



The Rainbow Gazette

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“Somewhere Over The Rainbow”



Last month residents got a chance to go to the Delta Fair on "Senior American Day" On this day people who are 60 years of age or older get free admission and free parking from 9:00am to 12:00 noon. We here at Rainbow Rehab & Healthcare decided to take advantage of this opportunity. Even though this was one of the hottest and most humid days of this summer, we did not back down. We wouldn't miss this for the world. The main reason staff and other residents had to go was because everyone heard the good news that Ms. Sarah Hopkins was competing in the Senior Talent Show at the Delta Fair, sponsored and hosted by local vendors.

Everyone from Environmental Services, M.D.S., Social Services and especially fellow residents wanted to be there to witness Ms. Hopkins perform. There were a total of 18 performances scheduled. The seats were full, lights were flashing and the microphone was turned on. I sat next to Ms. Hopkins while watching other senior competitors perform. She was so calm, she didn't seem nervous at all. It was finally her turn to perform. She introduced herself to the judges and audience and began singing "Somewhere Over The Rainbow." It was a precious and memorable day watching her perform and win 3rd place in Solo.





The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.

There are about 1.38 million new cases and 458 000 deaths from breast cancer each year (IARC Globocan, 2008). Breast cancer is by far the most common cancer in women worldwide, both in the developed and developing countries. In low- and middle-income countries the incidence has been rising up steadily in the last years due to increase in life expectancy, increase urbanization and adoption of western lifestyles.

Currently there is not sufficient knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relieve the suffering of patients and their families is needed.

The majority of deaths (269 000) occur in low- and middle-income countries, where most women with breast cancer are diagnosed in late stages due mainly to lack of awareness on early detection and barriers to health services. Maria's story (see below) illustrates this dramatic situation common to thousands of women in resource constrained settings. A situation that can be reverted if adequate public health programmes are put in place.

WHO promotes comprehensive breast cancer control programmes as part of national cancer control plans. The recommended early detection strategies for low- and middle-income countries are awareness of early signs and symptoms and screening by clinical breast examination in demonstration areas. Mammography screening is very costly and is feasible only in countries with good health infrastructure that can afford a long-term programme

Cancer prevention

Between 30-50% of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer. National policies and programmes should be implemented to raise awareness, to reduce exposure to cancer risk factors and to ensure that people are provided with the information and support they need to adopt healthy lifestyles

Early Diagnosis

Early diagnosis of cancer generally increases the chances for successful treatment by focusing on detecting symptomatic patients as early as possible. Delays in accessing cancer care are common with late-stage presentation, particularly in lower resource settings and vulnerable populations. The consequences of delayed or inaccessible cancer care are lower likelihood of survival, greater morbidity of treatment and higher costs of care, resulting in avoidable deaths and disability from cancer. Early diagnosis improves cancer outcomes by providing care at the earliest possible stage and is therefore an important public health strategy in all settings.



Diagnosis and Treatment

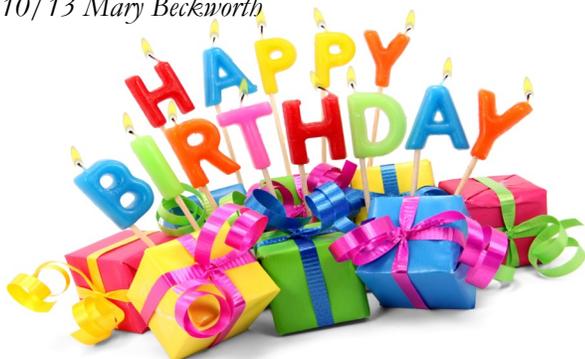
The main goals of cancer diagnosis and treatment programmes are to cure or considerably prolong the life of patients and to ensure the best possible quality of life for cancer survivors. The most effective treatment programmes are those that:

1. are provided in a equitable and sustainable way
2. are linked to early detection and accurate diagnosis and staging
3. adhere to evidence-based standards of care

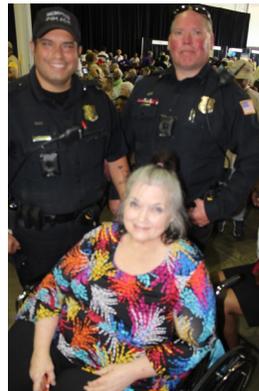
Treatment programmes should also ensure timely and equitable access to effective therapy for cancer types that present with advanced disease but have high potential for being cured, such as metastatic testicular cancer (seminoma) and acute lymphatic leukaemia in children. Likewise, effective treatment exists for certain types of advanced cancer, where the goals of treatment are to prolong survival considerably and maintain good quality of life,

October Birthdays
RESIDENT & STAFF

- | | |
|-----------------------|-------------------------|
| 10/03 Tangey Lenior | 10/14 Monique Golden |
| 10/04 James Evans | 10/14 Charles Middleton |
| 10/05 Allan Nelson | 10/15 Bobbie Williams |
| 10/07 Kim McElroy | 10/17 Cheryl Donovan |
| 10/08 Melissa Davis | 10/21 Dennis Ward |
| 10/10 Veronica Barnes | 10/23 Lasonya Holmes |
| 10/10 LaKesha Jackson | 10/25 Lucinda Hill |
| 10/13 Monica Allen | 10/28 Janice Martin |
| 10/13 Mary Beckworth | |



Delta Fair Pictures



Delta Fair Pictures Continued...



"FUN AT THE FAIR"

2019 Fall Festival & Halloween Party

RAINBOW REHAB & HEALTHCARE

Fall Festival

& HALLOWEEN PARTY

THURS, OCT 31
2PM - 4PM

Garden Rm, Courtyard, & Club Rm

- PUMPKIN PAINTING CONTEST**
- GAMES** **FOOD, DRINKS & ENTERTAINMENT**
- COSTUME CONTEST**
- CAKE WALK**
- FAMILY MEMBERS ARE INVITED**

Celebrated
**National Healthcare
 Food Service Week**
 October 6-12, 2019



Rainbow Rehabilitation & Healthcare celebrated October 6 –12, which was National Healthcare Food Service Week, with showing recognition and appreciation to Lori Brown, who is our Dining Service Director, and her wonderful team. Throughout the year these special people satisfy our residents by planning, developing, creating and serving healthy meals. They also help the activities department prepare for special events such as Happy Hour, Birthday Parties, Family and Resident Holiday gatherings and so many other social events that are planned and scheduled throughout the year. Lori, you guys do such a marvelous job, just keep up the good work.



ZERO Deficiencies x2



We are proud and VERY excited to announce our SECOND YEAR IN A ROW DEFICIENCY FREE state survey. Our annual state survey was completed earlier this month and we received ZERO DEFICIENCIES.

Rainbow Rehab & Healthcare is dedicated to great outcomes and great care for our residents. If you're looking for quality care, look no further than Rainbow Rehab & Healthcare in Bartlett, TN. We offer short term rehab, restorative program, respite, hospice care, and long term care. Come by or check us out on our website www.rainbowrhc.com and also on www.facebook.com/RainbowRHC to checkout videos and pictures.

Congratulations to "Team Rainbow."



What's Happening At Rainbow Rehab & Healthcare



October 2019  *Event Calendar*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITIES ARE SUBJECT TO CHANGE	COLUMBUS DAY OCTOBER 14TH	1 10:30 SHAKE, RATTLE, & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	2 9AM Resident Outing SENIOR SAFARI & MEMPHIS ZOO 10:30 BIBLE STUDY 3:00 LAFFY TAFFY BINGO	3 10:00 SHAKE, RATTLE & ROLL 1:15 JOB/ PET THERAPY 2:30 SNACK ATTACK 3:30 ONE ON ONES	4 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/ JAZZ	5 10:15 COOKIE SOCIAL 1:30 GROUP REMINISCING 2:00 BINGO TIME
6 10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 MILLINGTON C.O.C.	7 10:00 SHAKE, RATTLE & ROLL 10:30 BRAIN TEASING GAME 1:45 POPCORN SOCIAL 3:00 WORSHIP TIME WITH MARK 4:00 THEATRE TIME	8 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 OCT. BIRTHDAY BASH 3:00 1:1 & INROOM VISITS	9 National Teddy Bear At Work Day 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:45 POPCORN SOCIAL 2:30 BINGO TIME	10 10:00 SHAKE, RATTLE & ROLL 10:30 MOVE & GROOVE 2:00 RESIDENT COUNCIL 3:00 LCR DICE GAME	11 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/ WITH  <i>Kenneth Jackson</i>	12 10:30 OAK GROVE CHURCH 1:30 GROUP REMINISCING 2:00 BINGO 4 FUN
13 10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 NEW BETHEL CHURCH	14 Columbus Day 10:00 SHAKE, RATTLE & ROLL 10:30 COLUMBUS TRIVIA 2:15 CONNECT 4 GROUP 3:00 WORSHIP TIME WITH MARK 4:30 THEATRE TIME	15 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	16 National Boss Day 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:30 MEN'S SOCIAL 2:30 LAFFY TAFFY BINGO	17 10:00 SHAKE, RATTLE & ROLL 10:30 WC EXERCISE 1:15 JOB/ PET THERAPY 2:00 OCTOBER ART 3:00 SNACK ATTACK	18 Wear Pink Day 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/ WITH <i>Music Entertainment</i>	19 10:30 COOKIE SOCIAL 1:30 GROUP REMINISCING 2:00 BINGO 4 PRIZES
20 10:30 CATHOLIC COMMUNION 1:00 PRETTY NAILS/TYBC 2:00 ST. PAUL CHURCH	21 10:00 SHAKE, RATTLE & ROLL 10:30 U BE THE JUDGE 2:00 BAKING CLASS 101 3:00 WORSHIP TIME WITH MARK	22 National Color Day 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	23 10AM Resident Outing 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:30 WOMEN'S SOCIAL 2:30 BINGO 4 FUN BINGO	24 10:00 SHAKE, RATTLE & ROLL 10:30 STRETCH & FLEX 1:15 ONE ON ONES 2:00 OCTOBER SIP & PAINT 3:00 LCR DICE GAME	25 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 FRIDAY HAPPY HOUR WITH MUSIC	26 10:00 BELLEVUE BAPTIST (PASSING OUT GIFT BAGS) 1:30 GROUP REMINISCING 2:00 LET'S PLAY BINGO
27 10:30 CATHOLIC COMMUNION 2:00 NEW HOPE CHRISTIAN CHURCH	28 10:00 SHAKE, RATTLE & ROLL 10:30 WORD GAME 1:45 BAKING CLASS 101 3:00 WORSHIP TIME WITH MARK 4:30 THEATRE TIME	29 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	30 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:45 POPCORN SOCIAL 2:30 LAFFY TAFFY BINGO	31 10:00 SHAKE, RATTLE & ROLL 10:30 THERAPY EXERCISE HALLOWEEN PARTY OCTOBER 31 200PM A PROPERTY CARES CENTER	 Collins Family Food & BBQ FOOD TRUCK We specialize in your FAVORITE foods TUESDAY Oct. 29th 11am - 3:30pm Rainbow RHC Rear Parking Lot	RESIDENT'S RIGHT OF THE MONTH Each resident has the right to make his or her own decisions

RAINBOW REHAB & HEALTHCARE

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Fax: 901-937-6320

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"It's fall Y'all"



Rainbow
REHAB & HEALTHCARE

KEY PERSONNEL:

Julie Cottrell, Administrator
Kim McElroy, Director of Nursing
Renee Wade, Assistant Director of Nursing
Steven Sedlako, Admissions/Marketing
Levisha Jackson, Admissions
Ashley Gafa, Unit Manager
Amy Smith, Business Office Manager
Robert Rice, Maintenance Director
Q Clark, Case Manager
Lori Brown, Dietary Manager
Jeff Smith, Director of Therapy
Belinda Lowery, Medical Records Director
Lynn Sanders, MDS Director
Denita Quinn, Staff Development Coordinator
Cheryl Ross, Social Services Director
Justin Elliot, Environmental Services
Al Jones, Activity Director

Congrats To All New Hires

Welcome to "Team Rainbow"

Autumn WORD SEARCH



W	J	W	O	R	C	E	R	A	C	S	U	K	T	N
E	H	X	S	N	I	K	P	M	U	P	O	M	I	D
R	G	C	J	W	U	Z	J	Q	L	D	H	J	U	K
T	A	E	Y	E	L	L	O	W	K	S	P	U	O	M
I	D	K	G	C	J	L	L	A	B	T	O	O	F	J
S	K	T	I	E	H	X	T	S	I	A	K	A	P	U
D	M	I	D	N	G	C	J	W	E	Z	L	Q	L	C
R	J	U	R	T	G	E	H	Z	T	L	I	A	N	O
U	U	O	M	I	D	R	I	C	J	W	U	Z	O	L
O	C	H	J	N	K	A	S	E	L	P	P	A	S	O
G	S	P	U	O	M	I	D	R	G	C	J	W	A	R
J	Q	L	D	H	J	U	K	T	L	E	A	V	E	S
I	E	G	N	A	R	O	T	I	D	R	G	C	S	W
H	A	R	V	E	S	T	J	U	K	T	N	E	H	X
T	S	I	A	K	S	P	U	O	A	I	D	R	G	C

- | | | | |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking | 9. Gourds | 13. Corn |
| 2. Fall | 6. Harvest | 10. Football | 14. Maize |
| 3. Leaves | 7. Pumpkins | 11. Season | 15. Yellow |
| 4. Colors | 8. Apples | 12. Scarecrow | 16. Orange |

