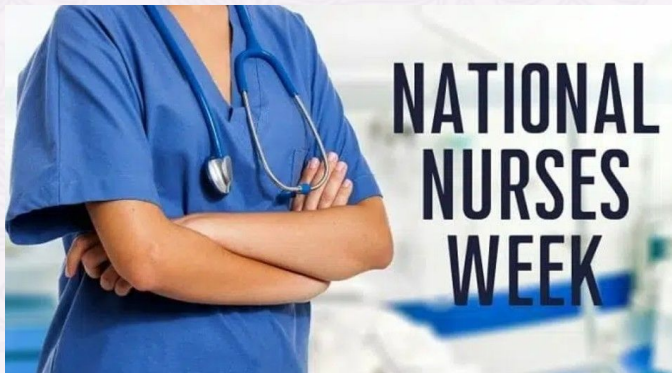


Jefferson City

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
Geralin Forster	Director of Nursing
Nikki Heuer	Director of Admissions
Jamila Terkman	Dir. of Rehabilitation
Nicole Heather	Business Office Manager
Kishon Clarke	Social Service Director
Vernice Thomas	Activity Director
Samuel Wolfe	Maintenance Director



Honoring Our Nurses

This special week is celebrated annually from May 6-12, with May 6 being National Nurses Day and May 12 being Florence Nightingale's birthday. We want to say thank you and recognize our group of nurses for their service & dedication to caring for others and improving the health of our residents. They are the core of our home and we are blessed to have each of them on our team!

THANK YOU
for all you do

May 2024



National Nursing Home Week

The special week celebrates the essential role that skilled nursing care centers play in providing safe and effective 24-hour nursing care to millions of individuals each year. This week we hope you will join us in a variety of special activities for residents and staff and celebrate the pivotal role that each plays in the lives of the other. Check out our calendar for the events, date and times of each.



Remember and Appreciate

Memorial Day is a time for remembrance and appreciation. We remember those who have gone before us and appreciate the friends and family who surround us as a new season is set to begin.



Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before “throwing” the snacks to the birds.



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Spring Fever

The days are getting longer, temperatures are warming and plants are blooming. Take a break and share your memories of spring.

- What were your favorite springtime activities when you were a child? What about as an adult?
- Did you get a spring break from school? If so, how did you spend the time off?
- Spring is known for its budding flowers and trees. What are your favorite seasonal plants?
- Was planting a garden an annual practice in your family? What did you grow?
- Did you spend time doing yardwork or home improvement projects? How did you feel about those activities?
- What types of warm-weather outings do you enjoy?
- Did you ever play or watch spring sports, such as baseball, tennis or track and field?
- How do you feel about rainy spring days? Talk about some things you like to do when it's wet outside.
- From bunnies to butterflies to birds, many animals become more active at this time of year. Which ones do you enjoy seeing?
- What is your idea of a perfect spring day?

The Day To Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it to be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones.

On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.



Wit & Wisdom

"May flowers always line your path and sunshine light your day."

—Irish blessing

"Laughter is magic that dispenses clouds and creates sunshine in the soul."

—Richelle E. Goodrich

"Let there always be a bright spot in your heart for the people around you. They might need a bit of sunshine."

—Ron Baratono

"Wherever you go, no matter what the weather, always bring your own sunshine."

—Anthony J. D'Angelo

"Few of us really appreciate the soothing, strengthening power of sunshine."

—H. Addington Bruce

"Daisies are like sunshine to the ground."

—Drew Barrymore

"Some sunshine is good for the soul, but I always make sure I wear a big hat."

—Miranda Kerr

"To be happy, you must be your own sunshine."

—Charles Edward Jerningham

"Don't let the shadows of yesterday spoil the sunshine of tomorrow. Live for today."

—Nandina Morris



RESIDENT BIRTHDAYS

David Stallsworth	May 4
Nils A Bergkvist	May 8
Michael Bates	May 16
James Williams	May 16
Benjamin Watson	May 19
Craig Bentlage	May 20
Eva Wood	May 25
Alice Sachs	May 26
Gail Obanion	May 27
Frances Ensrud	May 29
Jayna Gottsman	May 29



EMPLOYEE BIRTHDAYS

Joselito Lariosa	May 1
Ashley Reid	May 2
Tanya Hawkins	May 3
Nikki Heather	May 9
Desira Walker	May 12
Latoi Allen	May 29

EMPLOYEE ANNIVERSARIES

Desira Walker	12 Years
Susie Lazo	5 Years
Kathy Burrow	1 Year



Signs of a Stroke

ACT

F | **A** | **S** | **T**

FACE
DROOPING

ARM
WEAKNESS

SPEECH
DIFFICULTY

TIME
TO CALL 911

Stroke.org

NATIONAL
Stroke
Awareness
Month