

Springfield Rehab & HealthCare Center

2022

Care Connection

JULY

July Highlights

1st International Joke Day

2nd National Disco Day

4th Independence Day

**6th Mexican
Villa Lunch Outing**

7th World Chocolate Day

**8th Happy Plunkers Ukulele
Band performing**

20th Violin by Claire

**26th World Holistic Therapy
Day**

28th Ceramics with Tony

The Benefits of volunteering

Why is volunteering important? Serving as a volunteer offers important opportunities for social interaction for both you and the people you work with. Building relationships with the residents can be most worthwhile. Giving a manicure, providing an escort for an outdoor walk, leading a discussion, or simply having a conversation, can not only put a smile on a resident's face but also provide much needed support and encouragement. Even the smallest of kind gestures can mean the world to someone.

Not only can volunteering benefit the residents but there is also research that reveals volunteering is just as good for the volunteer! Some of those benefits include expanding social connections, reducing stress and anxiety, increased self-confidence, providing individuals with a sense of purpose and helping people to stay physically healthy.

Volunteerism provides both personal and professional empowerment. Helping others is good for the soul and documenting one's volunteer activities is great for professional development and showing a well-rounded area of interests.

There are many ways anyone can volunteer and make a positive difference in the lives of our residents. Springfield Rehab & Healthcare is currently seeking volunteers Thursday afternoons for Fancy Nails to help in painting our ladies' fingernails. We're also seeking volunteers to host Bingo on Saturday mornings at 10 am. Of course, volunteers are welcome to participate in any of our varied activities! For a monthly calendar you can go to our facility website at <https://nhccare.com/locations/springfield-rehabilitation/> and scroll toward the bottom or contact the Activity Department at the facility. For more information call 417-882-0035 and sign up today!

"We make a living by what we get, but we make a life by what we give." — Winston Churchill



SPRINGFIELD

REHABILITATION AND HEALTH CARE
CENTER

2800 S Fort Ave. Springfield MO 65807
417-882-0035

Springfield Rehab & HealthCare Management

Administrator: **Troy Lacey**

Director of Nursing: **Lysandra Harmon**

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



July Resident Birthdays

7/1 William Shepherd

7/2 Juanita Harrison

7/4 Beverly Russell

7/9 Bessie Tinker

7/10 Glenda Main

7/13 Dorothy Tucker

7/21 Alberta Woods

7/26 Linda Cramer - Elliott

7/26 Barbara Owens

7/26 Carolee Roberts

7/30 Larry Bell

In astrology, those born from July 1–22 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones. Those born from July 23–31 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings.

Carl Lewis (Olympian) – July 1, 1961

Richard Petty (racing driver) – July 2, 1937

Bill Withers (singer) – July 4, 1938

Anjelica Huston (actress) – July 8, 1951

Mavis Staples (singer) – July 10, 1939

Richard Simmons (fitness guru) – July 12, 1948

Clive Cussler (author) – July 15, 1931

Nelson Mandela (political leader) – July 18, 1918

Carlos Santana (musician) – July 20, 1947

Robin Williams (actor) – July 21, 1952

Sandra Bullock (actress) – July 26, 1964

Laurence Fishburne (actor) – July 30, 1961



Fourth of July

WORD SEARCH

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

United States
Liberty
States
Parade

Independence
America
Stars
Flag

Revolution
Freedom
Flag
Summer

Fireworks
Picnic
Patriotic
July

Please check the calendar for specific days of activities.

All activity dates are subject to change, any changes will be announced.

WHAT'S HAPPENING!!

Strengthen Your Mind and Body
with

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

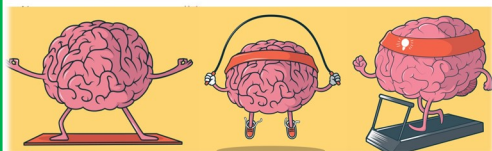
Ice Cream Social

Wednesdays at 2:30
in the Day Room



EXERCISE YOUR BRAIN!

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



Movie Matinee
with popcorn
every Saturday
at 1:30



Every Tuesday & Saturday at
10am





Bombs Busting in Air

It's common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates' sense of urgency increased, and on July 2 they voted in favor of independence.

John Adams, representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776, will be the most memorable Epocha, in the History of America... It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.



On Eagle's Wings

On June 20, 1782, a picture of a bald eagle with wings outstretched was proposed to the U.S. Congress as the Great Seal of the United States. Not everyone accepted the bald eagle as the national bird, and a debate raged for years after its selection. Benjamin Franklin famously objected:

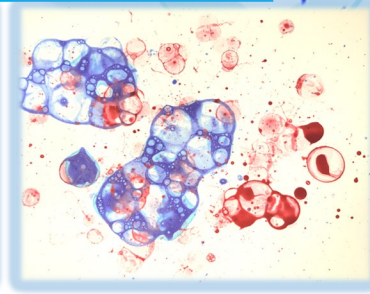
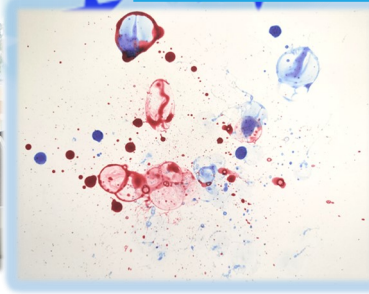
"I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character; like those among men who live by sharpening and robbing, he is generally poor, & often very lousy. The turkey is a much more respectable bird and withal a true, original native of America."

Franklin's objections would be overruled, and in 1787, the eagle was officially adopted as America's national emblem. America was not the first country to use an eagle as its symbol: the ancient Roman Empire and the First Persian Empire both used eagles to denote strength & glory.

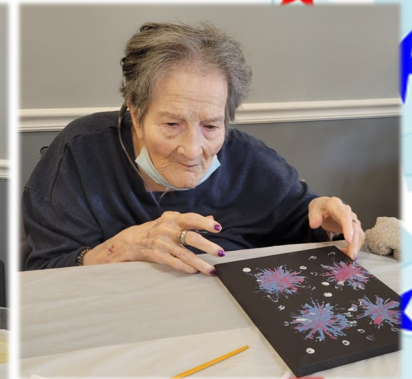


A look back at June

Patriotic painting with bubbles!



Wine & Painting—Fireworks!




Flag Day crafting



Music with Paul Pharris



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2022</h1> <p>Springfield Rehab & Healthcare Center</p>						
Independent Activities/Games (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	3 10:00 Juice & Daily Chronicles 11:00 Tai Chi 12:00 4th of July BBQ 2:30 Freezer Pop Social	4 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Craft-DIY Unfinished Wood Butterfly Photo Holder	5 8:00 Memory Care Short Story 10:00 Mexican Villa Lunch Outing 2:30 Stronger Longer 3:00 Ice Cream Social	6 10:00 Coffee & Trivia 12:30 Fancy Nails/D-Hall 1:30 Movie Matinee 3:30 Bible Study w/ South Creek Baptist	7 9:30 Therapeutic Circle 11:00 Chair Yoga 2:00 Happy Plunkers Ukulele Band	8 10:00 Bingo w/ Glenda Independent Activities/Games (Day Room)
Independent Activities/Games (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	10 10:00 Juice & Daily Chronicles 10:45 Tai Chi 2:30 Nickel Jackpot	11 8:00 Therapeutic Circle Circle 10:00 Bingo 2:00 Craft-Butterfly Glitter Snow Globe	12 8:00 Memory Care Short Story 10:00 Stronger Longer 1:30 Communion w/ Seasons Hospice 2:30 Ice Cream Social	13 10:00 Coffee & Puzzles 12:30 Fancy Nails/R-Hall 1:30 Movie Matinee 3:30 Bible Study w/ South Creek Baptist	14 9:30 Therapeutic Circle 11:00 Chair Yoga 2:00 Happy Hour	15 10:00 Bingo 1:30 Movie & Popcorn
10:00 Church w/ Pastor Eustler Independent Activities/Games (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	17 10:00 Juice & Daily Chronicles 10:45 Tai Chi 2:30 Rob the Table	18 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Karaoke w/ Chaplain James & Phoenix	19 8:00 Memory Care Short Story 10:00 Stronger Longer 10:30 Cranium Crunches 1:30 Violin by Claire 2:30 Ice Cream Social	20 10:00 Outdoor Games 12:30 Fancy Nails/B-Hall 1:30 Movie Matinee 3:30 Bible Study w/ South Creek Baptist	21 9:30 Therapeutic Circle 10:00 Coffee & Health Education 11:00 Chair Yoga 2:00 Painting & Wine	22 10:00 Bingo 1:30 Movie & Popcorn
10:00 Church w/ Pastor Eustler Independent Activities/Games (Day Room) 4:00 Devotion's w/ Sunset Church of Christ	24 10:00 Juice & Daily Chronicles 10:45 Tai Chi 2:30 Boccia Ball w/ Good Shepherd	25 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Birthday Party w/ Terrace Home Health	26 8:00 Memory Care Short Story 10:00 Stronger Longer 10:30 Who/What Am I? 2:30 Ice Cream Social Wal-Mart Shopping Car Off	27 10:00 Ceramics w/ Tony 12:30 Fancy Nails/C-Hall 1:30 Movie Matinee 3:30 Bible Study w/ South Creek Baptist	28 9:30 Therapeutic Circle 10:00 Resident Council/Coffee & Donuts 11:00 Chair Yoga 2:00 Happy Hour	29 10:00 Bingo 1:30 Movie & Popcorn
Independent Activities/Games (Day Room)	31	Leave A LITTLE SPARKLE WHEREVER YOU GO Shoot for the stars Don't let your light fade GO OUT WITH A BANG				

All Activities Are Subject to Change.