



CARE CONNECTION



Newsletter

2019



Springfield Rehab & HealthCare Center



Summer time will soon come to an end as we begin the transition into fall. The turning of the trees should bring spectacular color with the abundant rain we have had this summer. We look forward to fall with the harvest of pumpkins and the beauty of the sunflowers. Something about fall brings out the beauty of the landscape and gets us in the mood for upcoming holidays. Be sure take time to enjoy the changes of the season with a walk out in nature and enjoying the crisp cool nights. "Happy Fall Ya" All"



Health Highlights: September, Healthy Aging

No matter what your age, you can stay at your personal best with these expert tips:

Get moving: Exercise regularly to maintain a healthy body and brain.

Stay social: Play games, see old friends, and make new ones. Enjoying the company with others can lead to great friendships and companionship for those who need a friend like you to brighten someone's day.

Bulk Up: Eat beans and other high-fiber foods for digestive and heart health.

Add some spice: Add herbs and spices to your meals if medications dull your taste buds.

Stay balanced: Practice personal exercises that work for you to improve agility and prevent falls.

Get Outside: September can bolster both your heart and lungs. By enjoying the sunshine and the outdoors.

7. Sleep well: A good nights sleep does the body good. Plenty of rest can leave you less tired and more active in the daytime doing the things you enjoy. Fall into a new routine and a new you!

Springfield Rehab & HealthCare

Administrator: Stephanie Grant

Director of Nursing: Lysandra Harmon

Assistant DON:

Director of Rehab: Rodel Ravela

Social Services Director: Amy Devane

Head Bookkeeper: Jerome Irmen

Dietary Manager: Drew Martin

Plant Operations Director/Laundry & House-keeping: Tony White

Health Information Mgr: Zella Boyd

Recreation Director: Joshua Hyde

Medical Director: William Rosen MD

Marcelo Mantala MD



Resident September Birthday's

9-1	Levada Nettles
9-5	Minnie Bigler
9-9	Virginia Mulvihill
9-11	Dorothy Roll
9-14	Michael Howell
9-20	Reberta Usher
9-22	Louise Gold
9-30	Helen Taylor

Springfield Rehab & HealthCare

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People Born in September

- ☀️ suave and compromising
- ❤️ careful, cautious and organized
- 💖 likes to criticize
- 💜 calm and cool
- 💜 kind and sympathetic
- 💜 clever and knowledgeable
- 💙 understanding
- 💚 loves sports and leisure
- 💚 hardly shows emotions
- 🍂 choosy especially in relationships



This is how we Drew it is a big hit with the resident's with Dietary Manager Drew.



Resident's introduced to Bocce Ball



Craft Time Painted vases and floral





Out of the Tiffany Blue

Long before those blue boxes from Tiffany & Co. promised jewelry, the store was a stationery emporium. It was founded on September 18, 1837, by Charles Lewis Tiffany and John B. Young in Brooklyn, Connecticut. In 1838, the storefront moved to Broadway in Lower Manhattan, and the store shifted its focus to luxury goods like ladies' silks, satins, and bonnets. In 1845, Charles Tiffany himself selected the color of robin's egg blue for its Blue Book, an annual catalog of its handcrafted jewels. In 1867, Tiffany's was recognized at the Paris World's Fair for its exquisite silver craftsmanship, launching it as an international brand and esteemed design house. By 1870, Tiffany & Co. had risen to become the preeminent purveyor of silver, jewelry, and timepieces in America.

Ötzi the Iceman

On September 19, 1991, two Germans, Erika and Helmut Simon, while hiking high in the Ötztal Alps between Austria and Italy, made a startling discovery. They had glimpsed the body of a man protruding from the ice. They believed it to be a victim of a horrible mountaineering accident but were shocked to discover that it was instead a 4,000-year-old frozen mummy! Further excavations of the site found a quiver, string, hide, grass, remnants of his clothes, a pouch for his belt, a bearskin cap, and a copper axe. The mummy, now known as Ötzi or the Tyrolean Iceman, became an archaeological sensation. It is Europe's oldest known natural human mummy and has offered an unprecedented glimpse back to the European "Copper Age." Analysis of the mummy has determined that he may have been a copper smelter who ate meats of red deer, ibex, and wild goat, as well as herb bread made from eikhorn wheat bran. After the discovery of an arrowhead in his shoulder, it is believed that Ötzi was likely killed as part of a violent encounter. His body was then covered by the winter snow and preserved.

Some ladies enjoying morning coffee and chat. Telling tales and laughing in the activity room .



say " " what!

