

Springfield Rehab & HealthCare Center

2021

Care Connection



October Highlights

Breast Cancer Awareness Month

Emotional Wellness Month

National Popcorn Poppin' Month

Bat Appreciation Month

Friday Oct 1st World Smile Day

Tuesday Oct 5th World Teachers
Day

Saturday Oct 16th National Sports
Day

Thursday Oct 28th Trunk-or-Treat

Friday Oct 29th Resident
Halloween Party

Sunday Oct 31st Halloween

Welcome October!!

It's hard to believe that Halloween is already knocking at our door. With all the ups and downs this year it's hard to keep track of where the time is going. October is full of festivities and fun for our staff and residents. We're happy to announce the return of our pet therapy group Thursday the 7th & 21st at 10am in the day room. Our Fall Festival will be October 8th (details on page 3). Isaac Kenneth will be performing for our residents Oct. 20th at 2:30. Thursday October 28th we'll be having our Halloween party for the residents, as well as a staff costume contest! Although celebrations are different in a world still dealing with a pandemic, there is still a lot of fun to be had and memories to be made by celebrating each and every moment. The silver linings in each day might be hard to see, but they are always there somewhere.

Let's all be sure to take the time to make the most of each and every moment and have some ghoulish fun as Halloween approaches!

Springfield Rehab's
2ND ANNUAL



Trunk-or-Treat

Thursday, October 28th from 6 - 8pm

Candy
Games
Food
Prizes
FUN



SPRINGFIELD

REHABILITATION AND HEALTH CARE
CENTER

Springfield Rehab & HealthCare Management

Administrator: **Troy Lacey**

Director of Nursing: **Lysandra Harmon**

Nurse Supervisor: **Melissa Mattes**

Clinical Coordinator: **Krista Porter**

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**

Recreation Director: **Angie Yancey**

Medical Director: **William Rosen MD**

Marcelo Mantala MD

Springfield Rehab & HealthCare

2800 South Fort Ave

Springfield, Missouri 65807

Phone: 417 882-0035



October Resident Birthday's

10/4 Dixie Payne

10/5 Tommie Dinwiddie

10/12 Arlene Huechteman

10/29 Mary Winchell



In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October 23–31 are Scorpio's scorpions. Scorpions are passionate and Intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.

Julie Andrews (actress) – October 1, 1935

Desmond Tutu (cleric) – October 7, 1931

Chevy Chase (comedian) – October 8, 1943

Dick Gregory (comedian) – October 12, 1932

Mae Jemison (astronaut) – October 17, 1956

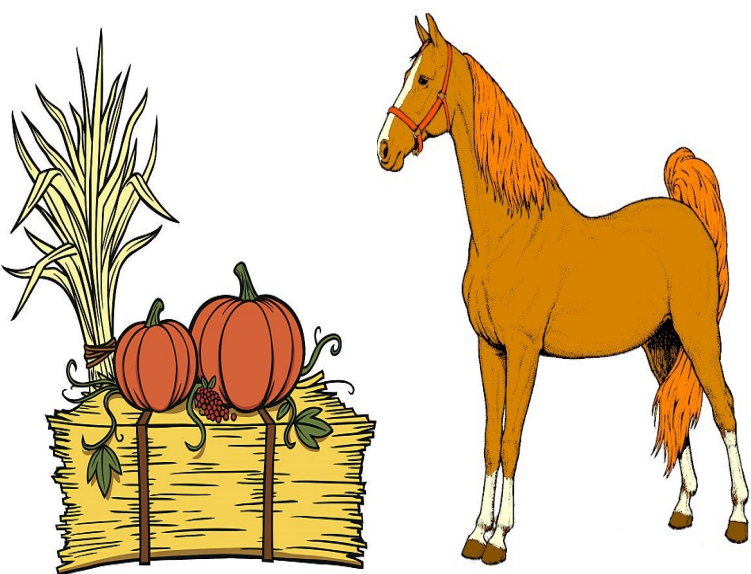
Chuck Berry (musician) – October 18, 1926

Dizzy Gillespie (musician) – October 21, 1917

Pelé (soccer star) – October 23, 1940

Springfield Rehabs Fall Festival!

Friday October 8th we are celebrating the Season with a fall festival for our residents hosted by our friends at Phoenix Hospice. We'll be serving apple cider and banana bread, and will have a Fall themed photo area. The stars of the event will be a couple of beautiful horses for the residents to see and get their pictures taken with. A huge thank you to Phoenix Hospice for hosting the event, and to all the hospices that are friends of the facility. Together we all make a positive difference in the lives of our residents!



Volunteers make a difference!

Attention all family and friends of Springfield Rehab:

New Covid guidelines are allowing us to have volunteers from the community to assist in Resident activities such as nail care\painting & Bingo to name a few. We have a newly revamped Activities department and are eager to get volunteers to help further enrich our residents lives.

So please check the Activities calendar at the end of the newsletter & if your interested in volunteering you can call the facility & speak with Angie the new Recreation Director or come in and fill out an application. Volunteers make the difference!

VOLUNTEER



Turn of the Tide

In Cornwall, in the United Kingdom, October 31 brings the holiday of Allantide. Like Halloween, Allantide is believed to be a day when the barrier between the living and the dead is lifted. For this reason, Allantide is a day when people seek the advice of fortune tellers who can commune with the spirits. Walnuts thrown into fires confirm the fidelity of spouses. Molten lead cast into water hardens into a shape that foretells future employment. Thanks to its proximity to the harvest season, Allantide also boasts several harvest traditions. It is common to visit an Allan Market and buy a bright red Allan apple to gift to children. Girls will sleep with these under their pillows in the hopes of dreaming of their future husbands. Not sleeping with the Allan apple under your pillow brings back luck. Another tradition more reminiscent of Halloween is the carving of jack-o'-lanterns out of turnips.

Feeling Batty

October is Bat Appreciation month is an international, annual celebration designed to raise awareness about the need for bat conservation. Bats are amazing creatures that are vital to the health of our natural world and economy. Although we may not always see them, bats are hard at work all around the world each night - eating tons of insects, pollinating flowers, and spreading seeds that grow new plants and trees. There are 1,100 species of bats worldwide, with 40 species in the United States alone. Though small in physical size, bats have a large footprint, making up one-quarter of the world's mammals.

Bats can live more than 30 years and can fly at speeds of 60 miles per hour (or more!). In fact, a 2016 paper published by University of Tennessee researchers found that the Mexican free-tailed bat could reach speeds up to 100 mph, making it by far the fastest mammal on Earth.



Seasonal Affective Disorder

Do the short, gray days of fall and winter leave you not feeling like your perky old self? It's normal to experience a bout of the winter blues, but if you routinely feel sad for no reason, have trouble sleeping, and regularly spend your days lounging around, eating comfort foods and binge watching a lot of T.V., you might be experiencing seasonal affective disorder.

SAD, also called seasonal depression, is a form of depression that generally happens in the late fall, when there is less natural sunlight and the days become shorter and colder. (Seasonal depression can also happen in the summer, but that is much less common.)

Women are more likely than men to experience SAD, and it's more commonly seen in cloudy parts of the country or areas farther away from the equator.

Symptoms of SAD include:

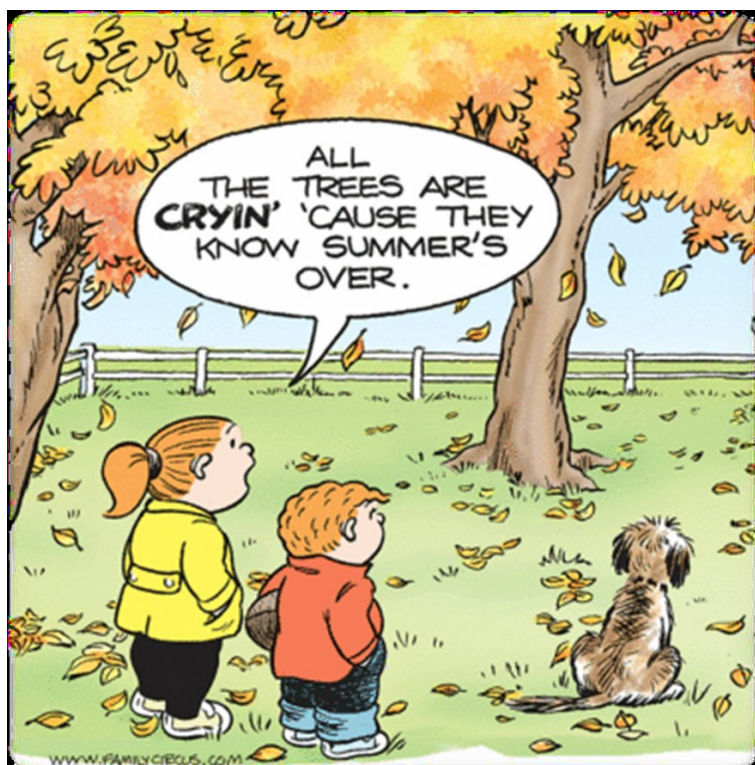
Feelings of sadness or a serious mood shift when the seasons change.

Lack of energy.

Cravings for carbohydrates or overeating.

Loss of interest in pleasurable activities.

Difficulty with sleep, either by sleeping too much or experiencing insomnia.



Here are a three ways you can have a brighter mood and combat SAD this winter:

1. Try an exercise program

Most people naturally spend less time outside and, as a result, decrease their physical activity in the winter. But if you think you may have SAD, pushing yourself to exercise is a good way to combat it, says psychologist Scott Bea, PsyD.

"Moving your body will compete with that tendency to be sluggish and can produce good brain chemistry," he says.

Look for indoor activities that you enjoy, such as yoga or other forms of indoor exercise.

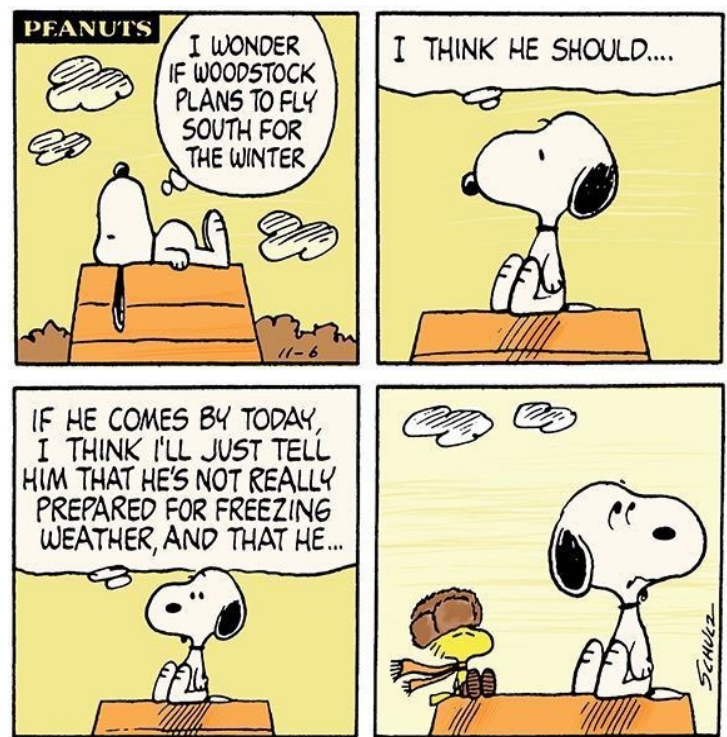
2. Create social situations

During the wintertime, the urge to hunker down and stay home can result in less social interaction, too.

If this sounds like you, Dr. Bea recommends that you try to push yourself to regularly connect with others. Often, once you make the effort, social interaction can lift your spirits.

3. Distract yourself with a good book or project

Dr. Bea says the key is to get your attention and thoughts away from yourself. Submerge yourself in your favorite type of book, or indulge in a hobby or game with a friend, or try coloring!



A look back at September



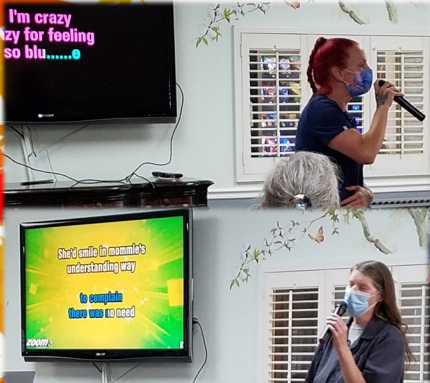
Enjoying the beautiful fall weather in the courtyard with a Popcorn & soda social!



Crafting it up and making some Fall door décor.



The Recreation Department is excited to be introducing new games for our residents & "Rob the table" was a hit!



Karaoke was a hit! Residents and staff sang along to their favorite songs. Thank you Chaplin James!



Dorothy Roll turned 100! She had a small celebration with family and friends, and received special recognition from a Missouri State representative for being an original "Rosey the Riveter".

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2021						
3 Independent Activities Cart (Dining Room)	10:00 AM Juice & Daily Chronicles 2:30 PM Nickel Jackpot	10:00 AM Stronger & Longer 2:30 PM Classic Piano w/ Thomas Walters	10:00 AM Bingo 2:30 PM Ice Cream Social	10:00 AM Pet Therapy w/ Haven Healthcare 12:30 PM Fancy Nails/B-Hall	10:00 AM Coffee & Coloring 2:30 PM Happy Hour	1 10:00 AM Bingo 1:30 PM Movie Matinee
10 Independent Activities Cart (Dining Room)	10:00 AM Juice & Daily Chronicles 2:30 PM Prize Bingo w/ Kindred <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	10:00 AM Stronger & Longer 2:30 PM Popcorn & Soda Social	10:00 AM Bingo 1:45 Communion w/ Seasons Hospice 2:30 PM Ice Cream Social	10:00 AM Men's Group 12:30 PM - Fancy Nails/C-Hall	10:00-11:00 AM Fall Festival w/ Phoenix 2:00 PM Making Mummies on a Stick	8 10:00 AM Bingo 1:30 PM Movie Matinee
10:00 AM Church w/ Pastor Eutsler Independent Activities Cart (Dining Room)	10:00 AM Juice & Daily Chronicles 2:30 PM Rob the Table	10:00 AM Stronger & Longer 2:30 PM Karaoke w/ Chaplain James & Phoenix	10:00 AM Bingo 2:30 PM Music w/ Isaac Kenneth	10:00 AM Pet Therapy w/ Haven Healthcare 12:30 PM Fancy Nails/D-Hall	10:00 AM Coffee & a Short Story 2:30 PM Happy Hour	22 10:00 AM Bingo 2:00 Ice Cream Social
10:00 AM Church w/ Pastor Eutsler Independent Activities Cart (Dining Room)	10:00 AM Juice & Daily Chronicles 2:30 PM Boccia Ball w/ Good Shepherd	10:00 AM Stronger & Longer 2:30 PM Birthday Party w/ Haven Healthcare	10:00 AM Bingo 2:30 PM Resident Council Wal-Mart Shopping Cut Off	12:30 PM Fancy Nails/Rehab	10:00 AM Coffee & Puzzles 2:00 PM Halloween Party & Costume Contest	29 10:00 AM Bingo 1:30 PM Movie Matinee
31 Independent Activities Cart (Dining Room) Happy Halloween! <small>Halloween</small>	Springfield Rehab & Healthcare Center					

All Activities Are Subject to Change.