

Jefferson City

Nursing and Rehabilitation Center, LLC
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OUR LEADERSHIP TEAM

Sheila Distler	Executive Director
Meredith Weed	Inter. Director of Nursing
Ashley Bond	Unit Nurse Manager
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Vernice Thomas	Activity Director
Brenda Copeland	Dietary Manager
Samuel Wolfe	Maintenance Director



Antionette Ensure was the winner of the Groundhog Shadow game and received a prize. Congratulations!

Happy Doctors' Day

March 30 is Doctors' Day, and we'd like to take the opportunity to say thank you to all of our physicians on staff. Your knowledge, skill and compassion is much appreciated.

March 2024



Cynthia Bunch places her vote.

Will He or Won't He

Residents placed a vote on whether the groundhog would see his shadow or wouldn't. When Punxsutawney Phil did not see his shadow which predicts an early spring, all the residents that placed "he would not see his shadow" votes were placed in a drawing for a prize.



Easter Joy

We want to wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.

Make Speckled Easter Eggs

Try this cool way to color Easter eggs. The best part? No mess!

Add 1 cup of uncooked rice to a zip-close sandwich bag. Add 7 to 10 drops of food coloring (one color) and stir with a spoon. Repeat in separate bags with any other colors you want to use.

Place a hard-boiled egg (shell on!) in one of the bags. Close the bag and gently shake until the egg is colored to your liking. Use tongs to remove the egg and place it somewhere safe to dry. Repeat with remaining eggs.



North American Flora

American writer Ralph Waldo Emerson wrote, "Earth laughs in flowers." And when is there a better time to talk about flowers than on the first day of spring? Start the season by learning about some North American flowers.

Black-eyed Susan. This iconic sunny yellow flower with a brown center is native to eastern North America.

Wild columbine. Butterflies and hummingbirds seek out the drooping red petals and showy yellow centers of these eye-catching blooms.

Coneflower. Purple daisy-like petals surround a spiky, orange cone center to form the perfect resting spot for butterflies, bees and songbirds.

Blue wild indigo. A member of the pea family, this perennial grows tall stems of blue-purple flowers that are a favorite of bumblebees.

Creeping phlox. Ranging from white to purple, these five-petal flowers are low-growing and create a beautiful carpet of color.

Golden alexanders. Teeny-tiny yellow blossoms cluster at the end of a green branching stem to form this plant, a cousin of the carrot.

Come On, Get Happy!

March 20 is recognized annually as the International Day of Happiness; however, you don't have to settle for just one day. Here are some ways you can nurture contentment year-round.

Get moving. It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, try a foreign food, or travel to an unfamiliar place.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental objects.



Women Who Changed the World

Women have significantly shaped the history of both our nation and the world. But very few women have been featured on U.S. currency—until recently, thanks to the American Women Quarters Program.

The U.S. Mint launched the program in 2022, with the goal to release five new quarter designs each year through 2025.

The reverse of each new coin pictures a notable woman from U.S. history who made waves in fields such as civil rights, science and art. Like standard American quarters, these coins feature George Washington on the front, but he's facing right instead of left. Sculptor Laura Gardin Fraser designed this portrait of the president back in 1931.

Writer Maya Angelou was on the first coin released in the series. Other quarters in the program feature astronaut Sally Ride, pilot Bessie Coleman, first lady Eleanor Roosevelt and ballerina Maria Tallchief. Visit [USMint.gov](https://www.usmint.gov) to see the complete list of honorees.

Eat Your Greens

Leafy greens are full of vitamins, minerals and fiber but low in calories and fat. People who incorporate more of these veggies into their diet lower their chances of heart disease and high blood pressure while boosting their brain health and bone strength. Any leafy green is a great food choice, but darker leaves generally have a higher nutritional value. Here are some popular options:

A trendy and nutrient-rich choice is **kale**. This leaf is slightly bitter and, when thrown in a salad, pairs well with fruit. Eat it raw, sautéed or baked into chips.

Select **spinach** for a

mild-tasting soup or smoothie add-in. It's packed with folate, which helps turn food into energy—no wonder Popeye always had a can on hand!

Reach for **romaine lettuce** when making a salad or building a burger. It offers the same pleasant crunch as iceberg lettuce, but with 17 times the amount of vitamin A.

A staple in Southern soul food, **collard greens** provide lots of calcium and vitamin K.



Wit & Wisdom

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer

"Through a painting we can see the whole world."
—Hans Hofmann

"If I could say it in words, there would be no reason to paint."
—Edward Hopper

"Painting is just another way of keeping a diary."
—Pablo Picasso

"I don't paint dreams or nightmares, I paint my own reality."
—Frida Kahlo

"I paint as a way of looking for myself in the world."
—Amy Sherald

"And so, every artist dips his brush in his own soul, and paints his own nature into his pictures."
—Henry Ward Beecher

"Life is a great big canvas; throw all the paint you can at it."
—Danny Kaye

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."
—Faith Ringgold

HOP

To It
and



Daylight saving time begins the
second Sunday in March.

SPRING

Forward!

Word Search

Category: Seafood

T U N A O T S H R I M P
M D K R L Y I M N V B M
D E E W A E S L A H A Q
I C O D S L H T A L R B
R G K I P R S R E P C U
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- Word Search Solution:
- Anchovies
 - Calamari
 - Caviar
 - Clams
 - Cod
 - Crab
 - Herring
 - Lobster
 - Mahi mahi
 - Mussels
 - Oysters
 - Pollock
 - Salmon
 - Scallops
 - Seaweed
 - Shrimp
 - Snapper
 - Swordfish
 - Tilapia
 - Tuna

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