

Movie Outing!

The residents got to go to the Kennett Palace Theatre to see the movie "I Can Only Imagine" and they say that they really enjoyed it! We rented the whole theatre out and bought popcorn and drinks for everyone that attended. A big thanks goes out to all family members and staff who lent a hand for this special outing.



Therapy

Potential consequences for fall risk patients include physical harm, loss of independence and lower quality of life. According to the CDC, more than 300,000 people ages 65 and older are hospitalized for hip fractures each year, and more than 95% of these fractures are caused by falls. As we age, we experience a significant decrease in bone density, step reflexes, proprioception, and balance. Ideally, patients who experience physical harm, such as hip fractures, secondary to falls, seek rehabilitation in inpatient rehab facilities. During their stay in these rehab-to-home facilities, patients work daily with therapists of all disciplines including physical, occupational, and speech therapy that focus on high-intensity exercises to build skills such as strength, coordination, balance and range of motion (ROM). While most therapists only concentrate on regaining strength and ROM, the most important aspect of rehabilitation is frequently overlooked.

We, as therapists, must dig deeper and consider the ultimate justification for these recurrent falls and hospitalization that occur among older adults, which is the lack of balance and coordination training prior to discharge. Without balance training, patients are frequently unable to successfully reach their highest level of independence and return safely to their community.

Therapists everywhere are focusing more on dynamic balance activities including side stepping, reaching outside of their base of support, lateral and forward weight shifts and trunk rotation all on unstable surfaces such as foam pads and foam balance beams. Today, many facilities are even taking more electronic approaches to balance training by using technology such as virtual reality balance training and Wii fit balance boards to improve balance for many of their patients. These practices mimic activities of daily living that all patients will experience at home such as reaching into cabinets, bending over to retrieve objects from the floor, turning to place an object from one area to another, etc. In return, I believe that we will see an increase in success stories, an increase in the level of independence and a decrease in recurrent injuries and hospitalization.

Lauren Jones, Student PTA-Therapy

NHC Fun Sessions



The Recreation Department has decided to add something new to our monthly activities. In the month of June we will be adding "fun sessions" to our calendar. These are different sessions/classes that the residents can choose to take during Tuesday and Thursday afternoon activities. It's our hope that this will add some variety, excitement, and even learning into our programs. The idea is to give our resident's as many choices as possible while having a great time in a small group. We can't wait to get started!

**Tuesday and Thursday
at 2:30 P.M. and on C-hall at 1:30 P.M.**

Art Attack

A crafting/art class with Recreation Assistant, Courtney Rushing.

The Chew

A cooking class with Recreation Director, Kayley Ridings.

Feel The Beat

A dance class with Recreation Director, Kayley Ridings.

Partner of The Month:

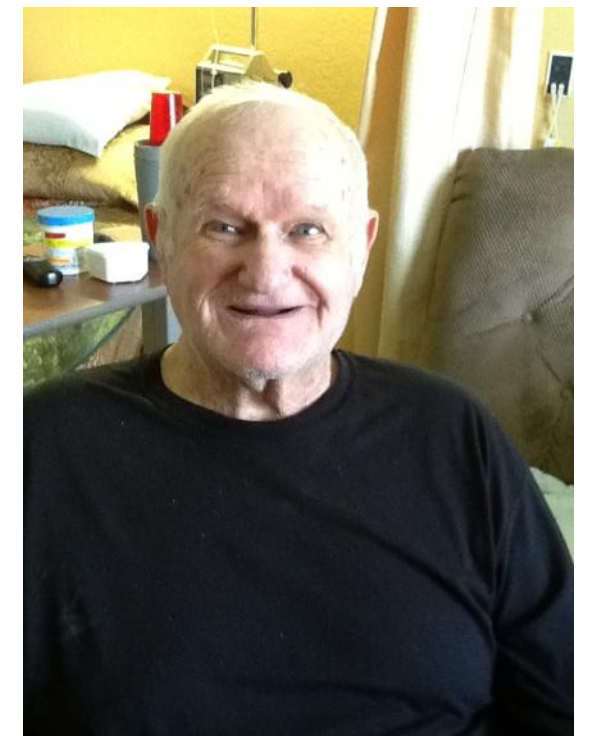
Partner of the month for April is Beth Cronan. She is a partner in the Housekeeping Department. She is an outstanding employee who can always be seen helping the residents and other staff, in any way imaginable. She has even been seen painting nails in her free time! She is always up for helping someone when they need it. Thank you, Beth, for the amount of love and hard work you put into your job!

We appreciate you!



RESIDENT SPOTLIGHT Sherrell Perry

- Sherrell Perry is Resident of the Month! He is a former farm laborer who liked to fish and hunt. He would hunt rabbit and squirrel for sport, and for dinner. He stated that they both taste like chicken! He had a squirrel dog who was trained to hunt with him. He was a border colie named Bo. Sherrell likes to go outside when the weather is nice and watch westerns during his free time. He is a very funny man and we enjoy having Mr. Perry here as a resident in this facility.



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NHC Kennett

News from the Bootheel

June 2018



McCarroll and Todd receive Volunteer of The Year Awards

Volunteers are selfless people who freely sacrifice their time in order to do a service for someone else. Volunteering is important for many reasons; some of these reasons include improving social skills, becoming more compassionate, and even gaining new friends. It is also very important to the residents to be able to see our beloved volunteers. They have even learned what days the volunteers are usually here and look forward to seeing them on those specific days. Here at NHC, when it comes to volunteers, we believe that we have the absolute best of the best, and believe us, you would not be able to tell us any different! We have several volunteers that are so special to us. They are so compassionate and you can tell that they genuinely enjoy coming for visits. When our volunteers come, they will often play games with the residents. Some of the games they play with the residents are table games like Bingo, Jingo, and others like Jack Pot. There are other things our volunteers are known for doing as well. Barney Greenway comes every Monday and plays the Gaither's music on TV while he passes out a snack. Hazel Solis is here daily visiting her husband, but she also helps clean up the hall that he resides on by making the beds. Rita Redman comes every afternoon and brings her dog, whom the residents love, and she plays the scheduled activity for the day and will often help the residents that need help. She will also help gather for the activities at times. The list could go on, and on for the amount of things that our volunteers do. This year we were able to honor Pat Todd for Volunteer of The Year. She is known for spending lots of time with her mother, who is a resident here in the facility, as well as others who live here. She likes sitting at a table with the residents during the activities and she will help them with their card or simply encourage them to play. She also even spends her own time and money making wreaths for the doors of the patients. She humbly accepted this award alongside Carol McCarroll, who received Resident Volunteer of The Year, in honor of her late husband Billy McCarroll. Billy only recently passed away, but before he did, he faithfully helped by getting the Bingo cart ready before the games. He was a great man with a kind spirit, and we thank him for all that he did. Although there were only two awards to be given, all of our volunteers deserve to be honored because without them, this facility would not be the same, nor would it run as smoothly as it does. Our Volunteers are near and dear to our hearts and are much like extended family members. We would like to say a huge thank you to all of those who selflessly volunteer their time to help make this place a home for our residents!

Courtney Rushing, Recreation Assistant

Administrative Staff	
Alex Sellars	Administrator
Dr. Jackie Sutherland	Medical Director
Jessica Bader	Director of Nursing
Jeanette Randolph	Asst. Director of Nursing
Carla Smith	Social Services Director
Terri Foresythe	Admission Coordinator
Janet Carter	Dietary Manager
Kayley Ridings	Recreational Director
Sherrri Reeves	Laundry/Housekeeping
Brad Deekard	Director of ReHab
Raymund Solijon	Asst. Director of ReHab
Richard Gossett	Maintenance Director
Kay Collier	Medical Records Director
Alicia Morris	Bookkeeping/Office Manager
Tonya Holmes	Bookkeeping
Sandy Gunn	Human Resources Director
Kristi Wadley	Unit Manager
Aaron Chase	Unit Manager
Andrea Christain	Unit Manager
Debbie Massey	MDS Coordinator

June Birthdays

Partners:

Patients:

Cleda Faulk 06/12
Raymond Russell 06/14
Carolyn McCarroll 06/20
Bob Reel 06/21
Jo Easley 06/26

Partner Anniversaries: