

Calhoun

Nursing and Rehabilitation Center, LLC

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Our Leadership Team

Kyle Baalman	Executive Director
Sheila Robeen, RN	Director of Nursing
Kim Chisholm	Asst Director of Nursing
Lynn Sloan, RN	Treatment Nurse
Emily Godar	Director of Rehab
Maggie Vinson	Director of Admissions
Julie Breden	Business Office Manager
Holli McGuire	Social Services Director
Addie Rhodes	Dietary Manager
Lea Miller	Activities Director
Dennis Hould	Maintenance Director
Angel Gibson	HSKP/Laundry Director
Cassie Kamp	Human Resources



Becky Waters and husband, Rick, with his mother, Betty Waters

Thanksgiving Blessings

Another successful family and resident Thanksgiving meal was served by our team. It was a full house with a great meal, the love of family, good friends and smiles. All left with full bellies and new memories. It's this time of year, during the holiday season, that we reflect and know how very blessed we are.

January 2024



Best of the Best of Madison County & The Riverbend

We are proud to say that we were nominated for the Best of the Best Skilled Nursing Services in the Seniors category. Powered by the Telegraph and the Intelligencer, readers were able to submit nominations for their favorite businesses and community members. The top 5 nominees in each of the 100-plus categories moved on to the voting round that ran through Nov. 1st. An awards ceremony was held on the campus of Lewis & Clark Community College.

Calhoun Nursing & Rehabilitation took 2nd place. "We were honored to be nominated by enough people to have placed in the top 5 of skilled nursing facilities. We were told nominations drew a record high with 24,893 total nominations for various businesses," said Kyle Baalman, Executive Director. "We are proud to earn 2nd place. Our team has vowed to work hard and put full focus on earning the #1 spot next year. I'm very proud of our team here at CNR."



Mike Keeney & brother, Bruce



Francis Coonrod & daughter, Sheryl



Margie Jones & son, Pat, & sister, Helen



Linda Havelit and friend, Michael



Virginia Rowling with her Aunt, Sandy



One of Santa's little pixie elves came to pass out candy and cheer to our resident. (The cutie is Zara Miller.)

Embraceable Celebration

National Hugging Day is Jan. 21.

Socks for Seniors

Just like a warm and cozy pair of socks can lift your spirits on a dreary day, the right type of sock can increase mobility, independence and overall quality of life, especially for older adults. Step into the world of senior-friendly socks:

Non-slip socks. Also called non-skid or grip socks, these help prevent the wearer from falling. The soles have rubber or silicon treads that grip the floor and provide balance.

Compression socks. Because these socks have a tighter fit, they apply gentle pressure on the calves, supporting healthy circulation and reducing swelling. Compression socks are especially useful for those who sit for long periods of time.

Cushioned socks. This type of sock has extra padding built in, which provides comfort to sore or injured joints—helping people with arthritis, plantar fasciitis and other types of foot pain move around more easily.

Diabetic socks. Foot protection is essential to people with diabetes. The condition can impair wound healing, as well as make injuries less noticeable due to neuropathy (tingling or numbness) in the feet. Diabetic-friendly socks are usually seamless, to reduce friction when wearing shoes; breathable, to keep feet free from infections; and cushioned, to protect against injury.



RESIDENT BIRTHDAYS

Bobbie McGuire	Jan 1
Severine Baalman	Jan 2
Dixie Foiles	Jan 12
Bety Watters	Jan 23
Marjorie Jones	Jan 27
Mary Tepen	Jan 28

EMPLOYEE BIRTHDAYS

Juliana Rakers	Jan 1
Kaitlyn Fraley	Jan 10
Sheila Robeen	Jan 16
Arieanna Morris	Jan 17
Rozlynn Isringhausen	Jan 18

Julianne Breden	Jan 25
Kimberly Chisholm	Jan 27

EMPLOYEE ANNIVERSARIES

Janice Clore	22 Years
Sara Lorsbach	15 Years
Suzette Witt	9 Years
Haley Rose	2 Years
Misty Woolsey	1 Year
Arieanna Morris	1 Year
Andrea McCoy	1 Year

**Janice, Sara & Suzette,
Thank You for Your Years
of Dedication &
Commitment to Our
Residents and Facility**



National Brownie Day

December 8th was National Brownie Day and we weren't about to miss the opportunity of enjoying a favorite sweet treat that's been around forever! We love them just as much now as we did when we were kids!



Mike DeSherlia



St. Norbert's School came and delivered Christmas cards to the residents. Pictured is a group with Jerome Hayn.



Zara gives some candy to Mary Tepen.



The group delivers to Luther McMillen.



Agnes Klunk



