



Van Buren

HEALTH AND REHAB HERALD

| Annual Health
Fair at Flat Rock

| Life Long Living
& Activities

| Holiday Gift
Guide

DECEMBER

At a Glance

**Christmas Light
Outing**
December 18th



Holiday Trivia

December 10th @ 10 am

Christmas Parade
December 13th @ 5 pm

Christmas with the Kranks
December 24th @ 2:00 pm



**Resident
Christmas Party**
Dec 19th

Year's Eve Party!

December 31st @ 2 pm

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

Alzheimer's Disease Awareness Month

During the month of November, Van Buren Health and Rehab joined people all over the world in observance of National Alzheimer's Disease Awareness Month.

Staffed raised money and participated in the local "Walk to End Alzheimer's" event, while residents participated in the 2nd Annual Alzheimer's Awareness balloon release. The balloon release was a beautiful ceremony to honor those living with Alzheimer's disease, those we have lost, and their loved ones.



Life Long Living

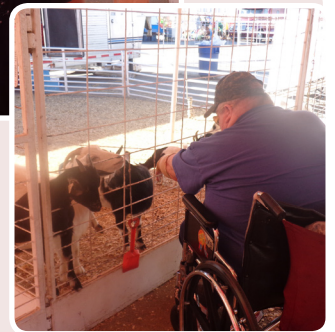
at Van Buren Health and Rehab



On November 11th, we honored our residents who spent time in service to our country with a patriotic luncheon.



Veterans Day



During September, residents took a day trip to the County Fair at Mulberry Fairgrounds.

Our group enjoyed cool fall temperatures, visiting with other fairgoers, and the petting zoo which featured livestock and even a camel!

No tricks-- only treats at Van Buren Health and Rehab!

Residents celebrated Halloween with families, food, and fun!



Trick or Treat

Mulberry Fair

From our Kitchen to Yours



Cranberry Salad

Ingredients:

- 1 large box cherry Jello
- 1 can whole cranberry sauce
- 1 small can crushed pineapple
- 1-8 oz. cream cheese; softened
- ½ cup small curd cottage cheese

Directions:

- Bring 3 cups of water to boil
- Add Jello
- Stir until dissolved
- Cut up cream cheese
- Add to Jello mix
- Stir until cream cheese dissolves
- Let cool slightly
- Add cottage cheese, pineapple, and cranberry sauce
- Stir to blend well
- Chill in mold or bowl

Deck the Halls



The residents and staff always find a way to get in the spirit for Christmas. There are Christmas

lights, hot chocolate, Christmas movies, carolers from local choirs and Christmas presents from families, friends, staff, and local groups like Project Compassion.

Residents are overjoyed with love from friends, family, and our community during this special time.



Merry & Bright **Family Christmas Dinner**

December 25th at 11 am

Please RSVP to Diane Corbell

Diane@steinitc.com |
479.474.8021

Annual Health Fair at Flat Rock Village

Each year Van Buren Health and Rehab partners with Flat Rock Village to offer a health fair to the Van Buren Community. There are a variety of exhibitors who provide information to attendees about their healthcare services. This year we had more vendors than ever before!

MediSav provided the flu shots to the residents at Flat Rock. However, it was not all business. Those in attendance also got to enjoy goodies from each vendor, donuts, a game of BINGO with great prizes, and door prizes.

Thank you to all of the vendors; MediSav, Home Instead, Gentiva, Sparks Regional Medical Center, Senior Helpers, ELDirect, Elite Home Health, Fountain of Youth-Adult Day Care, PRN, Superior Senior Care, and Springwoods.





MEET Callie

Meet Callie-- the personal pet of Therapy Director, Micah, but during the week this sweet girl can be found prancing around our Therapy Department. She brings much joy to our residents. There have been many proven benefits to pet therapy:

- Pets lower blood pressure and pulse rate
- 21% fewer visits to the doctor
- Less depression
- Easier to make friends (enhanced social opportunities)
- Seniors become more active
- Pets offer affection and unconditional love
- Pets ease loss of a loved one
- Pets fight loneliness
- Seniors take better care of themselves
- Sense of security



Holiday Gift Guide FOR NURSING HOME RESIDENTS



Gifts to brighten their room



Hardy house plants, picture frames, paintings, a calendar with birthdays and notable dates of family and friends, collage of family photos, or a seasonal wreath for their door.

Gifts that touch the heart



Hand made gifts, a framed poem or art from grandkids, or the most cherished gift, a visit! Tutorial for this vintage photo wreath at infarrantlycreative.net

Gifts for pampering



Basket of lotions, shaving lotion, luscious robe, gift certificate to the in-house beauty parlor.

Music, large piece puzzles, large print books, low vision playing cards, crossword puzzles, greeting cards.



Gifts for fun

Gifts for staying warm



Lap afghans or fleece throws, cheerful holiday sweaters, sweat suits, no skid socks/slippers.



Turn Your Paper Sideways: Creative Problem Solving

While surfing the internet the other day, I found an article with the above title written by Steve Goodier. It caught my attention. To paraphrase his article, he said that sometimes we need to find a new way of thinking. Turning your paper sideways is like looking at a problem from a different angle.

"A father and his daughter were stopped by a flight attendant before boarding their plane. The problem? The little girl was clutching a large bouquet of balloons. In sympathetic tones, the attendant told the child that she would not be permitted to travel with all the balloons. Rules are rules – only one per person.

Father and daughter decided they could each carry one. So with tears in her eyes, the little child selected her two favorite balloons for the flight. But before she could discard the rest, another passenger intervened. "Here, I'll take one" he said.



He quickly saw a solution to the problem and proceeded to give one balloon to anybody in line who would take one. As she disembarked, every balloon was returned to the happy child."

Here was a man who just looked at a problem a different way. Instead of saying, "There's nothing to be done" he turned the paper sideways and the answer was clear.

Is there a problem? When you turn your paper sideways, what do you see?

Don't Let FLU SEASON Ruin Your HOLIDAY SEASON

Get Your Flu Shot



Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently.

Even healthy people can get very sick from the flu and spread it to others. Flu season is from October to March each year. See your health care provider and get your vaccine early.



5703 Gulf Tech Dr, Ocean Springs, MS 39564

Van Buren

HEALTH & REHABILITATION

1404 North 28th Street, Van Buren, AR 72956
Phone: 479-474-8021 Fax: 479-471-8570
www.vbhr.net



facebook.com/vanburenhealthandrehab