

VOLUME 2 · ISSUE 2

Van Buren

HEALTH AND REHAB HERALD



| Resident Spotlight:
Sheila Goes Home

| Life Long Living
& Activities

| Making a
Difference

UPCOMING EVENTS

Safari Outing at Wild Wilderness in Gentry, AR

August 14th

Hawaiian Week

August 18th -
August 22nd



Courtyard Fun: “Goodbye, August” Party

August 27th

Resident Birthday Party

August 22nd

NFL Party
September 5th



Friendship
Quilt
Sept 9th

A Full activities calendar is available at the front desk, or online at vbhr.net/newsandevents
Family and Friends are always welcome!

SPA DAY

Life is too short for a bad manicure!
Ladies of Van Buren Health and Rehab gather in the sun room to enjoy time visiting with friends and being pampered. From French Tips to shades of pink, or maybe a Summery neon, we have a color to suit every ones unique style.

Photographed below, Jenny Gomez applies pink with metallic silver tips. Brandy Pierce gives Patsy Roberts a classic French manicure that would make Audrey Hepburn proud!



Life Long Living at Van Buren Health & Rehab



Circus Day!
May 19th was a day of Fun; with Karaoke, Animal Cookies, and Cotton Candy! It took everyone back to their childhood days, staff and the residents!



Circus Day



On May 20th, a couple of the residents took time out of the day to plant some flowers.

They enjoyed the day that was a bit warmer then it had been lately but luckily it was a windy day which cooled everything off a bit. They also got a refreshing lemonade beverage while working outside. "I always enjoy going outside, getting that extra vitamin D from the sun is just what I need some days!"
-Michael G.



Mother's Day Tea
On May 11th, the ladies enjoyed time with family, friends and staff. They got plenty of treats, tea, and love on that Sunday. It was all about the ladies on Mother's Day!

Mother's Day Tea



Gardening

From our Kitchen to Yours



Fresh Strawberry-Spinach *Salad*

Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon sea salt, plus a pinch or two more
- 1 cup fresh strawberries, sliced
- 5 cups baby spinach leaves, washed and dried
- 3 tablespoons shallot, minced
- 1/2 cup sheep's milk feta, crumbled
- Fresh-ground black pepper to taste

Directions:

Place the spinach leaves into a medium-sized bowl. Drizzle half the dressing over the leaves, and turn to coat with your fingers. Gently toss in the strawberries, shallot, and feta. Drizzle on a bit more dressing to taste. Taste the salad and add more dressing or salt as needed. Finish with several twists of fresh-ground black pepper and serve.

Boost Your Breakfast

Boost your breakfast by adding a side of fresh berries for energy and antioxidants.



HAPPY *Independence Day*



Residents and Staff of Van Buren Health and Rehab celebrated Independence day in true American Fashion.

It was a beautiful summer day for a picnic in the courtyard. We enjoyed sweet watermelon and wore lots of red, white, and blue!



Queen's Pageant & Ball



Front Hall Pageant
August 26th

South Hall Pageant
September 25th

Living the Aloha Spirit

National Nursing home week was kicked off on May 11th with a Mother's Day tea. Van Buren Health and Rehab was one of many nursing homes across the nation taking part in the theme "Living the Aloha Spirit".

In Hawaii, the word "aloha" has a deeper cultural significance than a simple greeting or farewell. In Hawaiian culture, it is important to treat yourself and others with aloha, to interact with love and respect and joyfully share life.

By applying this spirit of aloha to daily life, the people of Hawaii are encouraged to treat others with deep care, respect and humility, leading to individuals creating a better world.

Key concepts of aloha spirit include unity, kindness, truthfulness, humility and patience. Van Buren Health and Rehab's residents, staff, family and friends shared in team building games and shared meals together throughout the week to remind us of the importance of these attributes.





Resident Spotlight

Sheila came to Van Buren Health and Rehab on April 16th. She came to us after a double bi-pass and was unable to take care of herself at home because of the restrictions the doctor had put on her after surgery. "I didn't realize how restricted I would be after a heart surgery."

Sheila's daughter is the HR/administrative assistant for Van Buren Health and Rehab. So, coming here wasn't a hard choice for her. However, making the friends was even easier here for her and her kind heart. "I never had a lot of friends before I came here. But now, I am very close with some of those here. I actually am sad to leave, but glad to know that I can come back and visit regularly."

Sheila always talked to the residents about the view in her room. "I have a GREAT view of the interstate and I get to watch everyone come in and leave for work." She always seemed to have residents and visitors in her room. "The staff is SO friendly, they sure do make it feel like home!"

Now that Sheila is gone stories will come up about her; how sweet she was, how she was always smiling, how she always got involved, and how well she recovered after her surgery. Although, Sheila was only with us for 26 days, she will always have a special spot in our hearts and we always look forward to seeing her when she comes up to visit!



SOCIAL SERVICES CORNER

The following checklist will help you identify your care needs. With this information, your health care provider can help you customize a care solution. You can print this checklist and check the box next to any items that you have recently observed.

Do you or your loved one...

Mental

- Feel forgetful, confused or lost
- Mix up or forget to take medications
- Miss doctors' appointments
- Overlook things that pose a safety concern
- Struggle to pay bills or buy food
- Receive a lot of junk mail
- Write checks or withdraw money to make payments to unfamiliar people or companies
- Act secretive while on the phone

Physical and Medical

- Sleep more often or have less energy
- Notice a change in eating habits
- Have difficulty walking, dressing, eating or bathing
- Have trouble cleaning or maintaining a household
- Fall more often or bruise more easily
- Need medical attention or additional personal care
- Take medication that you think needs to be adjusted
- Need daily/weekly treatments, such as dialysis or IV therapy
- Use medical equipment, such as an oxygen tank

Emotional and Social

- Feel lonely or depressed
- Feel frustrated or stressed
- Take less interest in things previously enjoyed

• Nursing Notes •
Making a Difference



While walking along a beach, an elderly gentleman saw someone in the distance leaning down, picking something up and throwing it into the ocean.

As he got closer, he noticed that the figure was that of a young man, picking up starfish one by one and tossing each one gently back into the water.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

The old man smiled, and said, "I must ask, then, why are you throwing starfish into the ocean?"

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the elderly observer commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

The young man listened politely. Then he bent down, picked up another starfish, threw it into the back into the ocean past the breaking waves and said, "It made a difference for that one".

(Adapted from The Star Thrower by Loren Eiseley 1907 – 1977)

So many times over the years I have been told that it takes a special person to do what we do in the nursing home. I would have to agree. Whatever position is held in the nursing home, the work is different from anyone else's. Our employees act as a companion, a friend and an ally. They use

patience, empathy, kindness instead of fancy tools. They complete tasks that others are not lining up to do.

Prairie Grove Health and Rehab would like to thank each of the front line workers for "making a difference" each and every day one resident at a time.



Nursing Spotlight

Christy

Christy Morris Hoffman has been with Van Buren Health and Rehab since October of 2009. She has served as the behavioral unit manager for six years, but she can often be seen lending a hand wherever needed. Christy has an amazing heart for the resident and thrill for what she does on a day to day basis.

Christy discovered that nursing would be in her future through an aptitude test she took in the 4th grade, and she has now been working in the medical field for 16 years. Her mother still has this test and essay at home.

Christy has experience in many areas of nursing, from podiatry to Med Surge to Mental Health, but she has found her passion in caring for the elderly. She has brought a wealth of knowledge from her experiences in Northwest Arkansas and Dallas, TX. Thank you, Christy, for your hard work and dedication!



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