

NHC Kennett CNA of the Year, Melissa Barton

NHC Kennett would like to take this opportunity to brag on one of the best. Melissa Barton has been an NHC partner for the past 13 years. She is a mother of two precious children, Hunter and Madison. She started cleaning wheelchairs for the residents of the facility at the age of 16. She then became inspired to start a career caring for our residents as a Certified Nurse's Assistant.

Melissa's mother, Liz, has worked at our facility for the past 16 years in the Laundry department. This gave Melissa a strong foundation to start with here at NHC. Her inspiration to follow the CNA path here came from an uncle that her family helped care for. She witnessed her mother and grandmother care for her uncle who had muscular dystrophy. This inspired her to not only want to care for others but to do it here at NHC Kennett.

Melissa feels that the best thing about being a CNA is that she is able to really get to know her residents and care for them in the best way possible. She says that meeting their needs is her main priority. Melissa stated that the job that she has is very rewarding and that here at NHC Kennett we are all like family. CNA's have a very difficult job but Melissa does it daily with a smile. She brings a great attitude and energy to all of the residents. She cares for them in the same way she would if they were her own family and we here at NHC, can't express enough how thankful we are for her. So, congratulations to Melissa for being the NHC Kennett, CNA of the Year.



RUMMAGE SALE

We'd like to say a big thank you to all of those that donated items and offered a hand in order to make the Rummage Sale a success. We ended up making \$160.00 total profit! We plan on using this extra money to supply Bootheel Commons, our dementia unit, with some new activities. Alzheimer's is a very cruel disease in which the person often loses their sense of self, but that doesn't mean that they have to stop doing the things that they love; we can simply offer it in a way that is best suited for their abilities. This disease is very hard on everyone that is involved, so, our job is to make things easier by conducting calming Memory Care activities. Memory care activities are very important when dealing with Alzheimer's patients because it helps to take them back to a time that they enjoyed. We have an activity called "Therapeutic Circle" that we do with them on a daily basis. The focus for these activities is to get them to remember how their lives use to be. We focus on things they might have done in their past like gardening, fishing, going to school, picking apples to make apple pie with, and even using the washboard and folding clothes. The list could really go on and on. We have hands on items that really help bring their memories back as well. The most important thing to do when conducting Memory care activities with a person who suffers from Alzheimer's is to get to know everything about them as possible. Knowing their past is the key to an effective Therapeutic Circle activity. Sometimes when they are reminded of something that they were once passionate about, you can see the excitement in their faces. Its often like a flip of a switch! If you have loved ones that suffer from this awful disease, you should try this technique because it will often leave you, and the person with Alzheimer's feeling very refreshed and nostalgic.

Recreation Department



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 and Recreation Assistant Courtney Rushing.

Partner of The Month:

Partner of the month for the month of June is Janice Copeland. She is a nurse who goes out of her way to do her job with compassion and efficiency. She works very well with the residents and is very deserving of this award. We are so thankful to have such a wonderful team member here at NHC, Kennett. Thank you for all of your hard work!



NHC welcomes any person that desires to volunteer to spend their time with our beloved residents! Volunteers come all throughout the week to help them with things like playing BINGO, and other games or just to simply visit. Our volunteers are near and dear to our hearts! If you're thinking about volunteering with us, contact 888-1150 and ask for Kayley Ridings, Activity Director, for more information.

RESIDENT SPOTLIGHT Almeta Hendrix

Mrs. Almeta Hendrix is the featured resident of the month! She was raised in Gideon, MO along with her 15 brothers and sisters and she was the first of them to graduate High school. Once she graduated High school, she made her way to Cleveland in order to purchase her mother her first Washer and Dryer. She said she watched her mother work very hard as she was growing up and she wanted to repay her in some way. Almeta worked at Gideon Nursing home in the Dietary department and even in nursing as a C.N.A. She labeled herself the "Jack Of All Trades" at work and "Peacemaker" in her family. She has two children; one son and one daughter and she has grandchildren as well. Her favorite holiday is Christmas and she says that her favorite activities here are BINGO and Bowling. She likes to color, do puzzles, and be social during her free time. We love having Mrs. Hendrix here. She brings a certain amount of joy to our activities!



