



Van Buren

HEALTH AND REHAB HERALD

National Nursing Home Week Issue:

BRING ON THE
Fiesta!

| National Nurses
Day May 6th

| Life Long Living
& Activities

| Celebrating
Mother's Day

Activities At A Glance

Cinco De Mayo

May 5th

Nurse's Day

May 6th



Bowling at Midland Bowl

May 7th

Mother's Day Tea

May 10th at 2 pm

Memorial Day

May 25th



National Nursing Home Week

May 11th- 15th

Father's Day

June 21st

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

EASTER EGG HUNT

Easter is a holiday we treasure at Van Buren Health and Rehab. We cherish time spent with friends and family members who join us for our annual egg hunt.

We celebrate all weekend by dying eggs, stuffing eggs, egg hunt, special meals and church services. This year we had our egg hunts on Friday. It was a beautiful day!



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

During May, Van Buren 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 a tea. Mother's and Daughters, friends and family are welcome!



Activities

- S** **Sunday, May 10th**
Mother's Day Tea
- M** **Monday, May 11th**
Photo Scavenger Hunt
- T** **Tuesday, May 12th**
Bean Bag Sombrero Toss
- W** **Wednesday, May 13th**
Pass the Maracas
- T** **Thursday, May 14th**
Bean Race
- F** **Friday, May 15th**
Silly String Fight
Salsa Competition
Results of Scavenger Hunt

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 you, our 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 dressing in a fun theme each day of the week. Call or visit our front desk for a detail calender of activities happening throughout the week.



Kelley is new to VBHR as our Medical Records director, but is willing to help out on the floor when needed. Kelley

has enjoyed getting to know the residents, and she enjoys being a part of a resident-centered care team.

Kelley has vast nursing experience. She has been in long-term care, hospital and even home health. She found her passion for nursing in 1984 when she was at the hospital with her father who had cancer.

Outside of work, Kelley enjoys baking and spending time with her grandkids. She loves the outdoors, especially swimming, riding jet skis, and 4-wheeling. She even finds time to do scrapbooking and going to thrift stores.

When **Jerri** was admitted into Sparks in 1987, she knew her life had changed, and not because of the emergency surgery she had undergone. Because of the excellent care she received from the nursing staff, Jerri decided she had a future in nursing.

After she recovered, Jerri changed her major from business administration and accounting to nursing! Nursing isn't something new in her family. She has an aunt, cousin and nephew that share her passion for nursing.

Jerri brings a diverse portfolio of experience, making her an invaluable asset to our team. She started off early with basic skills as an NA while she was in college then developed her skills into a charge nurse in med- surgery, unit manager in oncology and even a nurse for hospice. Jerri started at our facility back in the early 1990s, and she now serves as our ADON. We are thrilled to have her as a part of our leadership team!



Stacey, our MDS Coordinator, has been with VBHR since 2012. As far back as she can remember, Stacy has wanted to be a nurse and make a difference in peoples lives. In elementary school, her class was given an assignment to write about "What you want to be when your grown up". While most kids said they wanted to be a teacher, her answer has always been a nurse!

Nursing runs deep in Stacey's family. Her grandmother, who she had much admiration for, was a nurse. Stacey's daughter plans to carry on the tradition-- she is now in nursing school.

Stacey has a broad range of experiences, although she said all that was important was to know that she loves being a nurse. She enjoys helping those that are young, old, big or little and she will be there to love them through healthy and unhealthy times. She not only loves her residents here at VBHR but they love her!

Stacey is very much a family person. Although, she also enjoys time with friends, yard sales and finding time to work out with her BAM friends!



Christy has been a huge impact on VBHR since 2010. She has known since she was nine years old that she would be caring for people by being a nurse. She started off working in pediatrics, then she went

on to be a medical surgical nurse until she found her passion as a mental health nurse. Christy now serves as our Unit Manager and she sure knows how to run a smooth ship!

She has always felt that God called her to work with dementia and Alzheimer's patients. She couldn't image doing anything else. She loves helping others even when some others might feel like it's too much to take on.

Outside of work, Christy enjoys spending time with family and friends. She enjoys riding her motorcycle with her husband on beautiful days. She enjoys the beach when she can find time to get away, but is always thinking about her VBHR family when she is away. Other hobbies include fishing and swimming.

When you run into Christy, you can always see her sporting some amazing shoes, she has over 600 pairs!



Celebrating National Nursing Week 2015

These are just a few of the amazing nurses on staff at Van Buren Health and Rehab. During National Nurses Week, we will celebrate the 20 nurses who care for our residents. We will take the opportunity to thank these wonderful men and women for all that they do.

Our nurses are here 24/7, that means some weekends and holidays that they might want to be out enjoying some of their hobbies or spending time with their family, they are instead spending it with their VBHR family. Please come by and meet our staff and thank them for being a great asset to our facility and our community.

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

-Maya Angelou

Share your Story at www.vbhr.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.

Volunteer Week

During April, we celebrated National Volunteer Appreciation Week. We have some amazing volunteers who spend time with our residents.

We had some United Way Volunteers. They enjoyed painting nails, playing games and visiting with our residents. During this week we hosted a luncheon to show our gratitude for the volunteers who spend time with our residents.

To learn more about getting involved with Volunteering contact one of our Activities Directors Pam or Rebecca at (479) 474-8021.



Sparks at Van Buren ER & Ortho Upgrades

Van Buren's Medical scene has got some exciting changes on the horizon. Sparks Medical Center Van Buren, previously known as Summit Medical Center, is growing to better fit the needs of our community.

Revamping the Emergency Room is one of the first of many upgrades to come. Plans also include bringing top notch Orthopedic Care closer to home. If knee pain is keeping you from doing the things you love, Edward Rhomberg, M.D., the only orthopedic surgeon located in Van Buren, might be able to help.

Dr. Rhomberg is knowledgeable of the latest treatments for knee and joint pain, including arthroscopy and other minimally invasive procedures, knee and hip resurfacing and total joint replacement. Many of his procedures are performed at Sparks Medical Center – Van Buren. For more information call 479-709-7286.

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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