

VOLUME 2 · ISSUE 1

JANUARY · FEBRUARY · MARCH 2014

# Van. Buren

## HEALTH AND REHAB HERALD



Resident Spotlight:  
*Michael Grant*

Life Long Living  
& Activities

Talking Heart to  
Heart



# *Life Long Living*

at Van Buren Health & Rehab

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## April Birthdays Party

April 25th  
2:00 pm



## Casino Outing

April 10th

Easter Egg Hunt  
April 18th at 3:30 pm

Church Service Every Monday and  
Thursday at 10:00 am



## Run for a Resident

April 12th  
8:00 am

Project Compassion's 3rd Annual  
Run for a Resident  
1K, 5K, and 10K  
at Carol Ann Cross Park

Lace up your sneakers for a cause! There will be fun for the whole family-- including a balloon release for the kids and a hot dog social after the race.

## *Be Mine?* A Day for Love

Residents enjoyed a Valentines party on February 14th with all of the trimmings of the holiday. They enjoyed punch, cookies, cupcakes, and even something salty to counteract all the sweetness that was "the day of love". We even had the pleasure of crowning 2 kings and queens because we have too many amazing people to just have one set of royalty. On our front hall we had Freda and Charlie and on our secured unit we had Carolyn and Billie. All had an amazing time and got showered with love!



# Winter Wonderland



Above: Christy poses with Santa during his visit to our home!



Right: Dorothy smiles and shows off her decorated room for Christmas, her favorite holiday.

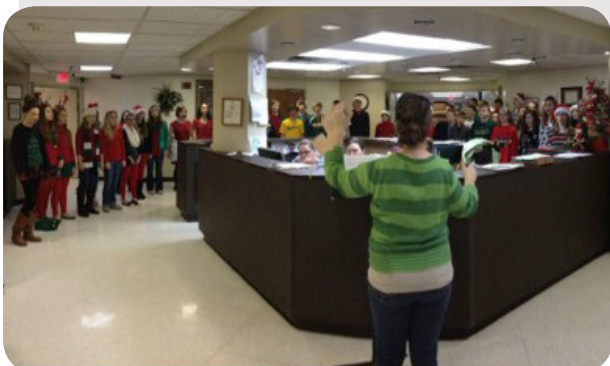
Santa Clause is comin' to town



This winter was a rough one in Arkansas. However, our staff didn't show it one bit. They made a cold situation into a warm hearted situation. They played extra games with the residents to take their minds off of the cold weather and even built "Clyde", the snowman. We enjoyed Clyde for the time that he joined us. The residents got to see him outside of the dining room windows.



Alma Choir sang up and down the halls for the residents. It was not only enjoyed by the residents but staff, family members, and even children that were there as well.



Alma Choir

Do you want to build a snowman?



## From our Kitchen to Yours



Try this simple pasta dish at home

### Ingredients:

- 1 pound Rigatoni, fusilli or small shells, dried
- 2 cups heavy cream
- 1 teaspoon Basil, dried
- 1 cup Crushed tomatoes in heavy puree
- 1 package Italian blend cheese, (8 ounces divided - mozzarella, mild cheddar, provolone, and asiago)
- 1/4 cup gorgonzola cheese, crumbled

### Directions:

1. Preheat oven to 375 degrees F. Spray a 9-by-13-inch casserole dish with cooking spray.
2. Boil pasta two minutes less than the package directs in plenty of well-salted water and set aside. Meanwhile, in a large bowl, mix together the cream, crushed tomatoes, basil, 1 1/2 cups of Italian cheese blend, and gorgonzola cheese.
3. Add cooked pasta to the cream and cheese mixture. Stir to combine. Pour into prepared casserole dish and top with remaining 1/2 cup of Italian cheese blend. Bake for 30 minutes, or until top is browned slightly and pasta is bubbling hot. Serve immediately.



*Easter Celebration*

Join us Good Friday  
April 18th at 2:00 pm





# Mardi Gras Mambo

***Laissez les bons temps rouler*** —or let the good times roll! On March 4th we did just that with a Mardi Gras celebration in true southern fashion. The sun room was decorated in purple, green, and gold and brightly colored beads adorned the necks of all in attendance. Party goers enjoyed a spread of snacks including punch and king cake.

Royalty is a long standing carnival tradition, so in the spirit of the season we crowned a Mardi Gras King and Queen. Some residents could have danced the night away while others enjoyed tapping their feet to the jazzy tunes, but a great time was had by all!





### **January Birthdays**

|                |      |
|----------------|------|
| Jayne May      | 1/2  |
| Dorothy Moore  | 1/4  |
| Jewel Suson    | 1/12 |
| James Owens    | 1/14 |
| Lora Owens     | 1/15 |
| Phyllis Terry  | 1/21 |
| Jimmie Herring | 1/21 |
| Clyde Maxwell  | 1/24 |

### **February Birthdays**

|                   |      |
|-------------------|------|
| Richard Groves    | 2/8  |
| Jefferey Fiddelke | 2/21 |
| Wykema Brown      | 2/23 |
| Nellma Alexander  | 2/24 |
| Faye Russell      | 2/26 |

### **March Birthdays**

|                 |      |
|-----------------|------|
| Wallace Dove    | 3/1  |
| Donnie Lewis    | 3/1  |
| Billy McDaniel  | 3/2  |
| Gerald Drewry   | 3/9  |
| Patsy Rogers    | 3/9  |
| Clara Hawkins   | 3/14 |
| Larry Lynn      | 3/14 |
| Sharon Murdaugh | 3/16 |
| Edward Poll     | 3/18 |
| Jerry York      | 3/20 |
| Mary Adair      | 3/25 |
| Bonnie Brammer  | 3/25 |
| Jerrel Gulley   | 3/27 |



## **IN THE ELDERLY**

Water is essential for the brain, water is the main component of the body. This is true for children and adults, but is vital for seniors. It hydrates every cell, every organ, including the brain. More than 2/3 of the brain is made up of water. Age can affect physical and cognitive functions. Water can't solve this problem but it is necessary for seniors in their daily life. Indeed, maintaining good hydration is important for the whole body including the brain.

It is also common knowledge that elderly people are affected by problems with bowel movements and constipation. People may experience feelings of heaviness, bowel discomfort. On average constipation affects between 11% and 18% of the people. And the prevalence of this disorder is even higher for women and the elderly population. Constipation in the elderly has many potential causes, including a reduced fluid intake, malnutrition, reduced fiber intake, lack of physical activity, impaired mobility, side-effects of medication, and chronic illness. Adopting healthy habits can bring a real relief. Drinking enough water throughout the day is important for seniors to be well hydrated. Maintaining normal weight through adulthood may be an important factor in preventing the development of urinary incontinence especially in women, because overweight increases the pressure on the bladder and surrounding muscles.

resource: [www.nestlenutrition-institute.org](http://www.nestlenutrition-institute.org)



## Resident Spotlight



**Michael Grant**, is our Resident of the Month. Some might even consider him the super Activities Assistant. "He is a huge help, he helps any and every one. He makes my day to day activities easier and even more fun!" Says Rebecca Pledger.

Some of his joys since he has been at the facility have been; helping with our gardening, puzzles, helping take photos of the activities, helping with the activities board, helping plan new activities, and even loves decorating for each activity.

You can see some of his past activities come to life while he is at the facility. He used to be a photographer and did a lot of traveling so he has plenty of stories to tell (and jokes to make you laugh). He is a painter, which he tries to deny but we see his talent, which you can see around the facility. And he has a fascination with trains so he regularly gets the train magazines and likes to share them with other residents in the facility.

He is an all-around good guy! You can usually see him by the front door, as a greeter. Except you probably won't see him there early in the morning because his one down fall as he says, he isn't a morning person. He is more of an afternoon-er and night owl!

## At VBHR, Your loved ones are never far away.



We are so excited to announce the launch of Van Buren Health and Rehab's new website. Our new place on the web includes monthly calendars with upcoming events and activities, up to date photo galleries, and downloadable versions of our quarterly newsletters.

One of our favorite features is "Email a Resident" designed to keep you and your loved ones connected during their stay. Just a moment out of your day will truly brighten your loved one's day. Let them know how the grandkids are doing in school, tell them about a recent trip you took or just let them know you're thinking about them today. We guarantee your small effort will bring smiles to their face.

Visit us online at [www.vbhr.net](http://www.vbhr.net)



Heart disease is a term that covers many types of diseases. This will include diseases of your heart vessels, heart arrhythmia problems, infections and heart defects. Sometimes you may hear the term cardiovascular disease which is interchangeable. This refers to conditions that involve blocked blood vessels that can lead to a heart attack, chest pain or stroke. Many types of heart disease can be prevented or treated with healthy lifestyles choices.

Symptoms of heart disease can include chest pain, shortness of breath, pain, numbness or coldness in your legs or arms. You may not be diagnosed with heart disease until you have had a heart attack, heart failure, or a stroke. One of the major causes of problems with the heart is atherosclerosis or a buildup of fatty plaques in your arteries. It is usually caused by an unhealthy diet, lack of exercise, being overweight and smoking.

Heart disease risk factors include: your age, your sex (men are at greater risk), family history, smoking, poor diet, high blood pressure, high cholesterol, obesity, lack of exercise, high stress, poor hygiene and diabetes. The greater the number of risk factors in your life,

the greater the risk of heart disease.

Patients that develop heart disease have a greater risk of heart failure, heart attack, stroke, aneurysm, peripheral artery disease or sudden cardiac arrest.

When you visit your doctor you need to have a list of your risk factors, any physical diagnosis you may have, and be prepared to discuss your diet, smoking, and exercise routine. He may choose to do blood tests, chest x-ray, EKG, holter monitoring, or an echocardiogram. When serious problems are detected he may do a cardiac catheterization, heart biopsy, CT scan or MRI.

There are medications that you can take that help to control your heart disease. It is essential that you take medications exactly as prescribed by your physician. More importantly you must make lifestyle changes. This will include eating a low-fat and low-sodium diet, exercise 30 minutes a day, quit smoking and limit your alcohol intake. You must take responsibility for your health.

*If you would like to learn more about the many types of heart disease, I am including a web site reference to the Mayo Clinic:*

[www.mayoclinic.com/health/heartdisease](http://www.mayoclinic.com/health/heartdisease)

Do something  
today that your  
**future self** will  
thank you for.





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# *Van Buren*

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