



National Breast Cancer Awareness Month National Alzheimer's Awareness Month

We honor all of those who are fighting, and who have fought as well as their families.

NHC Carnival



Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

1. Avoid Close Contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing and sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose & mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Jeanette Randolph

Assistant Director of Nursing

Hartwig Joins Team

Many of you may have noticed a new face when visiting NHC Kennett. Sarah Hartwig has joined the team as our new Dietitian. Sarah graduated from Arkansas State University this past August. We are proud to say that Sarah passed her certifying exam on the first try and is a Registered Dietitian.

Some of you may even think that Sarah looks familiar and that you have seen her around before—and you are right! Sarah spent some time here at NHC during the summer of 2017 doing her food service practicum with Janet Carter our Food and Nutrition Services Manager. Sarah grew up just outside of Paragould, Arkansas and graduated from Greene County Tech. She is a newly-wed and is married to Caleb. They recently adopted a rescue dog named Smuckers.

Sarah enjoys spending time with friends and family.

When you see Sarah around the building, be sure to stop and introduce yourself and spend a minute getting to know her! She is a great addition to NHC Kennett and we hope to have her as our Dietitian for many years to come!



LUNCH

Dine-In meal of the month is going to be D&R McCormicks on Wednesday, October 24th. Encourage your family members to take part in this fun gathering. Menus are available in the Activity Department. Orders are due by Monday, October, 22nd.

RESIDENT SPOTLIGHT Charlyn Utley

Charlyn Utley is a resident who has been here for a short time, but in that short time, she has grown extremely close to our hearts. She has three kids and two grandchildren. In her free time she liked to be with family, especially her kids and her mother. She said that her favorite thing about being at NHC is how friendly the staff members and residents are. Mrs. Utley says that she enjoys playing Bingo the most. She said a funny thing about her was that when she was younger, she use to take eggs outside and put them in a hole to make mud pies. Mrs. Utley has a dog named Chloe that she has had for eight years. When she got her she was only four weeks old so she had to help her with the weaning process. Mrs. Utley says that Chloe would suck on a toy teddy bear that she had, like it was her mother and she still does it to this day. Charlyn loves her dog so much it hurts. She recently had to place her with a foster family which was very hard for her but she receives pictures and videos of her. It makes her extremely happy to know that Chloe is with such a loving family that cares for her the way that she would have.



