

Springfield Rehab & HealthCare Center

2021

Care Connection

November



November Highlights

National Caregivers Appreciation Month

National Diabetes Awareness Month

Native American Heritage Month

Aviation History Month

Nov 2nd All Souls Day

Nov 7th Daylight Savings Time

Nov 11th Veterans Day

Nov 25th Thanksgiving

Nov 28th Hanukkah Begins

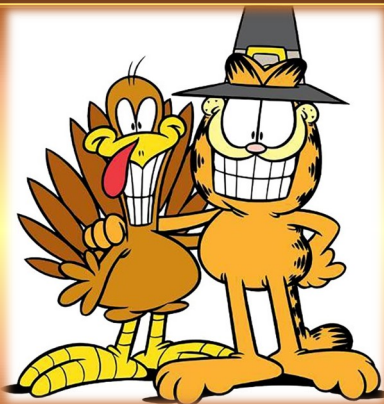
November is upon us! And with it comes the promise of colder and shorter days. The trees are losing the rainbow of foliage that only weeks ago painted their branches marking the coming on winter.

The Thanksgiving season reminds us that we should be grateful for the many blessings in our lives. In another year of challenges involving Covid-19 it's been tricky to say the least to stay connected with the people that mean the most to us. If family members or friends are unable to visit in person we offer the option to video chat using an easy to hold tablet.

Celebrations are slowly beginning to return to normal as the Holidays approach and our facility guidelines are allowing family and friends to visit as long as certain guidelines are followed such as health screenings at the door and masks being worn while in the building to name a few. Please feel free to contact administration for full guidelines.

Just a reminder as the days grow colder animals will try to seek shelter in warmer places. Unfortunately this includes under vehicles and even up under the hood near the warmth of the engine. Please remember before starting your car to give the hood a few taps to scare off any animals that may be trying to stay warm inside.

Stay warm & enjoy the beauty of the changing of the seasons!



SPRINGFIELD

REHABILITATION AND HEALTH CARE
CENTER



November Resident Birthday's

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

Teresa Layton 11-5
 Charles Hendrix 11-7
 James Jeffries 11-10
 Sharon White 11-10
 Rosemary Fiero 11-13
 William Webb 11-13
 William Chastain 11-16
 Dorothy Davis 11-27
 Evalina Moad 11-30

In astrology, those born from November 1–21 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else. Those born from November 22–30 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges.

Will Rogers (cowboy) – Nov. 4, 1879
 Vivien Leigh (actress) – Nov. 5, 1913
 Carl Sagan (astronomer) – Nov. 9, 1934
 Tracy Morgan (comedian) – Nov. 10, 1968
 Charles, Prince of Wales (royal) – Nov. 14, 1948
 RuPaul (model) – Nov. 17, 1960
 David Ortiz (ballplayer) – Nov. 18, 1975
 Goldie Hawn (actress) – Nov. 21, 1945
 Robin Roberts (journalist) – Nov. 23, 1960
 Charles Schulz (cartoonist) – Nov. 26, 1922
 Chadwick Boseman (actor) – Nov. 29, 1976

Springfield Rehab & HealthCare's Partner of the Month

The partner of the Month for September was

Adrienne Whyzmuzis

Adrienne has been a partner of Springfield Rehab and Healthcare as a cook & kitchen goddess for 6 years. Your great sense of humor and smile always make the day brighter. Congratulations and thank you for all the hard work you do!



The December newsletter will highlight the Partners of the Month from January through December.



Seeking Donations

The Recreation Department is looking for donations of gently used magazines of all varieties. Our residents have varied interests and we're looking to supplement our magazine collection with new material for them to enjoy. Some areas that we're looking in particular include magazines about Horses, cats & dogs, motorcycles & cars, sports, and any large print material. If you have any magazines that you would like to donate you can simply drop them off at the reception desk. Thank you for any contribution you can make!



No-Shave November seeks to grow awareness — not to mention hair-ness — about cancer. The organizers want people to embrace their hair, which many cancer patients lose, and to let it grow — as the holiday's originators say — “wild and free.” No-Shave November is a fun and creative way to remind folks that many of our friends and neighbors struggle every day with the disease and with efforts to fight it. Moreover, organizers also encourage participants to donate the money they'd normally spend on hair care to cancer support and educational organizations.

HISTORY OF NO-SHAVE NOVEMBER

No-Shave November was created in 2009, two years after the passing of Matthew Hill who struggled with colorectal cancer during the month of November in 2007. He and his family had already adopted the practice of not shaving during the month of November and donating the expenses typically used on razors and shaving cream to charities that support research into illnesses such as prostate, testicular, and colorectal cancer among others.

The idea of using facial hair to create awareness during November started in 2003 in Australia with a group of friends who coined the term, “Movember,” in reference to how they will be growing out their mustaches and collecting money for men's health charities during that month. The Movember Foundation and No-Shave November are two separate entities, but they are both supporting and call for the same thing – stop shaving (or grow a mustache) during the month of November to spread awareness and donate to these types of charities.

In the past decade and a half that the two charities have been around they've been able to raise millions of dollars in support of charities that research prostate, testicular, and colorectal cancer prevention.

There are numerous ways to raise awareness or to donate to cancer research, and together we can make a difference!

American Cancer Society at cancer.org or call 1-800-227-2345





Tongue Twisters

Serious speakers celebrate the second Sunday of November with especially circumlocutory spiels. Say that five times fast because November 14 is Tongue Twister Day!

Many of the first tongue twisters were not intended to entertain. J.W. Shoemaker included several in his 1878 textbook *Practical Elocution* as a means to improve pupils' speech and diction. He included such doozies as, "Some shun sun-shine; do you shun sun-shine?" and "A shot silk sash shop." Elocution was a regular part of the school-day routine, with emphasis not only on proper pronunciation and diction but on modulation of pitch, proper conveyance of emotion, and integration of physical movement.

The most famous tongue twister of all, regarding Peter Piper and his peck of pickled peppers, first appeared in print in 1813 in, you may have guessed it, a textbook titled *Peter Piper's Practical Principles of Plain and Perfect Pronunciation*. Historians believe that the rhyme was probably in common use long before that. Peter Piper himself may have been based on the 18th-century French horticulturalist and botanist Pierre Poivre, who introduced spices like nutmeg and clove to the French islands of Mauritius, Réunion, and Seychelles. The word *poivre* means "pepper" in French, leading many followers to draw a connection between the man and the tongue twister.

Below, you will find some of the most popular English tongue twisters. Say them as quickly as you can. If you can master them, you will be a much more confident speaker.

Betty Botter bought some butter.
But she said the butter's bitter.
If I put it in my batter, it will make my batter bitter.
But a bit of better butter will make my batter better.
So 'twas better Betty Botter bought a bit of better butter.

I saw a kitten eating chicken in the kitchen.

If a dog chews shoes, whose shoes does he choose?

Eleven benevolent elephants.

A skunk sat on a stump and thunk the stump stunk,
but the stump thunk the skunk stunk!



Deliberate Acts of Kindness

The phrase "survival of the fittest" is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be "survival of the kindest." The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth's most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, "Practice random kindness and senseless acts of beauty" on a placemat in a California restaurant in 1982.

Herbert's notion that we should practice random acts of kindness is not new. Jews have practiced mitzvahs, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, "No act of kindness, no matter how small, is ever wasted."



A look back at October



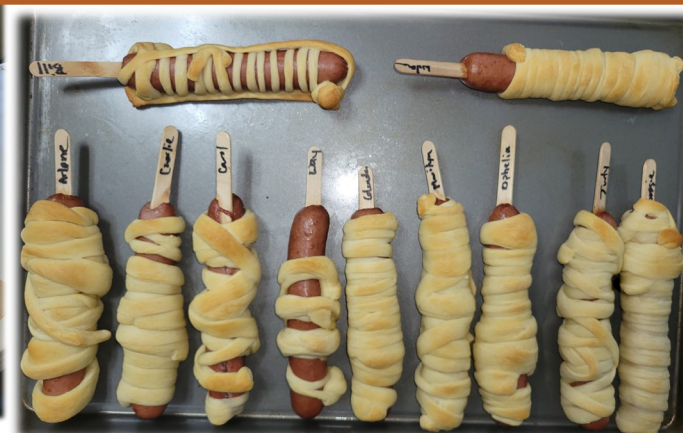
Reintroducing Pet Therapy with Haven Healthcare! A little love from a couple of sweet dogs goes a long way.



Horses pay a visit thanks to Phoenix Homecare & Hospice.



Making mummies on a stick for a tasty Halloween themed snack!



A special thanks to our music entertainment this month! Thomas Walters gave a great piano performance, and Isaac Kenneth played guitar & belted out some amazing tunes for our residents.



We also want to thank Haven Healthcare for hosting our monthly birthday party and bringing the delicious cake.



Thanksgiving

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

BOUNTY
CRANBERRIES
DRESSING
FAMILY
GATHER
GRATITUDE
GRAVY

GREEN BEANS
HAM
HARVEST
NOVEMBER
PARADE
PIE
PUMPKIN

SHARING
STUFFING
THANKSGIVING
THURSDAY
TURKEY





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>"Be present in all things, and thankful for all things." <i>-Maya Angelou</i></div>	10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Nickel Jackpot	9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Crafts-Wreath of Thanks	10:00 Stronger Longer 11:00 Cranium Crunches 2:30 Ice Cream Social	10:00 Pet Therapy w/ Haven Healthcare 11:00 Reflections of Kindness 12:30 Fancy Nails/B-Hall	9:30 Therapeutic Circle 10:00 Coffee & Coloring 11:00 Chair Yoga 2:30 Happy Hour	10:00 Bingo 1:30 Movie Matinee
7 Independent Activities Cart (Dining Room)	8 10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Finish the Feathers Game	9 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Popcorn & Soda Social	10 10:00 Stronger Longer 11:00 Who Am I? 1:45 Communion w/ Seasons Hospice 2:30 Ice Cream Social	11 10:00 Veteran's Day Celebration 12:30 Fancy Nails/C-Hall	12 9:30 Therapeutic Circle 10:00 Coffee & Trivia 11:00 Chair Yoga 2:30 Painting & Wine	13 10:00 Bingo 1:30 Movie Matinee
Daylight Saving Time Ends				Veterans Day Remembrance Day (Canada)		
14 Independent Activities Cart (Dining Room)	15 10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Rob the Table 6:00 2nd Baptist Hand Bells	16 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Karaoke w/ Chaplain James & Phoenix	17 7:30 Men's Waffle Breakfast 10:00 Stronger Longer 11:00 Devotions 2:30 Ice Cream Social & Wood Coloring	18 10:00 Pet Therapy w/ Haven Healthcare 11:00 Junk Drawer Detective 12:30 Fancy Nails/D-Hall	19 9:30 Therapeutic Circle 10:00 Coffee & Cinnamon Rolls w/ Season's Hospice 11:00 Chair Yoga 2:30 Happy Hour	20 10:00 Bingo 1:30 Movie Matinee
21 10:00 Church w/ Pastor Eutsler Independent Activities Cart (Dining Room)	22 10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Family Feud Fun	23 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Resident Council	24 10:00 Stronger Longer 11:00 Pinecone Bird Feeders 12:30 Fancy Nails/Rehab Wal-Mart Shopping Cut Off	25 10:00 Gobble Bingo 1:30 Baking-Pumpkin Chip Bread Gobble Gobble! <small>Thanksgiving Day</small>	26 9:30 Therapeutic Circle 10:00 Coffee & Puzzles 11:00 Chair Yoga 2:30 Ice Cream Social	27 10:00 Bingo 1:30 Movie Matinee
28 10:00 Church w/ Pastor Eutsler Independent Activities Cart (Dining Room)	29 10:00 Juice & Daily Chronicles 11:00 Tai Chi 2:30 Boccea Ball w/ Good Shepherd	30 9:30 Therapeutic Circle 10:00 Bingo 11:30 Memory Care Dining 2:30 Birthday Party w/ Haven Healthcare	<div></div> <div>November 2021</div> <div>Springfield Rehab & Healthcare Center</div> <div></div>			
Handicap Begins						

All Activities Are Subject to Change.

