



# The Rainbow Gazette

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## *Absentee Voting at Rainbow Rehab & Healthcare*



Once again it's election time. Last Tuesday, the Shelby County Election Commission gave our residents a chance to vote early for their desired candidates in the Senate District 32 Special Election. Linda Phillips, administrative leader of the Shelby County Election Commission, and her team, do an extraordinary job connecting and communicating with nursing facilities like Rainbow Rehab and Healthcare to make sure that our residents get a chance to exercise their right to vote. It's an unique feeling hearing our residents chat and brag about being apart of the election and making a difference in the community. Thumbs up to absentee voting. Absentee voting is the most common

way for residents of nursing homes or long-term care facilities to vote. In the picture above (left to right) back row: Eva, Dale, Pat, and Sylvia; front row: Joe and Ms. Sykes. A total of 23% of our residents are registered voters and more than 50% of them chose to vote. Once again, hats off to the S.C.E.C.



## March is MS Awareness Month

By Multiple Sclerosis Association of America - MSAA

March is MS Awareness Month and in an effort to help spread awareness and understanding of MS, the Multiple Sclerosis Association of America (MSAA) is encouraging everyone to increase their knowledge of the disease and support the many individuals whose lives are affected by MS.

The Multiple Sclerosis Association of America offers a variety of ways to learn more about MS and show your support, not only during MS Awareness Month but throughout the year:

With 39 titles and growing, our MSi Video Library contains educational videos and webinars on a variety of topics specifically focused on the MS community.

In addition to MSAA's award-winning magazine, *The Motivator*, we also offer many publications to educate the community including the recently published *Improving Lives Today! A Guide to MSAA's Programs and Services*.

Throughout the year, MSAA hosts educational events for people with MS and their care partners – check out our Calendar of Events to find upcoming programs happening in your area.

MSAA's Art Showcase highlights the amazing artwork created by talented individuals with MS. You can even send an eCard to family and friends featuring the artwork of your favorite artist to help raise awareness about MS.

Interested in helping the MS community?

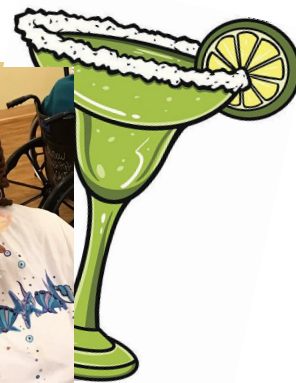
Register today for Swim for MS and help raise awareness of MS and funds that directly support the MS community! Getting started is as easy as 1-2-3! Check out MSAA's fun new Swim for MS video here.

Help us spread MS awareness by using MSAA's "March is MS Awareness Month" badge (located at the top of this page – right-click the image and "Save As" to save it to your computer) as your profile picture on all of your social media platforms. Don't forget to use the hashtag #MSAwareness or #MSAwarenessMonth (whichever you can fit!) in your posts!

Please join MSAA as we take part in recognizing March as MS Awareness month and as we work to focus on MS awareness this month and year round.

## MULTIPLE SCLEROSIS

### *National Margarita Day*



## *Birthday On Valentine's Day*



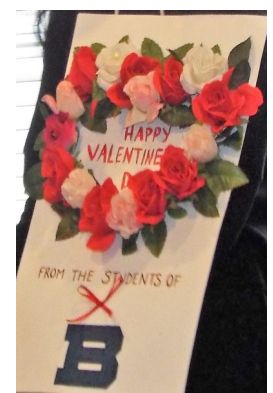
James Maddox celebrated his 76th birthday with family and friends at Rainbow Rehab & Healthcare on Valentine's Day, which is his birthday. He was born and raised in Memphis, TN. and was a meat carver for Montesi and Piggly Wiggly grocery stores for more than 58 years. His wife Louise and puppy Alvin visits on a daily basis. Mr. Maddox has two daughters, a son and five grandchildren, who also visits him. While residing here at Rainbow he has made many friends. Mr. Maddox loves fishing and spending time with his family and friends. He is also a Deacon at Oakland First Baptist Church. He and Louise have taught children for many years at different churches.



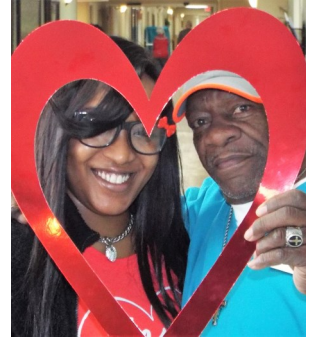
## *B.H.S Students Showing Love*



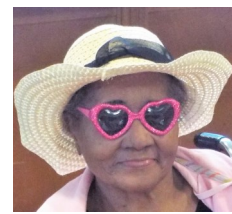
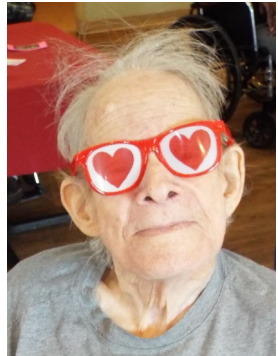
On Valentine's Day, students from Bartlett High School visited us to entertain and show love to the residents here at Rainbow Rehab & Healthcare. Jan, the student in charge of this project, got with other students and created a huge 36" x 20" Valentine's Day love card with roses shaped in a large heart at the top and more than 100 students signed the inside and back of the card. They also sang and did individual praying with the residents.



## *Valentine's Day Pictures/ Staff*



## *Valentine's Day Party Pictures*



*What's Happening At Rainbow Rehab & Healthcare*



**Friday**  
**Happy Hour!**  
**EVERY FRIDAY**  
**2:00pm Dining Rm.**

**RESIDENT COUNCIL**  
  
**MEETING**  
**EVERY 2ND THURSDAY**  
**2:00pm Garden Rm**

*March 2012*



*Event Calendar*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACTIVITIES ARE SUBJECT TO CHANGE!!!!</b>	RESIDENTS HAVE THE RIGHT TO PARTICIPATE IN ONE'S OWN CARE	<b>Mardi Gras</b>	<b>SAINT PATRICK'S DAY</b>	<b>NCAA MARCH MADNESS</b>	10:00 SHAKE, RADDLE & ROLL 1 10:30 BIBLE STUDY <b>1:00 DR. SEUSS DAY TRINA</b> 2:00 HAPPY HOUR/ GAMES 6:00 GARDEN ROOM SOCIAL	10:15 A.M. BRUNCH 2 1:30 POPCORN EXPRESS 2:30 BINGO FUN
10:00 ACTIVITY CART 3 10:30 CATHOLIC COMMUNION 2:00 MILLINGTON C.O.C 6:00 SIXTY MINUTES	10:00 SHAKE, RADDLE & ROLL 4 10:30 GUESS WHO* 2:30 ARTS & CRAFTS 3:30 BIBLE STUDY 6:30 MAGAZINE SOCIAL	10:00 SHAKE, RADDLE & ROLL 5 10:30 MUSIC APPRECIATION 2:30 <b>Feb. 23rd BASH</b> 4:00 INROOM VISITS	10:00 SHAKE, RADDLE & ROLL 6 10:30 BIBLE STUDY 1:30 POPCORN SOCIAL 2:30 BINGO FUN 6:30 MOVIE TIME	10:00 SHAKE, RADDLE & ROLL 7 10:30 BALLOON VOLLEYBALL 1:15 JOB VISITS RESIDENTS 2:00 SAX MUSIC/ DR. SUEING 4:00 ROOM SOCIALS	10:00 SHAKE, RADDLE & ROLL 8 10:30 BIBLE STUDY 1:45 PRE- PARTY SOCIAL 2:00 HAPPY HOUR/ 6:00 MOVIE TIME	10:15 HOT CHOCOLATE SOCIAL 9 1:30 POPCORN EXPRESS 2:30 BINGO TIME
10:00 ACTIVITY CART 10 10:30 CATHOLIC COMMUNION 2:00 NEW BETHEL CHURCH 2:00 ICE CREAM SOCIAL	10:00 SHAKE, RADDLE & ROLL 11 1:00 POPCORN EXPRESS 2:30 PBJ SOCIAL 3:30 BIBLE STUDY 6:30 BOARD GAMES	10:00 SHAKE, RADDLE & ROLL 12 10:30 MUSIC APPRECIATION <b>1:45 MARCH BIRTHDAY BASH</b> 2:30 NAME 10 GAME 4:00 INROOM VISITS	10:00 SHAKE, RADDLE & ROLL 13 10:30 BIBLE STUDY 1:30 POPCORN SOCIAL 2:30 BINGO TIME 6:30 MOVIE TIME	10:00 SHAKE, RADDLE & ROLL 14 10:30 MOVE & GROOVE 1:00 RESIDENT COUNCIL 3:00 PAINT & SIP	10:00 SHAKE, RADDLE & ROLL 15 10:30 BIBLE STUDY <b>PATRICK'S DAY</b> <b>2:00 HAPPY HOUR</b> 6:00 MOVIE TIME	10:15 CURRENT EVENTS 16 1:30 POPCORN SOCIAL 2:30 BINGO TIME
<b>Happy St. Patrick's Day</b> 17 10:00 ACTIVITY CART 10:30 CATHOLIC COMMUNION 1:00 PRETTY NAILS/TYBC 2:00 ST. PAUL CHURCH	10:00 SHAKE, RADDLE & ROLL 18 10:00 NEWS 1:00 POPCORN EXPRESS 2:00 ART THERAPY 3:30 BIBLE STUDY 6:30 CARD PLAY	10:00 SHAKE, RADDLE & ROLL 19 10:30 RELAX & RELEASE 11:30 MUSIC APPRECIATION 2:30 POKENO CARD GAME 4:00 INROOM VISITS	10:00 SHAKE, RADDLE & ROLL 20 10:30 BIBLE STUDY 1:30 POPCORN SOCIAL 2:30 BINGO FUN 6:30 MOVIE NIGHT	10:00 SHAKE, RADDLE & ROLL 21 10:30 STRETCH & FLEX 1:15 JOB VISITS RESIDENTS <b>1:00 MARCH MADNESS 4 MEN</b> 4:00 ROOM SOCIALS	10:00 SHAKE, RADDLE & ROLL 22 10:30 BIBLE STUDY 1:45 PRE- PARTY SOCIAL 2:30 HAPPY HOUR 6:00 GARDEN ROOM SOCIAL	10:15 A.M. BRUNCH 23 1:30 POPCORN SOCIAL 2:30 BINGO TIME
<b>24/31</b> 10:00 ACTIVITY CART 10:30 CATHOLIC COMMUNION 2:00 WOLF CHASE CHURCH 6:00 SIXTY MINUTES	10:00 SHAKE, RADDLE & ROLL 25 10:30 MASSAGE 1:00 POPCORN EXPRESS 2:30 PRETTY NAILS 3:30 BIBLE STUDY 6:30 PUZZLE FUN	10:00 SHAKE, RADDLE & ROLL 26 11:30 MUSIC APPRECIATION 1:45 COOKIE BAKE 2:30 POKENO CARD GAME 4:00 INROOM VISITS	10:00 SHAKE, RADDLE & ROLL 27 10:30 BIBLE STUDY 1:30 POPCORN SOCIAL 2:30 LET'S PLAY BINGO 6:30 MOVIE NIGHT	10:00 SHAKE, RADDLE & ROLL 28 10:30 SITTING EXERCISE 12:00 RESIDENT OUTING 2:30 PAINT & SIP 4:00 ROOM SOCIALS	10:00 SHAKE, RADDLE & ROLL 29 10:30 BIBLE STUDY 1:45 PRE- PARTY SOCIAL 2:00 HAPPY HOUR	10:15 CURRENT EVENTS 30 1:30 POPCORN SOCIAL 2:30 BINGO TIME

## RAINBOW REHAB & HEALTHCARE

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Email: [ajones@rainbowrhc.com](mailto:ajones@rainbowrhc.com)

### HAPPY ST. PATRICK'S DAY



**Rainbow**  
REHAB & HEALTHCARE

#### KEY PERSONNEL

*Julie Griffith-Cottrell, Administrator*  
*Kim McElroy, Director of Nursing*  
*Steven Sedlacko, Admissions/Marketing*  
*Levisha Jackson, Admissions*  
*Angela Parrish, Assistant Director of Nursing*  
*Amy Smith, Business Office Manager*  
*Robert Rice, Maintenance Director*  
*Q Clark, Case Manager*  
*Lori Brown, Dietary Manager*  
*Jeff Smith, Director of Therapy*  
*Jalisa, Environmental Services Manager*  
*Belinda Lowery, Medical Records Director*  
*Takita Harville, MDS Nurse*  
*Denita Quinn, Staff Development Coordinator*  
*Al Jones, Activity Director*  
*Cherly Ross, Social Services Director*  
*Kelly Routhbauer, Unit Manager*

Congrats To All New Hires

Welcome to The RAINBOW TEAM!

#### St. Patrick's Day Word Search

O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD	GREEN	SHAMROCK	MARCH
LEPRECHAUN	POT	LUCK	EMERALD
PATRICK	CLOVER	IRISH	WISH



# SPRING FORWARD

Sunday, March 10

