

VOLUME 2 · ISSUE 2

Prairie Grove

HEALTH AND REHAB HERALD



| Therapy with
Vitamin D

| Life Long Living
& Activities

| Talking Heart to
Heart

Upcoming Events

at Prairie Grove Health and Rehab

Saturday Movie Matinées

New Playing

Every Saturday at 2 pm

**Razor Back
Football
Opening Day**
Tailgate Party
August 24th



WII Games

Tuesdays at 10 am

Mandolin Music
August 27th at 2 pm

Resident Counsel Meeting
August 8th at 10 am



**Aging
Awareness**
Balloon Release
Sept 18th

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



REHABILITATION

On sunny, summer days residents get outside for some Vitamin D and Rehabilitation.

At Prairie Grove Health & Rehab, our comprehensive rehabilitation team provides individualized and goal-oriented treatment programs. Our focus is to help patients return home by offering treatment plans designed to integrate them back into the community and home environment.



Life Long LIVING

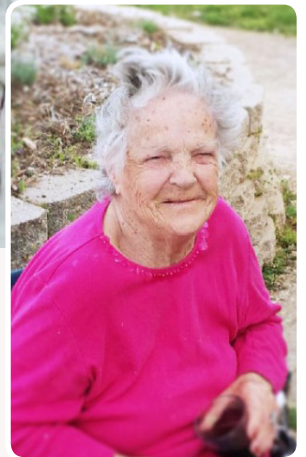


The men enjoyed time in the great outdoors at the battlefield park in Prairie Grove. They walked the park and had a tasty lunch from McDonald's.

The ladies opted for a fun-filled day of shopping.



Out & About



Spring is a beautiful time of year at Prairie Grove Health and Rehabilitation. Residents enjoy time out of doors in the mild temperatures.

We celebrated Easter with friends and family, shared a delicious meal, and had a visit from the Easter bunny! PGHR residents hunted high and low during our annual Easter egg hunt.

Frank and Shirley of Olde Tyme Music are a resident favorite at Prairie Grove Health and Rehab. Their performances never disappoint! Olde Tyme Music will perform August 21st at 10am. Friends and Family are welcome to attend.



Olde Tyme Music

Easter Egg Hunt

From our Kitchen to Yours



Summer 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.



CNAs at the *Heart of Caring*

In June, Prairie Grove Health and Rehab Celebrated National CNA week to honor the staff who give daily, hands-on-care to our residents. As a token of our gratitude for all their hard work and dedication, department heads took turns preparing meals throughout the week.

In conjunction with CNA week, we had our annual recertification survey. Our team worked incredibly hard, and we are proud to say that our CNAs contributed zero tags. Thank you for all that you do!



Alzheimer's Walk Sept 20th

Join Prairie Grove Health and Rehab
in the Fight against Alzheimer's

Living the Aloha Spirit

National Nursing home week was kicked off on May 11th with many fun events for residents, staff and families. Prairie Grove 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. Prairie Grove 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: Maudie Phillips

Maudie Phillips has spent her entire life in the Prairie Grove area. Although she has lived as a resident here for two years, she is no stranger to Prairie Grove Health and Rehab. She was employed here for many years. She started off working in the kitchen and then moved out to the floor where she worked as an aide. She loved helping people.

She has four children, twelve grandchildren and nine great grandchildren. She loves to sew. She has made aprons, doll clothes and even the occasional clothing repair! She enjoys sitting in the courtyard visiting with family and friends. She planted a garden in the courtyard this spring with tomatoes, cucumbers and squash.

Independence Day

Truman Renfro shares a birthday with America, and is also a US Air Force Veteran. On July 4th we celebrated Truman's 92nd birthday with 4 generations of his family and lots of friends!



SOCIAL SERVICES CORNER

The following checklist is designed to help you explore the care needs for yourself or a loved one. With this information, your health care provider can help you customize a care solution. Circle 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
- Avoid people and social interaction

• 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

Lisa Grubbs

Lisa joined the PGHR team in September of 2013 as a CNA. Residents and Staff alike, enjoy Lisa's "fun-loving" attitude. Lisa is not only a hard worker, but takes great pride in her work. Lisa furthers our mission at Prairie Grove Health and Rehab by her patience and passion for working with the elderly.

Lisa has owned her own business since 2000 and has worked odd jobs on the side before deciding to become a CNA. She then went to Petra Allied Health in Springdale, AR where she received her licenses to work in health care.

PGHR is fortunate to have Lisa as a part of our family and we thank her for giving our residents 110% every day.



5703 Gulf Tech Dr, Ocean Springs, MS 39564

Prairie Grove

HEALTH AND REHABILITATION

621 South Mock Street, Prairie Grove, AR 72753
Phone: 479-846-2169 Fax: 479-846-4665
www.pghr.net



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