

Springfield Rehab & HealthCare Center

2021

Care Connection

JANUARY

January Highlights

International Creativity Month

Black Diamond Month

Mentoring Month

Jan. 1st New Year's Day

Jan. 5th Bird Day

Jan . 9th Starts National Pizza Week

Jan. 17th Martin Luther King Jr. Day

Jan. 24th Compliment Day

Jan. 23rd- 29th
Activity Professionals Week

*hello
january*

Too often winter begins with a sniffle, peaks with the holidays and ends with the blues. With shorter days, accompanied by colder weather, finding the motivation to stay healthy and fit can be difficult. The combination lays the foundation for a weakened immune system, posing greater risk for developing illness. With more colds and flu around, in combination of more people spending time indoors together, your immune system is placed at higher risk for the development of a cold or flu. The following tips can help you ward off those pestering infections and keep you healthy for the holidays and winter season. First, make sure you get enough sleep. Sleep deprivation puts a serious damper on your immune system. When you stay up all night or consistently do not get enough sleep, your body's ability to fight off infection is weakened. Sticking to a normal exercise program is also important. Exercise, even just going for a walk, helps to pump your circulation system around your body and boosts your immune function. Exercise accelerates the circulation of disease-fighting white blood cells, which only strengthens your immune system.

Finally, follow the simple rule of washing our hands, especially before eating. It is important to be careful throughout the day to avoid touching your mouth, nose, or eyes with your hands. Our mouth, nose and eyes are direct paths on how bugs, such as viruses and bacteria get into our body. Staying healthy is more than just practicing a few good techniques but it's being proactive for your health. The body works hard keeping you moving and active, so make sure you return the favor by following these tips.



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***

*Health Information Manager: **Shayna Samek***

*Medical Director: **William Rosen MD***

Marcelo Mantala MD

Springfield Rehab & HealthCare

2800 South Fort Ave

Springfield, Missouri

65807

Phone: 417 882-0035

January Resident Birthday's

1/2 Judith Wilson

1/5 Dorothy Cantrell

1/10 Barbara Cupp

1/14 Blanche Morgan

1/24 Janet Casey

1/26 Ruth Shapiro

1/26 Larry Shelton

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Betsy Ross (upholsterer) – Jan. 1, 1752

Diane Keaton (actress) – Jan. 5, 1946

Zora Neale Hurston (novelist) – Jan. 7, 1891

Soupy Sales (comedian) – Jan. 8, 1926

Max Roach (jazz drummer) – Jan. 10, 1924

Jeff Bezos (Amazon exec) – Jan. 12, 1964

Regina King (director) – Jan. 15, 1971

Muhammad Ali (boxer) – Jan. 17, 1942

Ernest Borgnine (actor) – Jan. 24, 1917

Oprah Winfrey (talk show host) – Jan. 29, 1954

Jackie Robinson (ballplayer) – Jan. 31, 1919

A sincere thank you to all the staff at Springfield Rehab and Healthcare!

All of your hard work during these challenging times has not gone unnoticed & shows in the resulting great care of our Residents.



Congratulations and thank to all the partners of the month this past year!

January - Erin Buttlar

July - Jenny Fields

February - Kim Crawford

August - Sue Murphy

March - Gail Redfearn

September - Adrienne Whyzmuzis

April - Angie Yancey

October - Charlotte Ragan

May - Sara Burris

November - To be announced

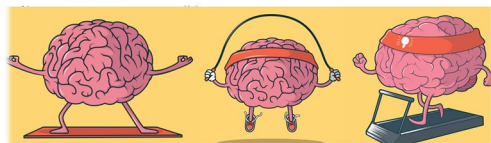
June - Parris Smith

December - To be announced



EXERCISE YOUR BRAIN!

**WITH CRANIUM CRUNCHES,
PUZZLES, & TRIVIA
ACTIVITIES THROUGHOUT
THE MONTH**



**WHAT'S
HAPPENING!!**

Strengthen Your Mind and Body
with

Tai Chi, Stranger Longer,
& Chair Yoga throughout
the month.

Ice Cream Social
Wednesdays at 2:30
in the Day Room



**Fancy Nails
Thursdays**



**Every Tuesday & Saturday at
10am**

Please check the calendar for
specific days of activities.
All activity dates are subject to
change, any changes will be
announced.

HAPPY NEW YEAR!

Setting three-word resolutions.

By Heather VanMouwerik

In the past, I have resolved to keep the typical New Year's Resolutions—everything from lose weight and exercise daily, to drink less coffee and work harder. And, like everyone else who makes these sorts of vague, sweeping, “life-changing” resolutions, I have failed to keep a single one of them much beyond MLK Day.

Last year, however, I came across a new idea called Three-Word Resolutions. Instead of a typical resolution, this exercise instructs you to choose three words (no more, no less), which you will use to guide you through the coming year. Ask yourself: What changes will I face next year? How do I want other people to describe me to their friends? What sort of concepts do I want to embody? How do I see myself interacting with the world around me? The answers to these questions will inspire your word selection.

Once you have them, you will carry these words around with you like a personal mantra for a whole year—post them on your wall, write them at the top of your agenda, or say them to yourself every morning. They also act like a rubric, the measure against which you evaluate your actions, your growth, and your outlook in the coming year.

Whatever route you take for your New Year's Resolutions, it is important to include one or two specific habits you wish to adopt in 2022. Rather than spend your limited reserves of holiday good cheer on planning a puritanical January as penance for last year, I recommend making your resolutions forces for positive change in your life.

Beginning at the End

“New year, new me” is a common refrain on January 1. For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year's resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it's the start of a new year doesn't mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year's Resolutions Day.

After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn't always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn't until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn't adopt the date until the 18th century.

A look back at December

Decking the Halls, common areas, and everywhere in Holiday cheer!



Holiday cookie decorating with Seasons Hospice



Mixed media Christmas tree painting, & a surprise visit from Pepe the clown!



Residents outing to see Christmas lights!



The Residents Christmas party featuring music by Isaac Kenneth and a visit from Mr. & Mrs. Claus courtesy of Seasons Hospice.









WINTER WORD SEARCH

FIND THE WORDS!



A	Y	G	X	D	V	Q	O	S	O	O	L	H	R	R	S	C	A	R	F
Q	L	J	A	N	U	A	R	Y	X	J	O	Y	R	M	R	T	G	D	T
X	D	X	J	Q	X	G	M	S	S	N	O	W	F	L	A	K	E	U	Q
E	I	W	T	G	Q	I	N	B	T	G	J	C	Y	C	G	T	T	I	M
G	N	I	D	D	E	L	S	I	T	O	R	L	H	Y	K	A	W	S	W
V	F	E	B	R	U	A	R	Y	I	Z	O	F	R	E	E	Z	I	N	G
N	P	A	Q	Q	H	S	T	L	P	K	I	B	L	U	D	Q	Z	C	B
T	C	J	K	S	K	N	Y	V	T	A	S	H	O	V	E	L	T	V	E
J	L	S	K	G	D	O	J	P	Q	A	N	R	F	D	G	O	A	Q	N
D	M	N	B	D	M	W	V	R	X	A	O	R	W	R	Y	T	Y	F	W
J	C	O	L	D	S	M	U	N	P	Y	W	C	E	Q	O	Z	C	V	M
W	G	W	O	E	R	A	B	V	S	M	B	X	M	B	B	S	Q	W	A
B	I	A	G	V	L	N	M	S	E	W	A	K	F	F	M	O	T	F	A
I	M	N	D	V	U	C	V	T	M	A	L	G	L	O	V	E	S	W	I
E	I	G	T	C	V	P	Q	J	S	I	L	X	B	M	B	G	C	Y	B
U	G	E	N	E	N	S	F	K	U	I	S	H	L	G	V	P	P	E	X
I	O	L	B	B	R	U	C	U	G	R	R	T	N	W	L	Z	T	O	D
K	Q	N	C	V	P	E	I	U	N	C	O	H	G	X	F	D	A	U	I
M	Q	K	T	Y	I	W	O	K	U	U	N	Z	C	S	V	V	H	Q	Z
A	F	R	H	X	X	X	J	A	U	R	K	W	F	Q	L	P	S	V	C

BOOTS
COLD
FREEZING
HAT
SCARF
SLEDDING
SNOWFLAKE

CHRISTMAS
DECEMBER
FROST
ICE
SHOVEL
SNOWANGEL
SNOWMAN

COAT
FEBRUARY
GLOVES
JANUARY
SKIING
SNOWBALLS
WINTER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

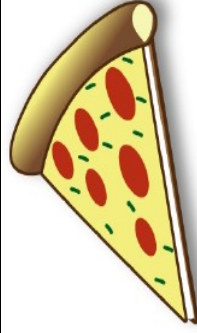


January 2022

Springfield Rehab & Healthcare Center



1						2:00 Bingo	
8						10:00 Bingo 1:30 Movie Matinee	New Year's Day
15						10:00 Bingo 1:30 Movie Matinee	
22						10:00 Bingo 1:30 Movie Matinee	
29						10:00 Bingo 1:30 Movie Matinee	
2	Independent Activities Cart (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Nickel Jackpot	3 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Popcorn & Soda Social	4 10:00 Lamberts Lunch Outing 2:30 Stronger Longer 3:00 Ice Cream Social	5 10:00 Pet Therapy w/ Haven Healthcare 11:00 Cranium Crunches 12:30 Fancy Nails/C-Hall	6 9:30 Therapeutic Circle 10:00 Coffee & Coloring 11:00 Chair Yoga 2:00 Happy Hour	7 10:00 Bingo 1:30 Movie Matinee
9	Independent Activities Cart (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:00 Music w/ Squeeze Play	10 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Craft-Snowman Charm Bracelet	11 10:00 Stronger Longer 11:30 Pizza & Ice Cream Party 1:45 Communion w/ Seasons Hospice	12 10:00 Hot Tea & Snacks 11:00 Who/What Am I? 12:30 Fancy Nails/D-Hall	13 9:30 Therapeutic Circle 10:00 Coffee & Trivia 11:00 Chair Yoga 2:00 Dice Race	14 10:00 Bingo 1:30 Movie Matinee
16	10:00 Church w/ Pastor Eutsler Independent Activities Cart (Day Room) 4:00 Devotion's w/ Sunset Church of	10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Rob the Table	17 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Karaoke w/ Chaplain James & Phoenix	18 10:00 Stronger Longer 11:00 Craft-Love Never Melts 2:30 Ice Cream Social	19 10:00 Pet Therapy w/ Haven Healthcare 11:00 Which Happened Last? 12:30 Fancy Nails/Rehab	20 9:30 Therapeutic Circle 10:00 Coffee & Puzzles 11:00 Chair Yoga 2:00 Happy Hour	21 10:00 Bingo 1:30 Movie Matinee
23	10:00 Church w/ Pastor Eutsler Independent Activities Cart (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Snowball Fight & Floats w/ Good Shepherd	24 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Birthday Party w/ Haven Healthcare	25 10:00 Stronger Longer 2:30 Ice Cream Social Wal-Mart Shopping Cut Off <small>Australia Day (Observed)</small>	26 10:00 Making Fruit Pudding Salad 11:00 A Different Kind of Puzzle 12:30 Fancy Nails/B-hall	27 10:00 Resident Council/Coffee & Donuts 11:00 Chair Yoga 2:00 Painting & Wine	28 10:00 Bingo 1:30 Movie Matinee
30	Independent Activities Cart (Day Room)	10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Bocchia Ball w/ Good Shepherd	31 10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Bocchia Ball w/ Good Shepherd				



National Pizza Week 9th-15th

All Activities Are Subject to Change.