



# GRANT REHABILITATION & CARE CENTER

## JULY BIRTHDAYS

Judy Belle Barger 7/08  
Earl Armentrout 7/14



Eva Ford 5/19  
Marion Wilson 5/21  
Eloise Bible 6/04  
Judith Bible 6/07  
Roy Hinkle 6/09



## DISCHARGES

Richard Longbon 6/07



## ADMISSIONS

Mary Carr 5/22  
Mary Largent 5/28  
Mae Sites 5/30  
Norma Strock 6/06  
Flora Hose 6/12  
Roy Sharp 6/18



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

Greetings to all Residents and Family Members:

Did you know that June is Men's Health Month? The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. At GRCC, we recognize that Men's Health is an important aspect to the population we serve. There are many types of health conditions that affect men, but here are just a few.

Cardiovascular Disease (CVD) is a general term that includes many different conditions affecting the heart and blood vessels. According to the American Heart Association, over 39 million American men (1 in 3) suffer from one or more of these conditions, and every year just under half a million of them die of cardiovascular disease (1 in 4 men)—that's more than cancer and diabetes combined.

### Prostate Health

You need to know what your prostate is and what it does. Over 30 million men suffer from prostate conditions that impact their quality of life. Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die from it.

### Health Aging

As you age, healthy eating and exercise can:

- Increase mental acuteness
- Help resist disease and injury
- Offer faster recovery
- Yield higher energy levels
- Boost a functioning immune system
- Provide better management of chronic health problems

We encourage regular health checkups in order to prevent illness from causing long term health care concerns.

Finally, a small group of team members attended the West Virginia Health Care Association Annual Conference in Morgantown, WV during the month of May. We attended seminars that educated us further on topics such as "Creating Successful Household in Your Facility", "Fall Management Strategies", and "Improving Compliance Programs". We are grateful to have supportive Board Members that encourage and promote our continuing education to better serve the community.

We hope you have a blessed month!

Kari

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## *Happenings in Activities...*

May was a busy month, where did it go? We celebrated National Nursing Home Week and had several different things going on for residents and staff to enjoy! These events were well attended and enjoyed by all.

The Volunteer Banquet was held on the 21<sup>st</sup>. It was a pleasant evening, enjoyed by all.

Also worthy of noting; we have a group of employees who enjoy doing crafts. They have been doing small craft activities with residents one or two late afternoons each month. These ladies laugh, talk and get many residents to participate in making the crafts.

As always, we can use volunteer help with Bingo on Tuesday and Thursday evenings and/or any time you would like to do a small group activity. If you have interests that you would like to share, please call and we will look at the calendar to find you a time to spend with our residents.

This would bring them great joy; and believe me, when you spend time with them, you are the one getting blessed.

God Bless Cindy L. Evans ADC



## *Nutrition Services*

We are pleased to announce that we began our Spring/Summer menus on June 2<sup>nd</sup>!

We would also like to welcome another new employee to our team this month. Dorothy Palmer will be joining us as a Cook/Baker. Welcome to our department, Dorothy!

In May, we had three of our employees; Madison Hall, Jaimee Carr, and Kinsey Whetzel, graduate from high school! Congratulations, ladies! We wish you the best of luck with all of your future endeavors!



*Class of 2019*





## Employee of the Month



For June, the Employee of the Month is Eileen Hines. Eileen works in Environmental Services and has been employed at GRCC for nineteen years! She loves to talk and is very sociable with both residents and staff.

Eileen and her husband, Clyde have been married for fifty-five years and had two children together; Judy and Clyde Jr. They also have two grandchildren and five great-grandchildren. In addition, they have two dogs, Jack & Toby.

Eileen attends Potomac Valley Baptist Church in Maysville. Her hobbies include spending time with her family, mud bogging, and just watching Clyde run his buggy.

## Notes from Social Services

Hello from the Social Services Department!

As the weather becomes warmer, the residents are enjoying the outside more and more. They are enjoying the front patio, and the garden which is near the gazebo. Actually, with therapy's assistance, residents have planted a wonderful garden. They are also enjoying walks around the facility. Please feel free to visit with your resident and enjoy the various outdoor areas that we have.

June 17th through June 21st is Certified Nursing Assistant week. The Social Services Department would like to give a big thank you to the CNAs that we have in our facility. They have a difficult job, but yet, they do it with love and a smile on their faces. So, if you come in this month, please make sure you thank a CNA.

On another note, we also wanted to take this opportunity to remind residents and family that Grant Rehabilitation and Care Center has an Ethics Committee that meets on a quarterly basis. If you have a concern that you would feel is appropriate for the Ethics Committee please contact us in the Social Services Office.

Hope you have a wonderful June!

## MEMORIALS

### In Memory of Eva Ford:

*Grant County Bank Employees*

*Betty L. Kessel*

*Grant County Public Library*

### In Memory of Judith Bible:

*Bruce & Hilda Lambert*

*Wanda & Ronnie Bible*

*Steve & Gina Goldizen*



## What's Happening in Therapy?

On May 28th, the therapy department worked with residents on making over 5 dozen pepperoni rolls....both residents and staff enjoyed the fruits of their labor...Pictured here is Dallas Hedrick and our Speech Therapist Alisha Porter with Kitty Barr

The residents and therapy staff really enjoyed this activity and we plan to do many more activities like this in the future

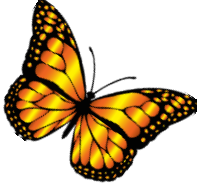


## Therapy's CNA Spotlight

Congratulations to Jessica Hall, the therapy department's Certified Nursing Assistant of the month. Jessica works on the 400 wing of GRCC and also assists as a bath aide. Jessica has been working at GRCC for 12 years.

She is a true asset to her profession and to all that work with her. Jessica never hesitates to communicate with our therapy team when it comes to the wellbeing and quality of life of our residents at GRCC.

Jessica is always professional and has a great personality for long term care. Jessica, your hard work and dedication to the residents at GRCC does not go unnoticed and we appreciate you!!



## Annual Lawn Party!

127 Early Ave. Petersburg, WV



# August 24, 2019

4:00pm - 7:00pm



### Food & Drink

Several vendors will have food and beverages available for purchase.

### Live Musical Entertainment



### Car & Motorcycle Show

First 25 entries will receive a Dash Plaque



### Flea Market

Door prizes and a 50/50 drawing.



*Bring a lawn chair and enjoy an evening of fun for all!*

### Flea Market Vendors!

There is a \$10.00 set up fee. Bring your own tables!  
Call (304) 257-4233 ext. 225 to reserve your spot today!



Visit us Online: [www.grantrehabilitationcarecenter.com](http://www.grantrehabilitationcarecenter.com)

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