



GRANT REHABILITATION & CARE CENTER

From the Administrator's Desk...

Merry Christmas to our Residents and Family members at GRCC! We had a successful launch of our new Rehabilitation Unit last month and enjoyed the company of so many of our friends and partners in community health. Thanks to all that assisted in the celebration and attended the dedication. The Dietary Department catered the event and did a wonderful job with the help of one of our Board members, Donnalie Hope. Our Chairmen of the Board, Pastor Dick Longbon, was honored with the new unit being dedicated in his name. We are appreciative of his years of service to our organization. Pastor Longbon is pictured below with the Petersburg High School Senior Art Department Students and their artwork display.



Art II and Art III Students Art display "Abstract A Flower" are as follows:

Ethan Anderson, Madison Cook, Nick Crews, Katie Elswick, Jesse Hawk, Jeb Kuykendall, Madison Lyons, Destiny Twigg, Zach Wampler, Darlene League, Satori Paoli, Jonah Barger, Madelyn Coates, Harlee Kimble, and Lance Smith.

Staff enjoyed our first ever "Best Pumpkin Recipe Contest" in November. See additional notes and pictures included in this month's edition.

GRCC will be holding numerous Christmas parties for residents over the next several weeks. Our annual staff Christmas Party will be held on December 15th, at 6pm in the main dining room. A special "Thank You" to Larry and Janie Berg of Grant County Mulch for providing apple dumplings to all employees on December 17th. We look forward to the fellowship with one another during this season, and wish you many blessings now and in the upcoming new year.



JANUARY BIRTHDAYS

Shirley Yokum	01/02
Melissa Smith	01/09
Edna Alt	01/12
Pauline Mongold	01/13
Maxine Reed	01/21
Effie Eaton	01/25



DISCHARGES

Lynne Simmons	11/17
Brenda Russell	11/23
John Kaminski	11/30



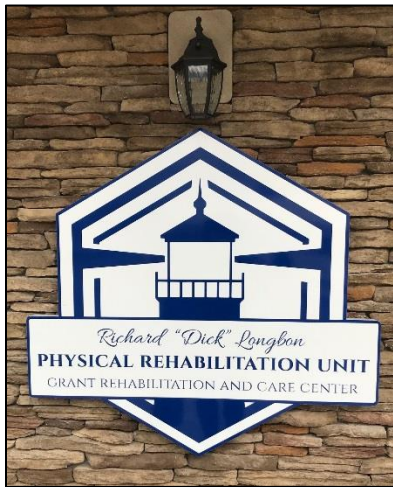
Lemoyne Wolfe	11/18
Iola Wilson	11/19



ADMISSIONS

Frederick Kimble	11/20
Edgar Reel	11/21
Eula Plaugher	11/27
Louretta Huffman	11/28
Edna Alt	11/29
Nola Lambert	12/04
Norma Lough	12/05
James McAllister	12/06

Richard "Dick" Longbon Physical Rehabilitation Unit



*Nov. 29th
2018
Open
House*



MEMORIALS

In Memory of George Ours:

*Smith Elliott Kearns & Co.
Sandra D. Smith Family*

In Memory of Lemoyne Wolfe:

*Dave & Debbie Judy
William P. Fisher, DDS
Walter & Linda Michael*

In Memory of Ruth Judy

*Kathy Beasley
Charles & Nancy Hill*



Employee of the Month

GRCC's Employee of the Month for the month of December is Wendy Bennett. Wendy has been employed at GRCC for seven years. She began in the housekeeping department, but has worked as a CNA for the past several years. Wendy attends North Mill Creek Baptist Church, she has one daughter, Makayla, and she has two dogs, Bear and Yappy. In her free time, Wendy enjoys cleaning, horseback riding, and hunting.

Happy Holidays!

Notes from Social Services

As we are preparing for family festivities for the season, we have had several family members ask for ideas for presents for our residents. Here are some ideas from our office:

1. Clothes- especially sweatshirts and sweatpants. They are easy for our residents to take off and on, and plus they help to keep them warm. They would also appreciate undershirts and socks as well. If you are uncertain regarding sizes ask the CNAs that work with your resident and they will be glad to help you. If you do buy them clothing, please make sure it goes to laundry so that it can be properly labeled. This ensures that it will get back to your resident. In addition, please take any used or old clothing out of the closet or drawers and take them home.
2. Lotions/Aftershaves/Body Sprays- Our residents love to smell good.
3. Coloring Books, and Find a Word puzzle books- We have several residents that enjoy these. Activities would appreciate donations as well.
4. Dolls and stuffed animals are appropriate for some dementia residents. We have some residents that have the animatronic cats and dogs that they truly enjoy.
5. MP3 Players/IPODS- One family has donated MP3 players on which we have been able to download different genres of music. Residents have greatly enjoyed the music.
6. TVs- We have had family members ask about information regarding TVs. Cable in the facility costs \$8.00 a month. TVs should not be any larger than 32 inches. In addition, we request for TVs to be headset adaptable. Our residents share rooms with each other, and often they do not like to watch the same program. If they use the headsets they can watch their program, and if they are hard of hearing, the headsets enhance their hearing. It is a policy within the facility that if they do not have headsets, televisions needs to be turned off at 10:00 pm, so that they and their roommates can go to sleep.
7. Gift Certificates: Gift certificates for cable and for the beauty shop can be made available at the business office, if you would like to give your resident a haircut, perm, or hair color. (Ladies love receiving hair gift certificates.)
8. Newspaper Membership: If resident enjoyed reading their community paper, buy them a year's membership to be delivered to the facility. Our address is 127 Early Avenue, Petersburg WV 26847.

If you have any other questions regarding gifts for our residents, please contact us in the Social Services office.

Merry Christmas, and Happy New Year!

Sincerely,
Social Services



When we remember a special Christmas, it is not the presents that made it special, but the laughter, the feeling of love, and the togetherness of friends and family that made that Christmas special.

~Catherine Pulsifer

Nutrition Services' News

The month of November proved to be a very busy month for the nutrition services department. On Thanksgiving Day, we served Thanksgiving dinner to our residents and an additional sixty-plus guest who came in to have lunch and celebrate the holiday with their loved ones.

On November 29th, our department catered the open house for our new therapy unit. We served punch, mini gourmet cheese cakes and brownies, and had fruit and vegetable platters.

We also welcomed a new employee to our department in November. Kaitlyn Kesner joined our team as a Cook's Helper. We are happy to have her aboard!

Food and Nutrition supervisor, Sheila Phares welcomed her first grandchild, a boy; Liam Bradley Goldizen, on December 3rd. Congratulations, Sheila!

Right now, we are busy preparing for the upcoming Christmas holidays. We will be serving Baked Ham, Baked Sweet Potato, Macaroni & Cheese, Hot Rolls, and Banana Pudding on Christmas day.



Best Pumpkin Recipe Contest

On November 27th, our facility held a "Best Pumpkin Recipe" contest. Employees were encouraged to make their favorite pumpkin recipe and bring it in for tasting and judging. There were several delicious entries. However, one recipe rose above. The winner of the "Best Pumpkin Recipe" Contest was a Pumpkin Trifle made by Assistant Director of Nursing, Christina Thorne. Congratulations, Christina!



Activities

Activities stayed busy in the month of November. We had a Veterans' Program on November 9th. It was presented by the VFW Post 6454, and enjoyed by all the residents who attended. On Monday November 12th we played a special Veterans' bingo with the money to be won listed on the back of red, white, or blue stars.

On November 14th the residents enjoyed hot biscuits and homemade apple butter. Then on November 21st the monthly Birthday Party was held with singing and piano music by Joyce Schetrom. Our residents were also treated to pumpkin and lemon rolls baked by Myra Vance of Country Roads Catering.

On November 28th six residents, along with volunteers and staff went to LaVale for a day of shopping at the mall and lunch at Chick Fil-a. A good time was had by all, and every one "shopped till they dropped."



I want to thank all of the volunteers and staff who have helped in any way with these activities. We could not do all we do for the residents if it weren't for your help and thoughtfulness.

Cindy L. Evans ADC

1/4 cup shortening
 2/3 cup granulated sugar
 1 egg, lightly beaten
 1 Tbsp. milk
 1/2 tsp. pure vanilla extract
 1/2 tsp. pure almond extract
 1 3/4 cup all-purpose flour
 1 1/2 tsp. baking powder
 1/4 tsp. salt
 1 egg white whisked with 1 tsp. water for finishing
 granulated or decorative sugar for finishing

OLD FASHIONED CRISPY SUGAR COOKIES



In the bowl of a stand mixer (or in a bowl and using a hand mixer), cream together shortening and sugar until light and fluffy, about 2 minutes. Add the beaten egg and mix to combined; add milk and extracts and stir to combine thoroughly. Sift together the flour, baking powder and salt and add to the mixing bowl; stir to combine well. Transfer the cookie dough to a sheet of waxed paper or plastic wrap, cover and refrigerate for about 30 minutes.

Preheat oven to 350 degrees; spray a cookie sheet lightly with cooking spray. Divide dough in half and roll out one half to about 1/8-inch thick (keep the other refrigerated until ready to use). Cut out shapes with a cookie cutter dipped in flour; transfer cookies to the baking sheet about 1/2 inch apart. Brush the cookies lightly with egg white and sprinkle generously with granulated or decorative sugars. Bake for 12 to 14 minutes, until edges are very lightly brown. Remove baking sheet from the oven and let it sit for 1 minute before transferring cookies to a baking rack to cool.

With cold and flu season quickly approaching, we are working hard to protect our residents from unnecessary illness and ask for your help. Please refrain from visiting the facility if you or any immediate family members present with any signs or symptoms of illness including:



- Fever
- Running Nose
- Cough
- Diarrhea
- Vomiting



Flu shots will begin at the end of the month for residents. Please make sure you have signed the flu shot paperwork for your loved one that was mailed out earlier this month.

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www.facebook.com/GrantRehabNCare

Volunteers of all ages are always needed, welcomed, and encouraged at our facility. If you, a friend, or family member may be interested in becoming a volunteer, please don't hesitate. Apply today!

More information on volunteering at our facility can be found on our website (www.grantrehabilitationcarecenter.com) or by calling the Activities department at (304) 257-4233 ext. 5225.



A VERY MERRY CHRISTMAS and Happy New Year!



Visit us Online: www.grantrehabilitationcarecenter.com

Grant Rehabilitation & Care Center
 127 Early Avenue
 Petersburg, WV 26847

