



## GRANT REHABILITATION & CARE CENTER

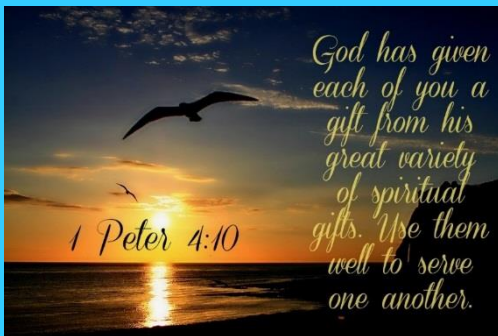
### *From the Administrator's Desk...*



Hello friends,

September has been a great month thus far at GRCC. We celebrated our employees with the Annual Recognition Banquet which included a wonderful dinner catered by Mr. Jeff Bosserman with cupcakes provided by Weaver's Market. Our facility is very proud of the years of service that its employees have provided. See page two for the list of individuals honored and presented with a special pin commemorating their years of service. Thank you to our employees for giving their time, gifts, and talents to make this a home like no other.

Each year, GRCC presents the Wagner-Trainum award to a special employee that has shown excellence in the following areas: Attendance, Teamwork, Compassion, Years of Service, and Attitude/Ethics. This year's recipient was Rhonda Ours, LPN; a 25-year employee of GRCC. Rhonda is loved by her residents, and co-workers alike, and we are thankful that she is a part of the GRCC family.



### OCTOBER BIRTHDAYS



Virginia Feigley	10-03
David Sine	10-03
Lloyd Barger	10-05
Molly Wolfe	10-07
Helen Mullin	10-08
Mary Patch	10-11
John Kaminski	10-11
Jackie Swick	10-11
Josie Rohrbaugh	10-15
Annette Moore	10-26

### Congratulations



Recipient of this year's Wagner-Trainum award, Rhonda Ours, pictured with Administrator Kari Evans.

### ADMISSIONS

Nancy Hambleton 8-28



### DISCHARGES

Angie Idleman 9-12



# EMPLOYEE YEARS OF SERVICE

*\*\*denotes those who received special commemorative pins.*

## 35 Years\*\*

Winnie Beckwith  
Judy Redman

## 34 Years

Carla George

## 32 Years

Dwight Baker  
Zoe Nesslerodt

## 31 Years

Joyce Champ  
Wanda Bible

## 29 Years

Frances Hedrick  
Melissa Strickler  
Jennifer Sites  
Sherry Haynes  
Bonnie Lockney  
Bonnie Dolly  
Brenda Brewer

## 28 Years

Joyce Engle  
Sheila Phares  
Letha Long

## 26 Years

Kim Mauzy

## 25 Years\*\*

Peggy Rohrbaugh  
Valerie Alt  
Barb Swick  
Rhonda Ours  
Emily Collins

## 24 Years

Dean Miller  
Brenda Borrer

## 23 Years

Karen Parsons  
Lisa Barb  
Melinda Evans

## 22 Years

Tonya Lambert

## 21 Years

Cathy Harman  
Christina Thorne

## 20 Years\*\*

Kimberly Schell  
Donna Carr

## 19 Years

Rebecca Kuhn  
Deanna Evans

## 18 Years

Amy Rotruck  
Charlotte Rohrbaugh  
Valerie Goff

## 17 Years

Amanda VanMeter  
Kami Dayton

## 16 Years

Cindy Evans  
Judith Hedrick  
Mary Alexander

## 15 Years\*\*

Valerie Crites  
Candie Kite  
Jodi Cook  
Kellie VanMeter  
Mary Helmick  
Beth Hall

## 14 Years

Tammy Eckard  
Jessica Baker

## 13 Years

Kathy Kerns  
Kelli Phares  
Lisa Thompson

## 12 Years

Debra Bryd  
Pammy Mitchell  
Ann Kielar

## 11 Years

Cassandra Hanlin  
Jessica Hall  
Dakota Wratchford

## 10 Years\*\*

Tiffany Stump  
Crystal Grapes  
Tammy Lewis  
Jeanie Carr  
Becky Hinkle  
Shirley Hott  
Melinda Donovan

## 9 Years

Beth Riggelman  
Olivia Taylor  
Paige Mullenax

## 7 Years

Josephine Hendrix  
Wendy Bennett

## 6 Years

Michelle Fulk  
Michelle Keplinger  
Randy George  
Angie Engle  
Norma Vosburgh  
Faith Smith

## 5 Years\*\*

Mary Hottinger  
Sally Pownell  
Jessica Arbogast  
Missy Flinn  
Debra Wratchford  
Michelle Funk  
Jacqueline Daughtry  
Winnie Goldizen

## 4 Years

Jessika Markwood  
Chelsey Sites  
Anna Berg  
Miranda Wratchford  
Tyla Hogbin  
Jessica Hedrick  
Ravenna Redman  
Haley Armentrout

## 3 years

Karen Coby  
Eileen Hines  
Gail George  
Missy Arbogast  
Faye Miller  
Ashlyn Hall  
Jessica Stickley

## 2 Years

Tyler Cloud  
Betty Reed  
Rebecca Henry  
Melody VanMeter  
Menesa Pratt  
Mycala Whetzel  
Kayla Kuykendall  
Keisha Wratchford  
Kaitlyn Wratchford  
Sadie Carr  
Nichole Johnson  
Adrianna Waldron  
Samantha Simon  
Raven Ladd

## 1 Year\*\*

Mitzi Judy  
Cheyenne Hawk  
Robin Riggelman  
Michelle Alexander  
Aimee Minor  
Kari Evans  
Sierra Reynolds  
Tina Sites  
Jeanie Hartman-Hawk  
Marie Kessel  
Hannah Long  
Channing Evans  
Kristen Wratchford  
Madison Hall

## Less Than 1 Year

Loretta Pennington  
Nancy Berg  
Brittany Bennett  
Cheryl Heavener  
Pauline Lemons  
Danielle Berg  
Georgina McDonald  
Jennifer Conrad  
Patience Elgin  
Gloria Mick  
Brittany Reed  
Michelle Rohrbaugh  
Briana Rohrbaugh  
Josalynn Deal  
Michelle Johnson  
Ashley Hose  
Brianna Bell  
Felicia Miller  
Kay Adamson  
Kim Maxson  
Avery Hawk  
Dominique Malcolm  
Danielle Zelaya  
Denise Valkos  
Caitlin Hose  
Kyrsten Phares  
Wilma Ketterman  
Barbara Berg  
Tara Haggerty  
Kinsey Whetzel  
Elisabeth Hedrick  
Jaimee Carr  
Melissa Hose  
Sierra Sites  
Brandi Braithwaite  
Hadley Nesslerodt  
Destini Kesner  
Lanie Porter  
Rachel Elswick  
Samantha Kisamore  
Jennifer Alexander  
Jaclyn Jameson  
Roy Dickenson  
Jackie Day  
Britainey Kisamore  
Brooke VanMeter





# EMPLOYEE RECOGNITION LUNCHEON AND AWARDS

## NURSING DEPARTMENT

### **Nurses-Perfect Attendance**

Brenda Brewer  
Sherry Haynes  
Becky Hinkle  
Rhonda Ours

### **CNAs-Perfect Attendance**

Michelle Alexander  
Melinda Donovan  
Tammy Eckard  
Cheyenne Hawk  
Mary Helmick  
Adrianna Waldron

### **CNAs-Faithful Attendance**

Wendy Bennett



Employees Receiving One Year Service Pins

## MAINTANENCE

### **Faithful Attendance**

Dean Miller



## ACTIVITIES

### **Perfect Attendance** Winnie Goldizen



## MEDICAL RECORDS

### **Perfect Attendance**

Fran Hedrick  
Melinda Evans



Employees enjoying a delicious lunch provided by Grillin' Time & served by board members and administrative staff.

## ENVIRONMENTAL SERVICES

### **Perfect Attendance**

Emily Collins

### **Faithful Attendance**

Jeanie Hawk  
Bonnie Lockney



Left:  
Employees  
Receiving  
Ten-Year  
Service  
Pins

**Thank  
you!**



Above: Employees Receiving Twenty-Year Service Pins



Staff had a tough time choosing from a selection of cupcakes provided by Weaver's Market.

## NUTRITION SERVICES DEPARTMENT

### **Perfect Attendance**

Madison Hall

### **Faithful Attendance**

Mary Hottinger  
Faye Miller  
Peggy Rorhrbaugh





## Notes from Social Services

Happy Fall! Greetings from the Social Services Department at Grant Rehabilitation and Care Center.

September is Healthy Aging Month. One tip to aging healthy, is to stay active physically and mentally. Exercising, such as walking, hiking, dancing, etc. helps our bodies to maintain our health. Reading, playing games, doing puzzles, etc. helps our brain continue to sustain and function properly. Another tip is to stay social. By visiting with friends, and family, volunteering, and making new friends, helps our brain's functional health, but also our emotional health. It helps prevent depression. A third tip is to make sure you are sleeping well, and getting plenty of rest. It provides the energy for your body to function on a daily basis, but also assists our immune system in preventing illnesses.

We strive for these tips with our residents in the facility as well. Through the Forever Fit program, residents are exercising on a regular basis. Through activities, such as Bingo, Flip, Singing, and Bible Studies we engage our resident's brains. Through coffee group, we attempt to provide social interactions for residents.

However, as a family member you are vital to help us maintain our resident's health. By coming and visiting with your resident, interacting, staying active with their care, you can help our facility with their health and providing the best care for them. By interacting with residents, taking them for walks, engaging them in conversations with the past, will assist the resident, and you to healthy aging.

Do not regret growing older, it is a privilege denied to many. Happy Healthy Aging Month!

Ravenna O. Redman, MSW, LSW - Director of Social Services

## Nutrition Services

On September 5<sup>th</sup>, at our monthly department meeting, we had the chance to do something special for one of our employees. Peggy Rohrbaugh is celebrating her 25<sup>th</sup> anniversary here at GRCC this month. Peggy is a hard-working, dedicated employee, and she is greatly appreciated for everything she does; from cooking to cleaning and literally everything in between!

In celebration of her 25 years of service in our department, we had cake and ice cream for everyone who attended the meeting.



## Nursing News

Disaster preparedness is something our facility takes very seriously. When a resident chooses to make our facility their home, we are not only responsible to meet any physical needs and medical issues they may have, we are also to provide a safe environment.

Above and beyond the usual smoke detectors and sprinkler systems, one might think that makes a dwelling safe. We also have to meet any challenges that Mother Nature may bring our way that would interrupt operation in some way.

A perfect example of one of these challenges was the recent hurricane, Florence, in North Carolina, and what its impact might be as it moved through our area. While our building is not in a flood zone, we still had to consider the "what if's" depending on the amount of flooding that would affect roads that could limit, for example, deliveries of supplies, deliveries of food, fuel for the emergency generator etc. Power outage was a very likely possibility. Even staff being able to get to work was a concern. Department heads met to discuss these concerns and get plans in place as we watched Florence continue its march toward the coast.

Some of the preparations we made were to have 7 days of food on site, extra supplies for care were ordered for delivery prior to the storm, the fuel tank to the generator was topped off, extra batteries and flashlights were obtained, just to name a few. Also, areas were designated for bed set up for staff, who might not be able to get home, to sleep.

Luckily, the storm did not cause this kind of an emergency to our area. But our facility was ready to meet the challenge and to keep our residents well cared for.

### Follow Us on Twitter & Facebook!

[www.twitter.com/GrantRehabNCare](http://www.twitter.com/GrantRehabNCare)  
[www.facebook.com/GrantRehabNCare](http://www.facebook.com/GrantRehabNCare)

## Activities

August 1, 2018 was the Tri-county Fair Parade which we always try to take part in. This year we decorated a float with the theme "Take Me Home Country Roads." We got the residents and staff on the float, and we went to line up; but a down pour of rain washed us out. The residents on the float were David Sines, Mary Gilkerson, Gerald Kimble, Jane League, and Velma Lyon. Volunteers were Crystal Kline & Cody Kline. Staff included Letha Long, Jeanie Hartman-Hawk, Sierra Sites, Winnie Goldizen, Gail George and Cindy Evans.

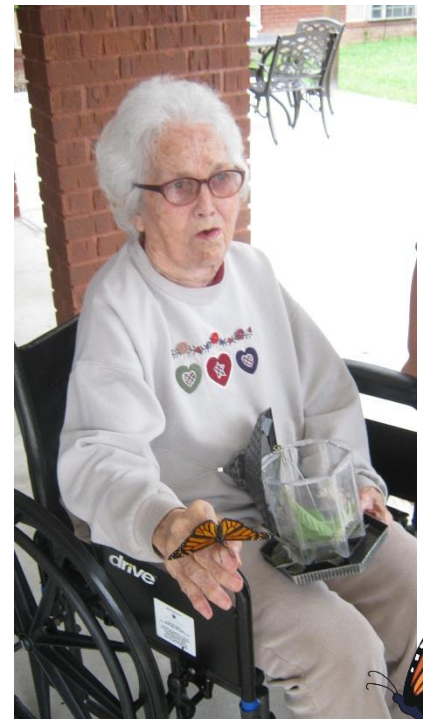
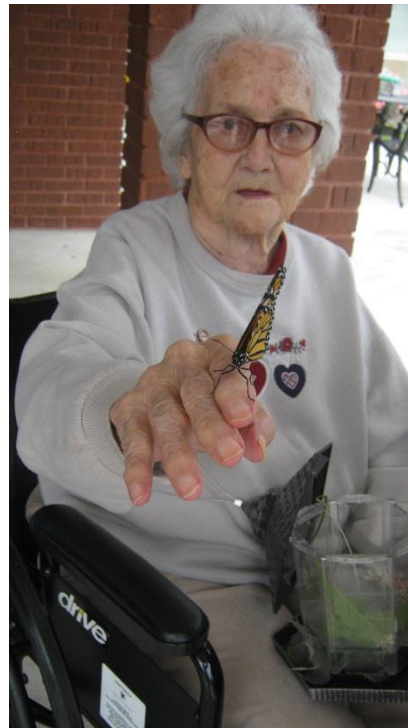


On August 25, 2018, we had a beautiful evening for the Annual Lawn Party. A large crowd enjoyed a car show, music by the Chinese Bandits from Cumberland Md, and good food sold by many different organizations. The Lions Club sold hamburgers and cheeseburgers. The Petersburg Church of God sold hotdogs and chilidogs. The Maysville Fire Aux. sold country ham sandwiches, and Country Roads Catering sold homemade pie and ice cream. Janet Crites also sold homemade candy. Sodas and water were sold by our activity department. Volunteers helped sell drinks, 50/50 tickets, gave out door prize tickets, and registered the cars for the car show. We had nine door prizes that were given away and a 50/50 drawing was held. We want to thank all the families and friends who came to enjoy the evening with our residents.

Cindy L. Evans Activity Director

## BUTTERFLY KISSES!

Recently, a family member of resident, Eloise Bible brought her a birdhouse containing a caterpillar. Over time, Eloise got to watch the caterpillar transform into a beautiful Monarch Butterfly. On Saturday, September 15<sup>th</sup>, she was able to go out with her family and set the butterfly free! It was a joyful event!





GRCC's Employee of the month for the month of September is Melody VanMeter. Melody has been a CNA here for nearly three years working night shift.

## Employee of the Month

Melody has one son; Tyler (24), one daughter; Marcy (19), and she and her husband; Raymond, of 11 years are expecting twins in October! Also, on September 12th, she welcomed her first grandchild, a grandson named Karter!

Aside from her growing family, Melody has the companionship of her pets, and while she isn't working, she considers spending time with family and sleeping among her favorite hobbies.



## Applebutter Time!

We will be making homemade apple butter on October 9<sup>th</sup> & 10<sup>th</sup>, 2018. Anyone who would like to help or buy apple butter, please contact the Activities Department @ (304) 257-4233 ext. 225.



**Visit us Online!**

[www.grantrehabilitationcarecenter.com](http://www.grantrehabilitationcarecenter.com)



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](http://www.grantrehabilitationcarecenter.com)) or by calling the Activities department at (304) 257-4233 ext. 225.



We will be participating in trick or treat night again this year! Don't forget to stop by with your children and let our residents give them a treat!



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