

Calhoun

Nursing and Rehabilitation Center, LLC

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

Our Leadership Team

Kyle Baalman	Executive Director
Sheila Robeen, RN	Director of Nursing
Kim Chisholm	Asst Director of Nursing
Lynn Sloan, RN	Treatment Nurse
Tessa Droege	Director of Rehab
Maggie Vinson	Director of Admissions
Arieanna Morris	Social Services Director
Tiffany Latham	Business Office Manager
Lea Miller	Activities Director
Dennis Hould	Maintenance Director
Angel Gibson	HSKP/Laundry Director
Cassie Kamp	Human Resources



Happy 4th of July!

CNRC Presented With Award

Our Semi-Annual meeting was held May 25 in Biloxi, MS. Executive Director, Kyle Baalman, accepts the 2023 Grit Award from Tara Cares President Chris Denz.

The Grit Ward is the Diggin' In, Keep on Hustling, Stay Positive, Adversity and Obstacles, In Your Face Award! The award was earned for the progress the team of Calhoun has made in the last year. "Our Support Office wanted us to know what we have accomplished has not gone unnoticed," said Kyle "I'm so proud of the team we have here and our progress forward will continue!"

July 2023



Berry Bliss

Yummy, colorful and nutritious, berries are not only good for a healthy body, but they also boost brainpower. Along with vitamins, fiber and antioxidants, these superfoods are bursting with fun facts to share with your friends:

- The hazy white coating you often see on blueberries is called "bloom," and it actually protects the fruits from the sun! It's also a sign of a good, fresh berry.
- Blueberries are one of the only commercially available fruits that are native to North America.
- Strawberries contain natural chemicals called salicylates, which are also found in aspirin. The next time you have aches and pains, try snacking on this red fruit.
- The average strawberry is covered with around 200 tiny seeds.
- If red raspberries are a little too tart for your tastes, then try gold raspberries for a sweeter flavor. The fruits also come in purple and black varieties!
- An accidental creation, the loganberry is a hybrid between a raspberry and a blackberry.
- Botanically, bananas, avocados and tomatoes are considered true berries because they grow from the ovary of one flower.



Worldly Hot Dogs

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That's why July is deemed National Hot Dog Month. If you're tired of your usual toppings, get inspired by these ideas from around the globe:

United States. An all-American staple, hot dogs come in many famous forms throughout the States, but one of the most popular is the Chicago dog. It's nestled in a poppy seed bun with mustard, relish, onions, tomatoes, peppers, celery salt and a pickle spear as garnishes.

Germany. Home to the frankfurter, Germany's choice of toppings—mustard, sauerkraut, onions and relish—are simple, but flavorful.

Mexico. Originating in northwestern Mexico, the Sonora hot dog is wrapped in bacon and topped with pinto beans, onions, tomatoes and jalapeños.

Thailand. Thai food is known for vibrant flavors, and hot dogs are no exception. They're served sweet, savory and spicy, with typical toppings of chili sauce, peanuts and veggies.



Strawberry Ice Cream

Ingredients:

- 2 c. unsweetened strawberry pulp*
- 2 (12-fl.-oz.) cans evaporated milk
- 1½ c. granulated sugar
- 2 t. lemon juice
- 1/8 t. salt

Instructions:

Combine strawberry pulp, evaporated milk, sugar, lemon juice and salt in large bowl. Pour into ice cream maker; freeze according to manufacturer's directions.

*You may use any fruit or berry. If using sweetened, frozen berries, reduce sugar to ½ cup.

Source: VeryBestBaking.com





Kindness Rocks

Drop a Rock Day is July 3, and it is dedicated to painting, hiding and finding rocks with an uplifting message or symbol. The purpose is to bring hope, show kindness and have fun.

Painting. To begin, choose a small, smooth stone. Wash away any dirt and let it dry; then, it's time to paint. Some people draw designs, including flowers or suns, and others write words, like "be kind" or "you rock." Acrylic paint is ideal for this

project because it dries quickly. Once dry, seal the rock with a nontoxic spray sealant. This is your kindness rock!

Hiding. The key is to place your rock in a public area so someone can find it, but not in a spot that will cause harm to people, animals or the environment. Go for a park or playground or near a bench or fountain.

Finding. You can actively search for kindness rocks or simply let yourself stumble upon one—not literally, of course! Once you see one, let its positivity inspire you before re-hiding it. Or you can bring the rock home if the message really touches you.



An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Popcorn Pick: 'National Treasure'

Although not historically accurate, this 2004 movie is an exciting pick for a Fourth of July watch. One of the treasures of America, the Declaration of Independence is a big-ticket item in this blockbuster starring Nicolas Cage. Cryptographer Ben has a family secret concerning a hidden treasure; clues to the prize are scattered all around the country, but when the next one is hidden on the Declaration of Independence—which is housed in the National Archives—things get a whole lot more interesting.



RESIDENT BIRTHDAYS

Rebecca Edwards	July 11
Doris Mossman	July 11
Kermilene Shumaker	July 12
Joseph Sievers	July 12
Barbara Herren	July 13
Frances Coonrod	July 18

EMPLOYEE BIRTHDAYS

Sue Witt	July 3
Shirley Medling	July 9
Tessa Droege	July 11
Lona Campbell	July 15
Ann Sagez	July 25



EMPLOYEE ANNIVERSARIES

Julie Breden	15 Years
Kara Govreau	11 Years
Elizabeth Botterbush	6 Years

Word Search

Category: Words in "The Star-Spangled Banner"

L A N D U P S F O O R P
D D S S D T S A L D R B
A H G A I J J D D O E S
N B W L C H G H U G Q S
D N L D E G H D G B U H
S B G H S A L C H O A H
D S R E H Y M V L M X G
T C E A G S D I C B C U
H G D R V C R B N S E O
G G A L F E C H B G M R
I D H Y P H B G V X O H
F O O E R G B R I G H T

1. Bright
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

- | | |
|--------------|--------------|
| 1. And | 11. Home |
| 2. Bombs | 12. Land |
| 3. Brave | 13. Last |
| 4. Bright | 14. O'er |
| 5. Dawn's | 15. Perilous |
| 6. Does | 16. Proof |
| 7. Early | 17. Proudly |
| 8. Fight | 18. Red |
| 9. Flag | 19. Still |
| 10. Gleaning | 20. Through |

L A N D U P S F O O R P
D D S S D T S A L D R B
A H G A I J J D O E S
N B W L C H G H U G Q S
D N L D E G H D G B U H
S B G H S A L C H O A H
D S R E H Y M V L M X G
T C E A G S D I C B C U
H G D R V C R B N S E O
G G A L F E C H B G M R
I D H Y P H B G V X O H
F O O E R G B R I G H T