



The Rainbow Gazette

Inside this issue:

July is National Ice Cream Month 2

The Evolution of Ice Cream 2

Celebrating Independence Day 3

C.N.A. Week Pictures 4

99 Years Young Continued..... 4

What's Happening @ Rainbow Rehab & Healthcare 5

NINETY NINE YEARS YOUNG



Last month on June 24, 2019, Mrs. Velma Davis celebrated her ninety ninth birthday. This “Milestone Birthday Party” was scheduled and organized by Dean, her niece. This was the perfect opportunity for Mrs. Davis’ family to remind and show her how much they appreciate her and how much they care about her.

Velma Crockett-Davis was born June 24, 1920 to Matthew and Florence Crockett in Duncan, Mississippi. She is the oldest of six, 2 brothers and 3 sisters. After graduating from Moundbayou High School, she moved to Ironton, Ohio. She got her first job working at a restaurant where she meet her husband James Davis, who was the love of her

life. He worked for the C&O Railroad Company in Southern Ohio. She later worked for the State of Ohio where she made a difference in the community. Mrs. Davis was in charge of a state program in the community called “Division of Females and Minors.” She traveled to local businesses, checking staff time sheets and records making sure that women & minorities were not over working and being under paid.

(.....Continued on page 4)



AUG. 30 - SEPT. 8, 2019

AT THE AGRICENTER

July is National Ice Cream Month

July is National
Ice Cream Month

Top 5 Favorite
Ice Cream Flavors Are:

- 1 VANILLA**
- 2 CHOCOLATE**
- 3 COOKIES 'N CREAM**
- 4 STRAWBERRY**
- 5 MINT CHOCOLATE CHIP**

DID YOU KNOW?

The average American eats about five and a half gallons of ice cream each year.

About 9% of all milk produced in America is used to make ice cream.

In 1851, York County, Pennsylvania became the birthplace of commercial ice cream production.

discoverdairy.com



July is National Ice Cream Month. But, did you know that July 21, 2019 is National Ice Cream day? Are you ready to head out for some cream? So back in 1984, Ronald Reagan deemed this a fun month to have fun with this delectable treat. In the first place, the International Ice Cream Association wants everyone to celebrate. No doubt, there is something happening at your favorite ice cream parlor

For ice cream lovers everywhere, during this month, treat yourself to something yummy. With this in mind, the following are some delicious suggestions.

Banana Split

Milk Shake

Ice Cream Soda

Ice Cream Cone

Yogurt

Ice Cream Sandwich

Hot Fudge Sundae

Ice Cream Cake



The Evolution of Ice Cream

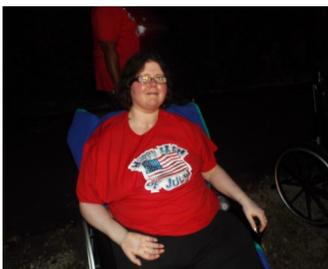
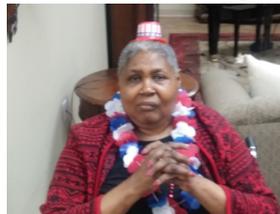
Ice cream's origins are known to reach back as far as the second century B.C., although no specific date of origin nor inventor has been indisputably credited with its discovery. We know that Alexander the Great enjoyed snow and ice flavored with honey and nectar. Biblical references also show that King Solomon was fond of iced drinks during harvesting. During the Roman Empire, Nero Claudius Caesar (A.D. 54-86) frequently sent runners into the mountains for snow, which was then flavored with fruits and juices.

Over a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that closely resembled what is now called sherbet. Historians estimate that this recipe evolved into ice cream sometime in the 16th century. England seems to have discovered ice cream at the same time, or perhaps even earlier than the Italians. "Cream Ice," as it was called, appeared regularly at the table of Charles I during the 17th century. France was introduced to similar frozen desserts in 1553 by the Italian Catherine de Medici when she became the wife of Henry II of France. It wasn't until 1660 that ice cream was made available to the general public.

Celebrating Independence Day



HAVING FUN ON THE FOURTH



Last Month's C.N.A. Week Pictures



On the third week of last month, June 17—21, we celebrated National Nursing Assistant Week. We at Rainbow Rehab & Healthcare recognized and showed appreciation to each and every member of our C.N.A. nursing team. Nursing Assistants work very hard to offer a contribution to the medical field. They work hard to help residents meet their basic needs. They also offer comfort and support. They work one on one with residents, getting to know them better than the other medical staff. They use this knowledge to make things easier for the residents as well as to help the other staff do what is best for the resident. In addition, they work with the nurses, often assisting with anything that comes up at a moments notice. Certified Nursing Assistants do so much behind the scenes.



NINETY NINE YEARS YOUNG

.....Continued from Front Page

She sometimes monitored businesses for more than 2 weeks before turning her classified survey into the state of Ohio.

After the passing of her husband, she later retired and returned to Memphis where most of her family live. Mrs. Davis has resided here at Rainbow Rehab & Healthcare for many years. She was this year's Senior Prom Queen and she loves participating in almost every activity on the calendar..



What's Happening At Rainbow Rehab & Healthcare



July 2019



Event Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITIES ARE SUBJECT TO CHANGE	1 10:00 SHAKE, RATTLE & ROLL 10:30 U BE THE JUDGE 1:45 MY FAVORITE COOKIE 3:30 BIBLE STUDY	2 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION. 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS.	3 9:45 RED, WHITE & BLUE PARADE 10:30 BIBLE STUDY 2:00 INDEPENDENCE DAY PARTY 7:00 BARTLET FIREWORKS EXTRAVAGANZA	4  10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 2:00 INDEPENDENCE DAY PARTY 7:00 BARTLET FIREWORKS EXTRAVAGANZA	5 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/ JAZZ	6 10:15 AM BRUNCH 1:30 GROUP REMINISCING 2:30 BINGO TIME
7 10:00 ACTIVITY CART 10:30 CATHOLIC COMMUNION 2:00 MILLINGTON C.O.C.	8 10:00 SHAKE, RATTLE & ROLL 10:30 IT HAPPENED THIS DAY 1:45 MY FAVORITE COOKIE 3:30 BIBLE STUDY 4:00 THEATRE TIME	9 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 JULY BIRTHDAY BASH 3:00 1:1 & INROOM VISITS	10 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:30 POPCORN SOCIAL 2:30 BINGO TIME	11 10:00 SHAKE, RATTLE & ROLL 10:30 MOVE & GROOVE 2:00 RESIDENT COUNCIL 3:00 SNACK ATTACK	12 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/ WITH LIVE ENTERTAINMENT	13 10:30 OAK GROVE CHURCH 1:30 POPCORN EXPRESS 2:30 BINGO 4 PRIZES
14 10:00 ACTIVITY CART 10:30 CATHOLIC COMMUNION 2:00 NEW BETHEL CHURCH	15 10:30 BRAIN TEASING GAME 1:45 MY FAVORITE COOKIE 3:30 BIBLE STUDY 4:30 THEATRE TIME	16 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	17 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:30 MEN'S DAY 2:30 BINGO TIME	18 10:00 SHAKE, RATTLE & ROLL 10:30 WHEELCHAIR EXERCISE 1:15 JOB/ PET THERAPY 2:00 PAINT & SIP 3:00 SNACK ATTACK	19 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/	20 10:30 CURRENT EVENTS 1:30 GROUP REMINISCING 2:30 BINGO TIME
21 10:30 CATHOLIC COMMUNION 1:00 PRETTY NAILS/TYBC 2:00 ST. PAUL CHURCH	22 10:00 SHAKE, RATTLE & ROLL 10:30 NAME 10 GAME 1:45 MY FAVORITE COOKIE 3:30 BIBLE STUDY 4:30 THEATRE TIME	23 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	24 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:30 WOMEN'S DAY 2:30 BINGO TIME	25 10:00 SHAKE, RATTLE & ROLL 10:30 WHEELCHAIR EXERCISE 1:15 ONE ON ONE 2:00 PAINT & SIP 3:00 SNACK ATTACK	26 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 FRIDAY HAPPY HOUR WITH MUSIC	27 10:30 GROUP REMINISCING 1:30 POPCORN EXPRESS 2:30 LET'S PLAY BINGO
28 10:30 CATHOLIC COMMUNION 2:00 NEW HOPE CHRISTIAN CHURCH	29 10:00 SHAKE, RATTLE & ROLL 10:30 WORD GAME 1:45 MY FAVORITE COOKIE 3:30 BIBLE STUDY 4:30 THEATRE TIME	30  10AM RESIDENT OUTING 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	31 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:30 POPCORN SOCIAL 2:30 BINGO TIME	HAPPY 4TH OF JULY 	NATIONAL SUGAR COOKIE DAY  TUE JUL 9	RESIDENT'S RIGHT OF THE MONTH Residents have the right to complain about any grievance to any staff member without fear of reprisal.

RAINBOW REHAB & HEALTHCARE

8119 Memphis Arlington Rd.
Bartlett, Tn. 38113

Phone: 901-937-6302

Fax: 901-937-6320

Email: ajones@rainbowrhc.com

HAPPY INDEPENDENCE DAY



Rainbow

REHAB & HEALTHCARE

KEY PERSONNEL

Julie Cottrell, Administrator

Kim McElroy, Director of Nursing

Steven Sedlacko, Admissions/Marketing

Levisha Jackson, Admissions

Renee Wade, 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

James Alexander, Environmental Services Manager

Belinda Lowery, Medical Records Director

Lynn Sanders, MDS Director

Denita Quinn, Staff Development Coordinator

Al Jones, Activity Director

Cheryl Ross, Social Services Director

Congrats To All New Hires

Welcome to "Team Rainbow"

HAPPY INDEPENDENCE DAY

l	s	b	p	p	i	s	p	w	f	t	l
f	d	f	a	u	a	n	a	h	r	l	m
i	z	a	l	r	p	u	r	i	e	k	u
r	e	m	m	a	b	o	t	t	e	s	s
e	a	i	b	k	g	e	y	e	d	u	i
w	z	l	h	n	j	b	c	a	o	m	c
o	c	y	q	e	h	d	l	u	m	m	w
r	z	p	a	r	a	d	e	u	e	e	q
k	j	q	h	e	v	j	t	r	e	r	n
s	p	a	t	r	i	o	t	i	s	m	l
h	p	i	c	n	i	c	p	r	e	d	o
i	h	o	l	i	d	a	y	i	z	v	y

barbeque	blue	family	fireworks
flag	freedom	holiday	music
parade	party	patriotism	picnic
red	summer	white	

