

VOLUME 3 · ISSUE 2

Prairie Grove

HEALTH AND REHAB HERALD

National Nursing Home Week Issue:

BRING ON THE Fiesta!

| From our Kitchen:
| Perfect Guacamole

| Life Long Living
| & Activities

| Celebrate
| Mother's Day

Activities

At A Glance

Cinco De Mayo
May 5th

National Nurses Day
May 6th



Patio Gardening
Every Morning at 9:30 am

Riddles in a Jar
May 7th at 10 am



National Nursing Home Week
May 10th- 16th

Old Tyme Music
May 19th at 10 am

Memorial Day
May 25th

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

"Age is merely the number of years the world has been enjoying you."

YOU'RE INVITED TO OUR MONTHLY
BIRTHDAY BASH

Resident Birthdays

April:

Party April 25th @ 2 pm
Jeanne 4/25

May:

Party May 31st @ 2 pm
Andy 5/3 &
Bobbie 5/13

June:

Party June 30th at 2 pm
Rick 6/3,
Maudie 6/8 &
Bob 6/22

Lunch with Mom
May 10th @ Noon



NATIONAL NURSING HOME WEEK: **BRING ON THE FIESTA**

During May, Prairie Grove Health and Rehab will celebrate National Nursing Home Week. This is an event that brings the community of residents, rehab patients, families, and care center staff together-- and this year will be a *Fiesta* like no other. That's right! The theme of 2015 National Nursing Home Week is **"Bring on the Fiesta!"**

We will be kicking off festivities on May 10th to celebrate "Familia, Vida and Amor" (Family, Life, and Love). On Mother's Day, we will be hosting lunch at 2 pm. Mother's and Daughters, friends and family are welcome!



"Familia, Vida and Amor"

Activities

S

Sunday, May 10th

Lunch with Mom

M

Monday, May 11th

Pinata, Hot Pepper, & Sombrero Dance

T

Tuesday, May 12th

Taco Battle Tuesday

W

Wednesday, May 13th

W/C Relay Race with Eggs

T

Thursday, May 14th

Carnival Day

F

Friday, May 15th

Outdoor Fun Day

S

Saturday, May 16th

Movie Matinee

Our staff wants to make this a special time of entertainment and education for all while focusing on bringing to life the week's sub theme of Familia, Vida and Amor (Family, Life, Love). We want everyone to celebrate with residents and patients, enjoying the crowds, the activities, and the feelings engendered by the theme.

We invite family, friends, and community, to come out and celebrate National Nursing Home Week with us. Our events will be fun for everyone! Your presence will help make Nursing Home Week a special time of entertainment and education for everyone in our area.

Join us for themed meals throughout the week. Visit our website, www.pghr.net, or stop by our front desk for a detail calender of activities happening throughout the week.

From our Kitchen to Yours



perfect GUACAMOLE

Ingredients:

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

Directions:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Pico de Gallo

In a medium bowl, combine tomato, onion, jalapeño pepper (to taste,) cilantro and green onion. Season with garlic powder, salt and pepper. Stir until evenly distributed. Refrigerate for 30 minutes.



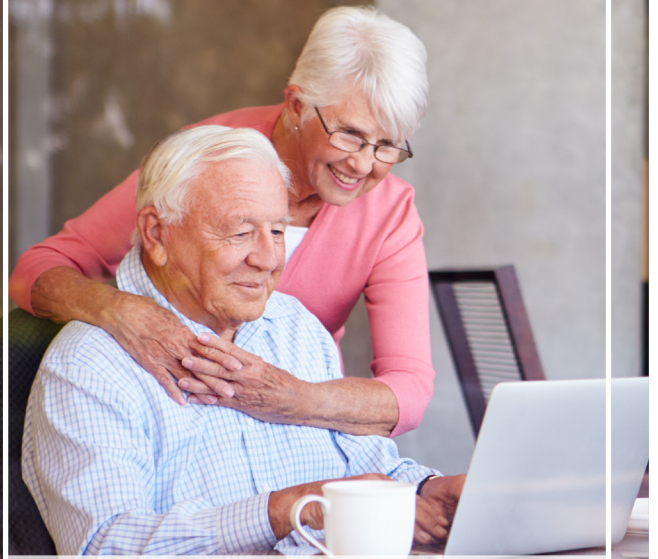
GARDENING

We have many green thumbs at Prairie Grove Health and Rehab, as gardening is a pass time enjoyed by many of our residents.

Its so therapeutic to get out in this gorgeous spring weather, enjoying the sunshine, planting & watching them grow. We hope the April showers bring us May flowers!



Stay Connected with PGHR
and the ones you love.



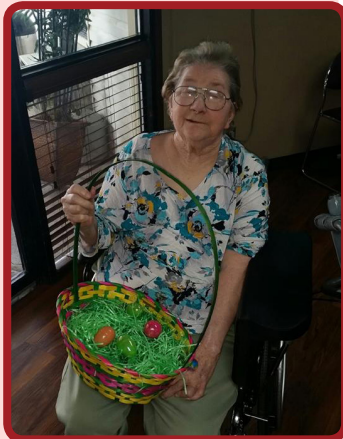
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Easter Sunday

Easter is a holiday we treasure at Prairie Grove Health and Rehab. We cherish time spent with friends and family members.

From dying Easter eggs to lunch with loved ones, there were festivities for all to enjoy. Our annual egg hunt was Easter Sunday afternoon.



FUNNY BONE

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"

SOMETIMES YOU WILL
NEVER KNOW THE
VALUE OF A MOMENT
UNTIL IT BECOMES A
MEMORY.

-Dr. Seuss

Memorial Day
May 25th



Jessica, LPN



I became a nurse to help the elderly and be someone they can count on. I want them to know that they are loved and someone is here to take good care of them. I've only worked at PGHR for a few

months, but I have already fallen in love with my job, residents, and fellow employees. The staff really cares about the well being of these residents and I can see myself working here for many years to come.

My favorite nurses are Melissa and Alicia, very caring and they make sure I have everything I need. They go above and beyond for me.

-Betty

FROM OUR RESIDENTS

Jordan & Melissa, always willing to help in anyway, great attitudes, and they make sure I have everything I need.

- Ron

All of the nurses are very respectful and you don't get that just anywhere. They are all good!!

-Jack

Jordan is a problem solver. She is kind, funny, and gets us whatever we need.

-Homer & Janie

Alicia, LPN



I've Always been the one in my family to "take care" of everyone and it seemed so natural for me. I was encouraged by my peers, while working as a CNA, to become a nurse. I was always told I have the patience and good critical thinking skills. I enjoy making my residents laugh and making a positive difference in someone's day.

*"They may forget your name,
but they will never forget how
you made them feel."*

-Maya Angelou

Share your Story at www.pghr.net

Many of our nurses enter the field after their life was changed by the care of a nurse. We want to here your story. Is there a nurse at Van Buren Health & Rehab who has gone above and beyond the call of duty? Share with us online.

Mother's Day

Celebrating Mother's Day when Mom is in a Nursing Home



With Mother's Day quickly approaching, Sunday, May 10th, many people are planning celebrations to honor their Mothers. You might be wondering, *What does it look like to honor your elderly mother living in a nursing home? How can you make this day special?* If your mother is living in a nursing home, You might be confronted with either of these scenarios- one, your mother is able to leave the facility for an outing, or two, for medical reasons, your mother is unable to leave the facility. No matter the situation for your mom, here are a few ideas for spending time together and making the day special.

Going out

Weather permitting, the possibilities for going out on the town are vast. From outdoor activities such as a walk in the park to indoor activities such as visiting a salon, here are a few tips for creating an enjoyable and memorable day.

- **All about Mom-** Does your mom enjoy being outdoors? Does she enjoy the theater? Tailor your outing to her interests. It's fun to celebrate what makes your Mother unique.
- **Sweet and simple** - Despite how great your mom is feeling or how good of shape she

is in, seniors tire easily. Keep the day sweet and simple.

- **A sentimental setting-** For seniors in nursing homes, sometimes their favorite place is one that is familiar. The home of a family member or another place near and dear to their heart makes a nice setting to share a meal.

Staying in

There are many ways to make your Mother's day special if she needs to remain in the nursing home. Spending time with her is a great way to honor her motherhood.

- **Reminisce** Spend time reminiscing with your mom over happy times in your life. Sharing fond memories is a wonderful bond.
- **Change of Scenery-** If it is possible, move out of your mothers room and visit outdoors, or share a meal in the dining room.
- **Gift from the Heart-** Bring a family photo or art from the grandkids for her to hang in her room. Use technology such as video of the family to help her feel connected.

For those too far to visit, our website features an "Email a Resident" page- have a personal message delivered to her door.



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HEALTH AND REHABILITATION

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