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Issue 9

RAINBOW REHAB & HEALTHCARE

The Rainbow Gazette

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Early last month, on the 2nd of October, the Professional Network on Aging, along with the Memphis Zoo sponsored another Senior Safari here in Memphis at the zoo. This was another wonderful opportunity for senior residents all over the Mid-South area to visit the zoo with free admission and free parking and to take a leisure walk through the zoo. We here at Rainbow Rehab & Healthcare took advantage of this opportunity by escorting 11 of our residents along with our dedicated "Team Rainbow" staff to the zoo. Our Residents really enjoyed the live entertainment sponsored by Creative Aging, touring the zoo and especially getting a chance to dine at The Cat House Café. Everyone commented on how delicious the food tasted.. They also got a chance to meet other different residents and reminisce about their past experiences of visits they had with family, friends, church members and so on. It was a precious moment witnessing the smiles and listening to each resident express joy while spending time at the zoo. They really enjoyed it.

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. Examples of healthy changes include eating healthy, getting more physical activity, and losing weight

How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas:

1) Encourage people to make small changes, like taking the stairs instead of the elevator.

2) Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked – and ask the doctor about their diabetes risk.

3) Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease. National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes. If you've been recently diagnosed with either Type 1 or Type 2, or if you are considered prediabetic, hear the stories, check out the latest research, and connect with others who can help you on your journey to live a healthier life.

2019 Senior Safari Pictures

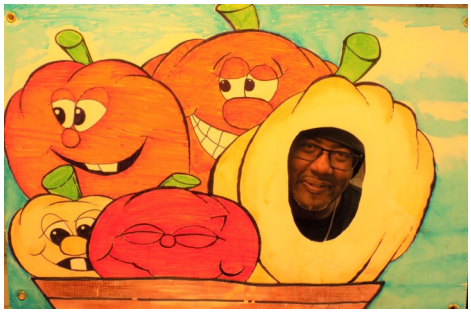
We Love Kids Learning Center

November Birthdays

RESIDENT & STAFF

11/03 Daniel A.
11/05 Alice H.
11/07 Brittany A.
11/08 Cordarius S.
11/08 Jessie L.
11/09 Julie C.
11/15 Patricia C.
11/16 Allen B.
11/16 Onie B.
11/18 Clara H.
11/20 Eloise C.
11/21 Farola T.
11/22 Charlene R.
11/24 Tikitia H.
11/24 Sheryl D.
11/26 Archie J.
11/26 Pamela M.
11/28 Nikki B.

2019 Fall Festival/ Halloween Party Pictures



2019 Fall Festival/Halloween Party Pictures Contin-

This year's Fall Festival was formatted through an exciting Resident & Staff Halloween Party. This event had more than 50 percent of staff participation. The residents had games such as Pop a Balloon, Pin a Smile on the Skeleton, Hide and Seek, Guess Me If You Dare and so many other games to choose from with prizes to win.

More Pictures….

What's Happening At Rainbow Rehab & Healthcare

November 2019 Event Calendar

Rainbow REHAB & HEALTHCARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			ACTIVITIES ARE SUBJECT TO CHANGE	RESIDENT'S RIGHT OF THE MONTH Residents have the right to make his or her own decisions, choosing his or her own physician, accommodation of needs, personal decisions participation in community activities and financial affairs.	1 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR	2 10:15 MY FAVORITE COOKIE 1:30 GROUP REMINISCING 2:00 BINGO TIME
3 10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 GOSPEL HOUR W/ RICK	4 10:00 SHAKE, RATTLE & ROLL 10:30 BRAIN TEASING GAME 1:45 POPCORN SOCIAL 3:00 WORSHIP TIME WITH MARK 4:00 THEATRE TIME	5 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 DOMINOS 3:00 1:1 & INROOM VISITS	6 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:45 POPCORN SOCIAL 2:30 BINGO TIME	7 10:00 SHAKE, RATTLE & ROLL 10:30 STRETCH AND SING 1:15 JOB/ PET THERAPY 2:00 RESIDENT COUNCIL 3:00 SNACK ATTACK	8 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR/ W/ MUSIC	9 10:30 OAK GROVE CHURCH 1:30 GROUP REMINISCING 2:00 BINGO 4 PRIZES
10 10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 NEW BETHEL CHURCH	11 10:00 SHAKE, RATTLE & ROLL 10:30 VETERAN'S DAY TRIVIA 2:15 CONNECT 4 GROUP 3:00 WORSHIP TIME WITH MARK	12 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 NOV. BIRTHDAY BASH 3:00 1:1 & INROOM VISITS	13 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY *1:30 MEN'S SOCIAL* 2:30 BINGO TIME	14 10:00 SHAKE, RATTLE & ROLL 10:30 MOVE & GROOVE 1:15 ONE ON ONES 2:00 PAINTING WITH A TWIST 3:00 SNACK ATTACK	15 10:30 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR W/ MUSIC	16 10:30 CURRENT EVENTS 1:30 GROUP REMINISCING 2:00 BINGO 4 PRIZES
17 10:30 CATHOLIC COMMUNION 1:00 PRETTY NAILS/TYBC 2:00 ST. PAUL CHURCH	18 10:00 SHAKE, RATTLE & ROLL 10:30 U BE THE JUDGE 2:00 COOKIE BAKE 3:00 WORSHIP TIME WITH MARK	19 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	20 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY *1:30 WOMEN'S SOCIAL* 2:30 LOLLY POP BINGO	21 10:00 SHAKE, RATTLE & ROLL 10:30 STRETCH & FLEX 1:15 JOB/ PET THERAPY 2:00 HOLIDAY CARD CRAFT 3:00 SNACK ATTACK	22 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 FRIDAY HAPPY HOUR WITH MUSIC	23 10:00 GRAY'S CREEK CHURCH 1:30 GROUP REMINISCING 2:00 LET'S PLAY BINGO
24 10:30 CATHOLIC COMMUNION 2pm NEW HOPE CHRISTIAN CHURCH	25 10:00 SHAKE, RATTLE & ROLL 10:30 WORD GAME 1:45 COOKIE BAKE 3:00 WORSHIP TIME WITH MARK 4:30 THEATRE TIME	26 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS	27 10:00 SHAKE, RATTLE & ROLL 10:30 BIBLE STUDY 1:45 POPCORN SOCIAL 2:30 BINGO TIME	28 Happy Thanksgiving 10:00 SHAKE, RATTLE & ROLL 10:30 MY BEST THANKSGIVING	29 10:00 SHAKE, RATTLE & ROLL 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 FRIDAY HAPPY HOUR	30 10:30 POPCORN SOCIAL 1:30 GROUP REMINISCING 2:00 BINGO FUN

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Happy Thanksgiving

Rainbow
REHAB & HEALTHCARE

KEY PERSONNEL:

Julie Cottrell , Administrator
Kim McElroy, Director of Nursing
Renee Wade, Assistant Director of Nursing
Steven Sedlacko, 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"

Happy Thanksgiving Word Search

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

THANKSGIVING
HOLIDAY
FAMILY
FRIENDS

THANKFUL
FOOD
TURKEY
POTATOES

STUFFING
SALAD
BREAD
YAM

PUMPKIN
PIE
VEGETABLES
HAM