

# 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       |



## April Is OT Month

This month is Occupational Therapy Month, which spotlights the work of occupational therapists and OT assistants. Working in a variety of health care settings, these professionals help patients live life to the fullest by improving their abilities to perform daily activities with specialized therapy, support and services.

Thank you to our group of Occupational Therapists! We value all you do for our residents!

## April 2024



Craig enjoys a plate of sweet treats at the St. Patrick's Day party.

## Laugh for Health

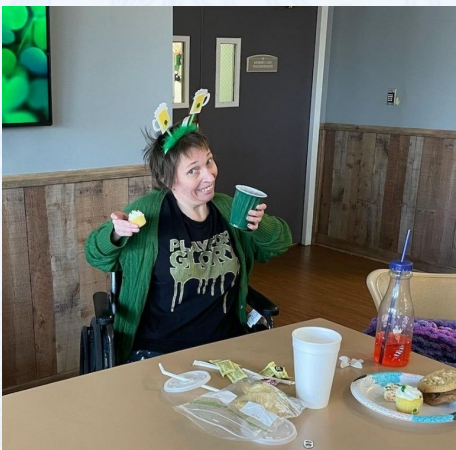
Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.



## More Pics From Our St. Patty's Day Party



David



Jennifer

## Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!



Frank



## A Day With a Twist

April 26 is National Pretzel Day, a time to celebrate pretzels of all shapes and sizes. If you can't decide which is your favorite, try mixing a variety of different types of pretzels in a big bowl. The best place to celebrate might be Freeport, Ill., which is known as Pretzel City, USA, home of the Billerbeck Bakery pretzel company, founded in 1869. The Freeport High School sports teams are called the Pretzels.



## Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

*Provides a workout.* A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

*Boosts your immune system.* Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

*Lifts your spirits.* Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

*Keeps you connected.* Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

*Relieves pain temporarily.* When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.





### RESIDENT BIRTHDAYS

|                 |          |
|-----------------|----------|
| Eugene Meyer    | April 2  |
| David Card      | April 7  |
| Ronald Mindham  | April 7  |
| Emma Shy        | April 8  |
| Jerry Brodsky   | April 9  |
| Lisa Vandermark | April 25 |
| John Wadley     | April 26 |

### EMPLOYEE BIRTHDAYS

|                |         |
|----------------|---------|
| Madison Conley | April 2 |
|----------------|---------|

|                  |          |
|------------------|----------|
| Sandra Kumassa   | April 2  |
| Telayaisa Murry  | April 4  |
| Emma Reichel     | April 4  |
| Sara DiVirgilio  | April 6  |
| Ramona Bratton   | April 8  |
| Adaya Walker     | April 18 |
| Allen Metz       | April 21 |
| Marjorie Shoults | April 23 |
| Jayla Volka      | April 23 |
| Ballu Kamara     | April 25 |

### EMPLOYEE ANNIVERSARIES

|                    |          |
|--------------------|----------|
| Kayla Elder        | 10 Years |
| Chanel Seals       | 5 Years  |
| Ryan Kissel        | 3 Years  |
| Kara Kristofferson | 2 Years  |
| Telayaisa Murry    | 2 Years  |
| Antionette Sanders | 2 Years  |
| Adrienne Fetchel   | 1 Year   |

### A Favorite

Our Country Store, held one-time monthly, is a favorite of our residents. This allows residents to spend their Money Bucks earned during a variety of activities.



Cynthia Bunch finishes her shopping trip.



### Wit & Wisdom

“So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us.”

—Hal Borland

“I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you.”

—Bill Withers

“A smile is the light in your window that tells others that there is a caring, sharing person inside.”

—Denis Waitley

“Falling asleep while the rain is clashing down on the window is nature’s best lullaby.”

—Kim Pape

“Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas.”

—Iain Pears

“If a window of opportunity appears, don’t pull down the shade.”

—Tom Peters

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”

—Lynda Resnick



