

Calhoun

Nursing and Rehabilitation Center, LLC

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Our Leadership Team

Gina Graham	Executive Director
Becky Watters	Director of Nursing
Ashley Anderson	Asst Director of Nursing
Maggie Vinson	Director of Admissions
Ann-Marie Johnson	Staff Development Coord
Amanda Kaufmann	Human Resources
Aja Hurst	Business Office Manager
Cassie Kamp	Social Services Director
Lea Miller	Activities Director
Dennis Hould	Maintenance Director
Juli Rakers	HSKP/ Laundry Director

July 2022

Greene Co. Health/ Jobs Fair

We loved seeing everyone who stopped by to chat!



Visit Our Website
www.calhouncarecenter.com



March Madness Bowling winners pose for a photo.

Resident Inventory Reminder

We'd like to share a reminder to all our residents and family members. We strive to keep resident belongings safe and secure. To be successful, we ask for your help. Upon admission, we ask that you help us complete an inventory of all clothing and personal items that come with or brought in for the resident. All items need labeled with the residents name. We can assist with providing a permanent marker for labeling. Housekeeping or nursing will gladly assist you with this task. We would also like to ask that if at any time, such as change of season, birthdays or other holidays anything additional gifted or items brought in for the resident, you contact housekeeping or nursing staff to add such items to the resident's inventory sheet. The same holds true for anything taken from the facility, such as changing out seasonal clothing. Please let staff know so that the items can be removed from the inventory sheet.

Please note also that we do not encourage any resident keep more than \$2-\$3 on them. We offer a resident trust fund where the business office can keep available cash safe but accessible for them. This is the best practice!



Eye-Popping Patriotic Projects

These fun crafts will add a star-spangled splash to your home!

Rustic wreath. Pick out some faux floral accents in red, white and blue and weave them into a grapevine, twig or straw wreath form. Ideas include red berries, blue flowers and white cotton stems.

Doily bunting. Make old-fashioned bunting with one 4-inch, one 6-inch and one 8-inch doily. Leave the 6-inch doily white, and spray paint the 8-inch doily red and the 4-inch doily blue. Once the paint is dry, glue the white doily in the middle of the red one, followed by the blue one. Cut in half to make two bunting flags. Make more flags if desired, and string them together for a banner.

Yarn-wrapped stars. Use a cookie cutter or stencil to trace stars on cardboard, and then cut them out. Wrap each star with red, white or blue yarn; it's OK if some cardboard is showing. The finished stars can be hung vertically from a door or window, or placed in a shallow bowl for a centerpiece.

Easy Strawberry Shortcake

Make the most of strawberry season with this quick version of a dessert favorite.

Ingredients:

- 1 tube refrigerated flaky buttermilk biscuits (5 to 8 biscuits)
- 2 tablespoons butter, melted
- 1/2 cup sugar, divided
- 3 cups fresh strawberries, sliced
- Whipped cream

Directions:

Heat oven to 375° F.

Dip top and sides of each biscuit in melted butter. Then dip in 1/4 cup sugar, covering the top and sides. Place biscuits sugar-side up on an ungreased baking sheet. Bake 13 to 17 minutes, or until golden brown.

While biscuits bake, make the strawberry mixture. In a medium bowl, stir together strawberries and remaining 1/4 cup sugar. Let sit until berries release their juices, about 30 minutes.

When ready to serve, split biscuit and put a dollop of whipped cream on the bottom half. Add a spoonful or two of the strawberry mixture. Cover with top half of biscuit. Add more whipped cream and a few berry slices.





Staff Birthdays

Sue Witt	07/03
Roger Witskin	07/10
Tessa Droege	07/11
Brittany Kanallakan	07/23
Larry Sharos	07/23
Ann Sages	07/25

Employee Anniversaries

Julie Breden	14 years
Kara Govreau	10 years
Elizabeth Botterbush	5 years
Pam Friedel	3 years
Clay Ringhausen	2 years



Herbal Supplements and Safety

Health and beauty aisles are stocked with a variety of supplements that make many promises, such as boosting immunity, helping you sleep better or giving you glowing skin. While many of these products can provide benefits, it's important to proceed with caution when taking herbal remedies.

Using plants as medicine is as old as humanity itself, and many modern-day medications are derived from nature. However, prescription and over-the-counter drugs are tested and regulated for safety and effectiveness, whereas herbal

supplements are not. The Food and Drug Administration treats herbal products as food, meaning they require certain guidelines but do not endorse the products' medical benefits.

Herbal treatments can interact with other medications and health conditions, or reduce the effectiveness of another drug. Before taking any herbal medicine, read the label carefully and consult your doctor.



Wit & Wisdom

"When the weather is hot,
keep a cool mind."
—Ajahn Brahm

"I find peace where the
sun-kissed leaves dance in the
melody of the cool breeze that
floats through the air."
—Saim Cheeda

"All my life I've always come
back to one thing, my need
to feel free and the need
to feel the breeze."
—Jess "Chief" Brynjulson

"If you tiptoe into cold water,
you're missing out on the rush
of plunging in headfirst."
—Simone Elkeles

"What you really want for
yourself is always trying to
break through, just as a cooling
breeze flows through an open
window on a hot day.
Your part is to open the
windows of your mind."
—Vernon Howard

"Iced tea is too pure and natural
a creation not to have been
invented as soon as tea, ice and
hot weather crossed paths."
—John Egerton

"Like a welcome summer rain,
humor may suddenly cleanse
and cool the earth,
the air, and you."
—Langston Hughes



Fruit Salad Sing-Along

Musical artists have spent decades crooning about love, life and ... fruit? Enjoy a taste of these sweet picks.

Year	Song	Artist
1942	“Don’t Sit Under the Apple Tree (With Anyone Else but Me)”	The Andrews Sisters
1956	“Day-O (The Banana Boat Song)”	Harry Belafonte
1967	“Strawberry Fields Forever”	The Beatles
1968	“I Heard It Through the Grapevine”	Marvin Gaye
1970	“One Bad Apple”	The Osmonds
1970	“Tangerine”	Led Zeppelin
1985	“Raspberry Beret”	Prince and the Revolution
1993	“Lemon”	U2
2004	“Black Horse and the Cherry Tree”	KT Tunstall
2006	“Banana Pancakes”	Jack Johnson
2015	“Mango Tree”	Zac Brown Band

“Then & Now”