

Calhoun

Nursing and Rehabilitation Center, LLC

1 Myrtle • Hardin, IL 62047 • (618) 576-2278

Our Leadership Team

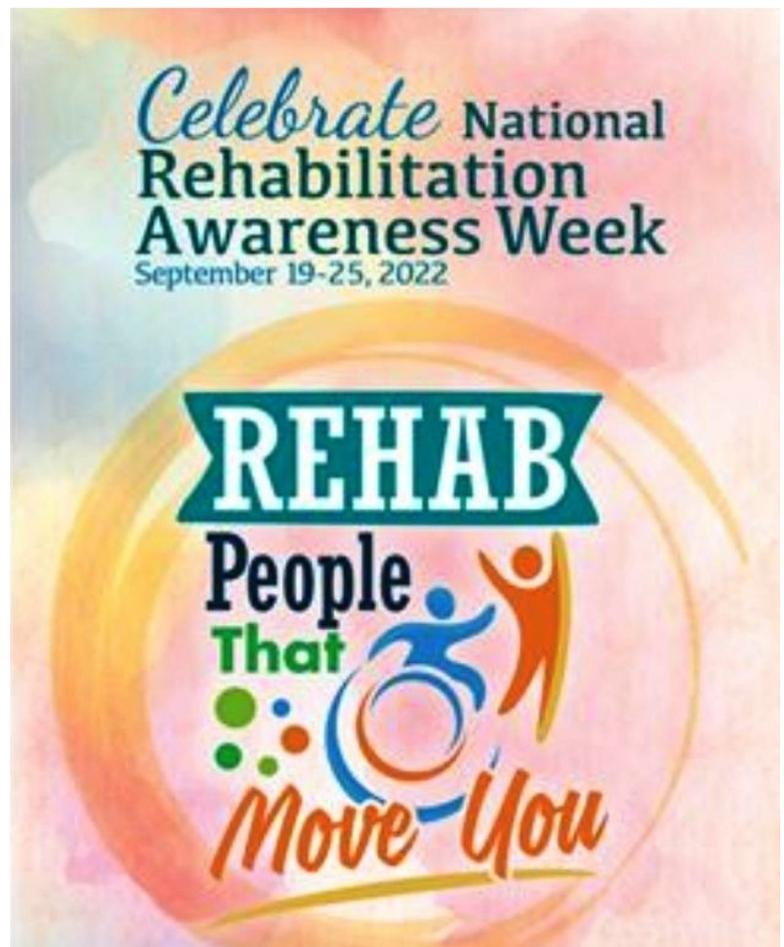
Gina Graham	Executive Director
Carla McMikle	Director of Nursing
Ashley Anderson	Asst Director of Nursing
Tessa Droege	Director of Rehab
Maggie Vinson	Director of Admissions
Cassie Kamp	Social Services Director
Aja Hurst	Business Office Manager
Lea Miller	Activities Director
Dennis Hould	Maintenance Director
Juli Rakers	HSKP/ Laundry Director
Amanda Kaufmann	Human Resources

Rehabilitation...What We Offer

Our therapists have additional training on using enhanced therapy techniques in combination with modality equipment. Our modality equipment includes equipment such as ultrasound, electrotherapy, a motorized therapeutic exercise system called the Omnicycle, shortwave diathermy system and much more. All consist of evidence-based clinical programs and assist our patients with getting better faster. Some of our programs consist of orthopedic rehab, stroke rehab, cardiac rehab, fall prevention & balance, pain management, continence improvement and wound management. So whether you need inpatient short term therapy or temporary outpatient therapy, our dynamic team of therapists and assistants is here for you! Don't hesitate to contact Tessa Droege, Director of Rehab, with any questions.

Visit Our Website
www.CalhounRehabCenter.com

September 2022



Thank You to Our Therapists

Every day of the year we value our therapists and therapy assistants. The week of Sept 19-25th we want to celebrate the rehabilitation professionals who all work together to make a difference in the lives of others. Our therapists have both a thorough knowledge of the human body and the right mix of patience and understanding.

1st Place in Best Dressed

We joined in on the fun at the 175th Anniversary celebration of Hardin. This year's events brought back the Great Illinois River Raft Race. Calhoun Nursing & Rehab's entry took first place for the Best Dressed. Our raft was named "Shady Pines Retirement Home" and was depicted by our own team of the Golden Girls - Mandy Kaufmann, Jen Clore, Ann Maire Johnson, and Sara Mackenberg. It was a great day supporting our local community. "We love our community and receive such great support from them each and every day of the year that we love it when we have an opportunity to give support back," said Maggie Vinson, Director of Admissions.



Shoo the Flu

For the maximum protection, it's important to get a flu shot early in the season. The Centers for Disease Control and Prevention advises that the flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.



River Raft Race



Apple Nachos

The taste of a caramel apple served up nachos-style makes an easy fall snack. Place apple slices on a plate and drizzle them with warm caramel sauce. Add chopped nuts, crushed pretzels, or chocolate chips. For peanut butter lovers, drizzle apples with melted peanut butter and top with chopped peanut butter cups.



Feline Facts for Happy Cat Month

Purring is usually a telltale sign that a kitty is happy, but a cat shows contentment in many other ways, too. A cat holding its tail high up in the air indicates pleasure, especially if the tip is twitching in excitement. When its ears are facing forward and its whiskers are relaxed, the feline feels at ease. And if a cat blinks slowly at you, you've received a "kitty kiss"—the ultimate sign of its happiness and affection.



RESIDENT BIRTHDAYS

David Kreftmeyer	Sept 1
Virginia Rowling	Sept 8
Betty Finch	Sept 12
Betty Wednt	Sept 27
Michael Keeney	Sept 30

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy!

Treats & Travel

Lea Miller, Activity Director, has enrolled Calhoun Nursing & Rehab in an extraordinary program that involves sending & receiving postcards from around the world. Calhoun receives postcards from others who participate in the program.

Pictured is a postcard received from Pennsylvania. Lea then gathers the residents twice a month for an afternoon of "Treats & Travel". Refreshments are served and they learn all about the specific area that they have received postcards from.

Currently Lea is working on getting a postcard created that represents and educates others on Illinois & what makes

Employee Birthdays

Shelby Schumer	Sept 10
Chelsie Kiel	Sept 21

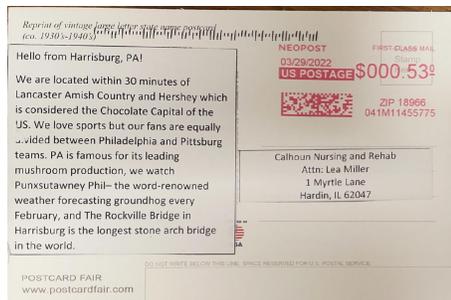
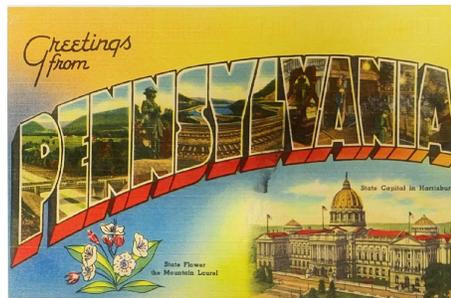
Employee Anniversaries

Midge Pace	14 Years
Tanner Bick	1 Year
Shannon Gettings	1 Year

Thank You Midge



Calhoun County such a wonderful place.



National Teddy Bear Day - Sept 9th

On this special day we honor the history of one of childhood's favorite toys. No matter what kind of teddy bear you had, the day is a perfect time to celebrate your childhood friend!

A stuffed animal or teddy bear can provide a sense of companionship that many seniors lack. For those no longer able to live independently, oftentimes a teddy bear becomes a source of entertainment or serves as something familiar within the room or at bedside. The cuddly face and body can truly give a person a feeling of comfort. These plush bears are fully capable of putting smiles on their faces! They remind them of their own youth, or their children and grandchildren.

For those who may have a hoard of gently used teddy bears or stuffed animals, consider donating them to a nursing home. Giving a second life to a stuffed animal or bear while brightening the day of an elderly senior is truly a remarkable gift.

If you have donations, please notify Lea Miller.

Shout Out to Our Team!



CNR Team 2022 - 309 Years of Total Combined Professional Experience

Calhoun Nursing and Rehab takes great pride in the longevity of our staff. Our team pictured are those rare treasures ... employees dedicated to their profession, to their co-workers, to the Residents and who are the backbone of our Home.

Each and every one of them has been employed at CNR for over 10 years. Several have 20 years of longevity.

Pictured kneeling: Joann Wade, Sara Lorsbach and Lori Smith.

Pictured from left to right: Midge Pace, Dennis Hould, Sharon Stein, Stacey Anderson, Jennifer Klaas, Jen Clore, Justine Eilerman, Barbie Churchman, Kara Govreau, Jan Clore, Ann Sagez and Belinda Shaw.

Thank you to each and every one of you for investing in Calhoun, the Residents and the community. We truly are a family!