

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
	Business Office Manager
Lea Miller	Activities Director
Dennis Hould	Maintenance Director
Angel Gibson	HSKP/Laundry Director
Cassie Kamp	Human Resources



Should she have bought a lottery ticket? Lady Luck was with Marceda Cook as she was the Big Bingo Winner at the Senior Ctr.

August 2023



Look Who's Back

We are so pleased that Kim Chisholm has returned to CNRC as Assistant Director of Nursing. Kim is a great addition to our leadership team!



Nelson Miller holds the softest little bunny.



Charlotte Kearby enjoying a puppy

Back to School

School will be starting again soon, so please be extra careful when you drive, making sure to slow down for school zones.

Mary Ann Tepen decorates a cookie for National Creativity Day.



Our Very Own Talent

Chelsie & Tessa treated us to an afternoon of their beautiful voices. It is such a pleasure to hear them sing; they are so talented. Thank you ladies!



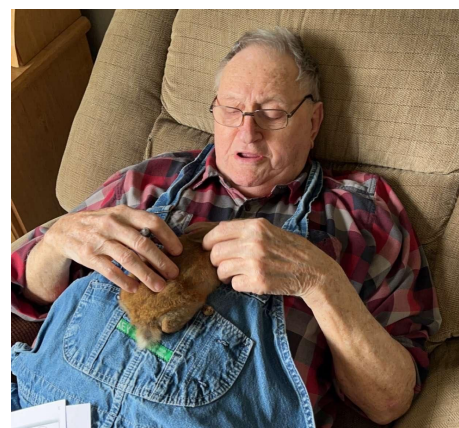
Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it's important to get your flu shot when it becomes available.



Health Clinic

Our team hosted a Health Clinic at the Hardin Senior Ctr on June 29th. Blood Pressure Checks, Glucose Testing, Balance Testing, MMT Muscle Training were available to attending Seniors. Facility experts were also on hand to answer any questions on understanding your Medicare benefits. The day ended with some games of Bingo sponsored by PCRE.



Jerome Hayn gets some cuddles from a bunny.



RESIDENT BIRTHDAYS

Jerome Hayn	Aug 16
Marceda Cook	Aug 17
Virginia Stumpf	Aug 17
Laura Feazel	Aug 24

EMPLOYEE BIRTHDAYS

Heather Bruce	Aug 2
Holly Shoesmith	Aug 6
Stacy Anderson	Aug 12
Betty Mathues	Aug 16
Jennifer Klaas	Aug 19

Kate Miller	Aug 19
Haley Williams	Aug 27
Jeanette Castelli	Aug 28

EMPLOYEE ANNIVERSARIES

Belinda Shaw	27 Years
Jennifer Klaas	16 Years
Sharon Stein	12 Years
Michelle Bell	11 Years
Dennis Hould	11 Years

What sets CNRC apart from other care centers....**OUR STAFF!** August alone has 77 years of experience in providing quality care to our Residents. We are friends taking care of friends & family!



Save the Date



Here's some special things we've got on the calendar for August:

Aug 5	Root Beer Float Social
Aug 8	Celebrating Elvis
Aug 12	Bowling Day
Aug 14	Paul Gibbs/Singer

Come Join Us! All events start at 2pm.



Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!

Employee of the Month



Arianna, July Employee of the Month

Chelsie Schobernd was honored with the June Employee of the Month and Arianna Morris, Social Service Director, was awarded July Employee of the Month.

Thank you for going above and beyond for the Residents in our care. You are greatly appreciated.



Chelsie, June Employee of the Month



Make
the

MOST

of the Remaining Days of Summer!

**Cooler
weather
will be here
before we know it,
so enjoy!**