brimming with more than just savory flavors and cozy vibes. Here are a few reasons why you should shift into soup mode this month.

More veggies. People of all ages may struggle to eat enough vegetables daily. But you'll usually find plenty of veggies in soup, where they provide rich flavor, color and nutrition.

Healthy hydration. Essential for good health, hydration doesn't just come from drinking water, but also from what we eat—and soup is high on the list of hydrating foods.

Symptom soother. Many people swear a bowl of chicken noodle

EMPLOYEE BIRTHDAYS

Veronica Fields	Dec 4
Jeff Edwards	Dec 14
Brenda Copeland	Dec 20
Felicia James	Dec 20
Patrick DeBrodie	Dec 21
Jennifer Mehmert	Dec 21
Lyenka Miller	Dec 22
Linda Oates	Dec 28

EMPLOYEE ANNIVERSARIES

Julie Davis	8 Years
Paige Trube	1 Year
Keon Smith	1 Year



soup can cure certain illnesses. At the very least, sipping on warm soup can soothe a sore throat, clear a stuffy nose and settle a troubled tummy.

Bone benefits. Soups made with bone broth contain calcium, magnesium and, most importantly, collagen—a protein that promotes strong bones, muscles and joints as well as healthy hair and skin.



Wit & Wisdom

"When you hear the bell, you feel a tug at your heart."
—Vera Nazarian

"Life's not always going to be bells and whistles ... the only thing you can control is your attitude."
—Gary Woodland

"A bell is no bell till you ring it,
A song is no song till you sing it,
And love in your heart wasn't
put there to stay,
Love isn't love till you
give it away!"
—Oscar Hammerstein II

"Bells are music's laughter."
—Thomas Hood

"True love comes quietly,
without banners or flashing
lights. If you hear bells,
get your ears checked."
—Erich Segal

"Those evening bells!
Those evening bells! How many
a tale their music tells ..."
—Thomas Moore

"Don't bother to ring a bell in
the ear that doesn't listen."
—Michael Bassey Johnson

"Ring in the old, ring in the new,
Ring, happy bells,
across the snow:
The year is going, let him go;
Ring out the false,
ring in the true."
—Alfred Lord Tennyson

