



# The Rainbow Gazette

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## *Absentee Voting at Rainbow Rehab & Healthcare*



Last month the activity calendar had early, absentee voting on it. It was scheduled for the Shelby County Election Committee to visit the facility so that our residents could have a chance to cast their early vote in the 2020 Presidential Primary.

Throughout the United States, residents of long-term care facilities have the right to vote. If going to the polls is difficult, these voters, like others, may request and vote an absentee ballot. Indeed, the most common way for residents of nursing facilities or long-term care facilities to vote is through absentee voting. Sometimes mental or physical limitations may make it difficult for residents of long term care

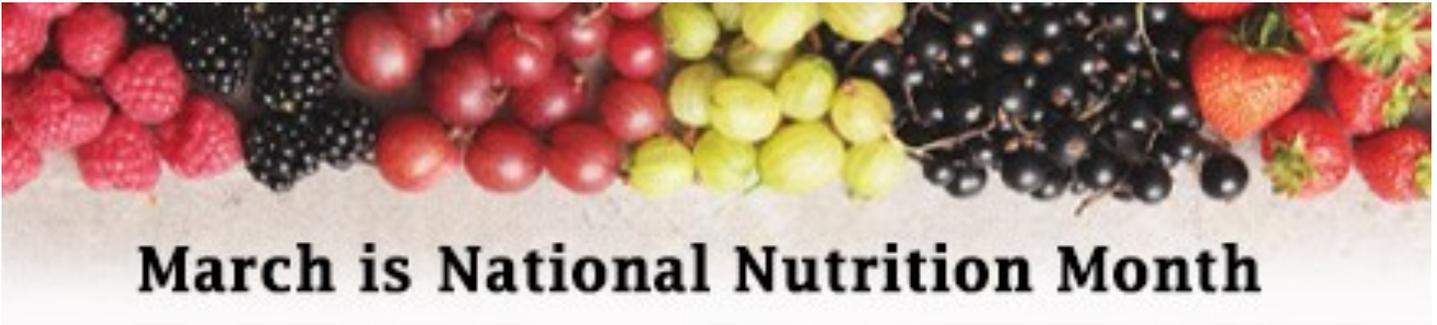
facilities to obtain a ballot or cast a ballot, and some assistance is required.

Velma Davis and Nathaniel Swift were two of the 24 residents who got a chance to cast their votes last month. They both said that they can remember when they couldn't vote. They are so grateful to be here today to take part in this election.



LIVE  
**JAZZ**  
THU. MAR. 7, 2019  
@2PM  
DINING ROOM

OSCAR SUEING



.Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste.

March is National Nutrition Month and District Health Department #10 (DHD#10) wants you to thrive on the power of food and nutrition.

### **Key Messages:**

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs
11. For more information about the Academy of Nutrition and Dietetics and to find the "National Nutrition Month Celebration Toolkit" visit [www.eatright.org](http://www.eatright.org) for tip sheets and handouts, videos, games, and other promotional tools in English and Spanish.



# BLACK HISTORY PICTURES



## March Birthdays

### Resident & Staff

- 3/04 Robert R.
- 3/06 Weldon W.
- 3/10 Jacqueline J.
- 3/13 Betty M.
- 3/14 Lakesha C.
- 3/17 Mollie C.
- 3/19 Joe S.
- 3/23 Terra A.
- 3/23 Maxine H.
- 3/26 Larry M.
- 3/27 Roshonda W.
- 3/28 Clara G.
- 3/29 Walter W.



## Employee of the Month



Congratulations to Ronnie Smith. Ronnie was chosen with an unanimous vote our January Employee of the Month. He is an outstanding Certified Nursing Assistant, a transporter, a central supply employee, he's a "Jack of all Trades." Ronnie is a very hard working, compassionate and a caring person. He gets the job done. He makes sure that our residents are taken care of. He brings positive attitude and great spirits to the co-workers as well. Congratulations again Ronnie!



## *Valentine's Day Party Pictures*



We here at Rainbow Rehab & Healthcare understands that Valentine's Day evokes so many happy memories for our residents, so it was wonderful bringing our residents together for the occasion. Whether that be by inviting our residents' loved ones to join us on the day, or through our love themed activities, there was something for everyone to get involved in. We know that music in particular can really bring memories to life, so we arranged a well known artist, Kenneth Jackson from Creative Aging to perform and sing past Valentine's Day songs for our residents.



*What's Happening At Rainbow Rehab & Healthcare*

# HAPPY ST. PATRICK'S DAY

March 2020



Event Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 10:00 CALENDAR DISTRIBUTION 2:00 CHURCH WITH RICK	2 10:00 HOT BEVERAGE SOC. 10:30 BRAIN TEASING GAME 1:45 POPCORN SOCIAL 3:00 WORSHIP TIME WITH MARK	3 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS 6:30 THEATRE TIME/ Angela	4 10:00 HOT BEVERAGE SOC. 10:30 BIBLE STUDY 1:45 POETRY READING 2:30 LET'S PLAY BINGO	5 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 1:15 JOB/ PET THERAPY 3:00 WOMEN'S SOCIAL	6 10:00 HOT BEVERAGE SOC. 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR	7 10:15 MY FAVORITE COOKIE 1:15 GROUP REMINISCING 1:30 BINGO TIME	
8  10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 NEW BETHEL CHURCH	9 10:00 HOT BEVERAGE SOC. 10:30 BRAIN TEASING GAME 1:45 POPCORN SOCIAL 3:00 WORSHIP TIME WITH MARK	10 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS 6:30 THEATRE TIME/ Angela	11 10:00 HOT BEVERAGE SOC. 10:30 BIBLE STUDY 1:45 POETRY READING 2:30 BINGO TIME	12 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 2:00 RESIDENT COUNCIL 3:00 NAME 10 GAME	13 10:00 HOT BEVERAGE SOC. 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 ST. PAT'S HAPPY HOUR	14 10:30 OAK GROVE CHURCH 1:15 GROUP REMINISCING 1:30 BINGO 4 PRIZES	
15  10:30 CATHOLIC COMMUNION 1:00 PRETTY NAILS/TYBC 2:00 ST. PAUL CHURCH	16 10:00 HOT BEVERAGE SOC. 10:30 IT HAPPENED THIS DAY 2:15 CONNECT 4 GROUP 3:00 WORSHIP TIME WITH MARK	17  10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS 6:30 THEATRE TIME/ Angela	18 10AM RESIDENT OUTING 10:00 HOT BEVERAGE SOC. 10:30 BIBLE STUDY 1:30 POETRY READING 2:30 BINGO FUN	19 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 1:15 JOB/ PET THERAPY 2:00 LEATHER CRAFT 3:00 WORD GAME	20 10:00 HOT BEVERAGE SOC. 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR	21 10:30 CURRENT EVENTS 1:15 GROUP REMINISCING 1:30 BINGO TIME	
22 10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 CHURCH WITH RICK	23 10:00 HOT BEVERAGE SOC. 10:30 U BE THE JUDGE 2:00 BAKING CLASS 101 3:00 WORSHIP TIME WITH MARK	24 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS 6:30 THEATRE TIME/ Angela	25 10:00 HOT BEVERAGE SOC. 10:30 BIBLE STUDY 1:30 POETRY READING 2:30 BINGO 4 PRIZES	26 10:00 SHAKE, RATTLE & ROLL 10:30 MUSIC APPRECIATION 1:15 ONE ON ONES 2:00 SIP & PAINT 3:00 MEN'S SOCIAL	27 10:00 HOT BEVERAGE SOC. 10:30 WORDS OF ENCOURAGEMENT 1:00 INROOM VISITS 2:00 HAPPY HOUR WITH Music Entertainment	28 10:15 MY FAVORITE COOKIE 1:15 GROUP REMINISCING 1:30 LET'S PLAY BINGO	
29 10:00 SUNDAY DEVOTION 10:30 CATHOLIC COMMUNION 2:00 INROOM VISITS	30 10:00 HOT BEVERAGE SOC. 10:30 WORD GAME 1:45 BAKING CLASS 101 3:00 WORSHIP TIME WITH MARK	31 10:00 SHAKE, RATTLE & ROLL 10:30 GROUP THERAPY CLUB 2:00 POKENO CARD GAME 3:00 1:1 & INROOM VISITS 6:30 THEATRE TIME/ Angela	 <p>St. Patrick's Day March 17 www.NationalDayCalendar.com</p>			<p><b>ACTIVITIES ARE SUBJECT TO CHANGE</b></p>	

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## HAPPY ST. PATRICK'S DAY



**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*  
*Peggy Rains, PASRR/PAE Nurse*  
*Denita Quinn, Staff Development Coordinator*  
*Cheryl Ross, Social Services Director*  
*Dexter Russel, Environmental Services Manager*  
*Al Jones, Activity Director*

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

