



Pictured below are the residents and Holcomb Girl Scout Troop #70187 making ornaments.



Holcomb Girl Scout troop #70187 volunteered their time to come carol and help the residents make Christmas ornaments and the residents loved it! We all really enjoy when the Girl Scouts come out and volunteer their time. Thanks for coming out! We look forward to seeing you all again soon.

Tremors

Tremors is a rhythmic and oscillatory movement of a body part with a relatively constant frequency and variable amplitude, is a common movement disorder that can be treated pharmacologically or medically. Two common types of tremors is essential tremors and intention-type tremor. Essential tremor is the most common neurological disorder that causes involuntary and rhythmic shaking. Essential tremors often become apparent at the end of a goal directed movement, it can affect your head, voice, arms, and legs. Intention tremor, also known as a cerebellar tremor, is a dyskinetic disorder characterized by a broad, coarse, and low frequency tremors. Intention tremor increases as an extremity approaches the endpoint of a deliberate and visually guided movement.

Individuals who present tremors because of neuropathology, such as degenerative changes in the cerebellum, depletion of certain neurons, degenerative disease, or mercury poisoning. Tremors that have affected your hands can affect you completing the simplest task such as drinking from a glass, tying your shoes, writing a check, or even shaving your face. Therapy can help individuals who are having difficulty completing such tasks by teaching them compensatory strategies. Common therapy interventions typically incorporate weighted equipment, adaptive equipment, and stabilizing devices, or technology to improve upper extremity functions.

Tiffany Wood, OTA Student

Mrs. Mildred Jenkins celebrated turning 86 at a surprise party thrown for her by her son Robert who is also a resident here at the facility. With the help of the Recreation Department, Robert was able to arrange everything and keep it a complete surprise.

Happy Birthday Mrs. Jenkins!



Come by the Activity Department to order a special Valentine's Day gift for your loved ones! The money raised goes to Resident Council to fund our annual spring outings such as the fishing trip.

Package 1 includes: Balloon & small snack bag (soda, candy bar, and chips)

Package 2 includes: Balloon, stuffed animal, & small snack bag (soda, candy bar, and chips)

Package 3 included: Balloon, stuffed animals, and goodies (candy bars, chips, crackers, sodas, popcorn, gum)

Package 1- \$6

Package 2- \$9

Package 3- \$12

Order forms are in the Activity Room. You must pay upon ordering. Pickup will be February 13th & 14th. Order Forms are due by February 2nd.

Send a special message to your family member!

E-mail Address:

ptskenett@gmail.com

Please, be sure to include recipient's name in the subject line of your note. E-mails are printed and delivered to rooms daily.



Recreation Department



Mrs. Lorene Owens has been a resident in our facility for nearly 3 years now and we could not love her more! She turned 100 years old on January 12th and her family came out to help her celebrate. It's not every day one meets a mile stone such as turning 100 years old, and in our opinion, she wears it very well! We love you Mrs. Lorene Owens and we are so glad to have you and your family with us.

-Your friends and family at NHC



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.

