



Van Buren

HEALTH AND REHAB HERALD

| Spring Forward:
Upcoming Events

| Life Long Living
& Activities

| Fort Smith
Marathon

Spring FORWARD

Coca-Cola's Birthday

Coke Floats @
2pm | Mar 30th



National Doctor's Day

March 30th

April Fools Day

April 1st

Coloring Eggs | Hunt

April 3rd at 10 am | 3 pm



Easter Sunday

April 5th

National Volunteer Week

April 12th -18th

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

Fort Smith Marathon

Run, LARRY, Run!

Fort Smith, AR hosted their 1st Marathon, February 8th. Everyone that participated in the marathon, ½ marathon and relays were a huge inspiration to all of the volunteers, among which were some of our staff!

No one was more of an inspiration that "Larry". He has participated in **1,400** Marathons and has no plans of giving up any time soon! Age isn't a boundary for him. According to Larry and others runners who completed the full marathon distance of 26.6, this was a challenging course.





Life Long Living

at Van Buren Health and Rehab



Every year residents get together and make baggies for the Humane Society.

This year they got to deliver them and be entertained by their furry friends!

Human Society

Luck of the Irish?-- Lots of green and shamrocks to be seen at Van Buren Health and Rehab on St. Patrick's day!



St. Patrick's Day

Residents of Van Buren Health and Rehab football fans and love a little friendly competition. This makes watching the Super Bowl a Super fun event! Whether cheering for the Seahawks or the Patriots, a good time was had by all!

Super Bowl Sunday

From our Kitchen to Yours



CHUNKY Potato Soup

Ingredients:

- Chunky Potato Soup
- 3 tablespoons Butter or Margarine
- ¼ Cup All-Purpose Flour
- 4 Cups of Milk
- 2 Cups Diced Potatoes
- ½ Cup Minced Onion
- ½ to ¾ Cup Teaspoon Salt
- ¼ to ½ Teaspoon Freshly Ground Pepper

Directions:

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; stir in potatoes, onion, salt and pepper. Cook over medium heat, stirring frequently, until mixture is thickened and potatoes are done. Yield: 5 cups

Microwave Directions:

Place butter in a 2-quart casserole. Microwave at HIGH for 50 seconds or until melted. Add flour, stirring until smooth. Gradually add milk, stirring well. Add potatoes, onion, salt and pepper. Microwave at HIGH for 16 to 18 minutes or until mixture is thickened and potatoes are done, stirring twice.

Happy Hands!

Rainy Days are a bit brighter with fun finger-painting and arts and crafts!

Our staff is both caring and creative- Ashleigh works with residents to create an art piece to be displayed in our day room.



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and the ones you love.



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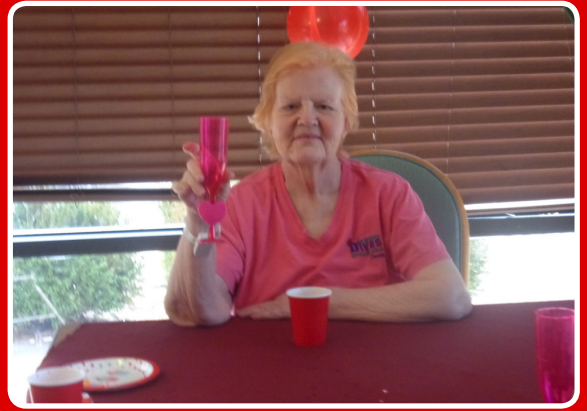
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At the *Heart* of Care

February 14th is a day for love. At Van Buren Health and Rehab, we showed love to our residents because they are at the heart of all that we do!

At our Valentine's Party the sun room was decked out in streamer and balloons. There was pink and red as far as the eye could see. Our resident's enjoyed the sweetest sugar cookies and candied hearts in the spirit of such a sweet holiday. At the party, we crown Van Buren Health and Rehab's Queen of Hearts photographed below with South Hall nurse, Christy Hoffman. Aren't her jewels dazzling?

Residents held fast to the tradition of sharing Valentine's notes amongst their friends and the staff at VBHR.





MEET *Mary*

Mary H. was born in Fort Smith in 1939. Mary is a big help to Becky on South Hall with the activities and getting everyone on the hall involved. She is a good team leader and you can tell because of her previous work experience. Mary She worked as a CNA and she also worked on the family farm. Mary has one daughter.

Mary loves coffee, BINGO, Crafts, Trivia, Gardening, and watching the action down in the hall and outside. She is a huge Razorback fan! She enjoys getting everyone together to watch the games on game day. Even though you would think her favorite color is RED for the Razorbacks, its actually Blue!



We Welcome
WARMER WEATHER



Groundhog Day



When will we learn that the Ground Hog's shadow doesn't lie? On February 2nd, Punxsutawney Phil saw his shadow signaling six more weeks of winter. We sure are glad to have that behind us!

First day of Spring



March 20th Marks the first day of Spring! Flower's and Trees are blooming, bees and butterflys are pollinating, and we've never been happier for seasonal allergies.

On March 8th, Van Buren Health and Rehab moved our clocks forward. While "springing forward" is never easy, with are thrilled for longer days!



Time Changes

More Sunshine!



Longer days mean more sunshine, and sunshine is good for the soul.

Gardening

Gardening is a favorite pastime for many of our residents. It's the perfect time to plant in our courtyards.





Therapy Notes: Make Your Home Safer

About half of all falls happen at home, here are some tips to make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in the cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light –weight curtains or shades to reduce the glare.
- Have handrails and lights put in on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Easter Egg Hunt *Family & Friends*



Bring the little ones out to
Van Buren Health and Rehab
to hunt for Easter Eggs

APRIL 3RD @ 3:00 PM

TESTIMONIALS

This is an excerpt from the Opinions page of the Press Argus-Courier. Van Buren Health and Rehab is staffed with professional and compassionate caregivers!

Recently our grandson spent two months at Van Buren Health and Rehab. He was treated very well and taken great care of. We want people to know what nice treatment he received.

I also was there 2 1/2 years ago when I broke my hip, and my husband was there about seven years ago when he fractured his pelvis falling off a roof. Some of the workers still remember us by our names.

It's nice knowing we have a facility where people care.

**Margie Garner
Van Buren**



5703 Gulf Tech Dr, Ocean Springs, MS 39564

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HEALTH & REHABILITATION

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



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