



National Healthcare Environmental Services & Housekeeping Week, Sept. 8-14, 2024

Held annually during the second full week of this month, Environmental Services Week/ Housekeeping Week honors the dedication of our diligent custodial staff. These exceptional individuals exemplify the teamwork and expertise essential for maintaining our facility's cleanliness, safety, and well-being.

Let's take this time to celebrate, appreciate, and sincerely thank all the professionals in healthcare environmental services for their hard work and commitment.



GRANDPARENTS DAY

Grandparents Day celebrates the important role grandparents play in families and society, highlighting their unique contributions and strengthening intergenerational bonds.

Looking for ways to celebrate? Here are some ideas to get you started:

Family Gatherings: Enjoy a meal together, whether it's dinner or afternoon ice cream. Share stories, memories, and quality time with one another.

Activities Together: Spend the day doing activities

grandparents enjoy, like listening to music, bowling, gardening, or playing cards and board games.

Video Messages: For long-distance families, arrange video calls or send video messages to connect. Text or email photos if you're not able to arrange a video call.

Take the time, Sunday, September 8 to recognize, appreciate, and celebrate the unique impact grandparents have on our lives through their wisdom, support, and love.

Happy Birthday!

STAFF

Kristanika N.	9/2
Keandra H.	9/8
Kim K.	9/8
Taylor G.	9/10
Lashanda K.	9/14
Miranda H.	9/14
Aryanna S.	9/16
Gerald A.	9/19
Rhonda D.	9/28

RESIDENTS

Lynn T.	9/4
Debora S.	9/7
James K.	9/9
James G.	9/10
Leonard A.	9/11
Julie T.	9/14
Charles N.	9/15
Gary S.	9/21
Ronald W.	9/23

STAFFS ANNIVERSARY

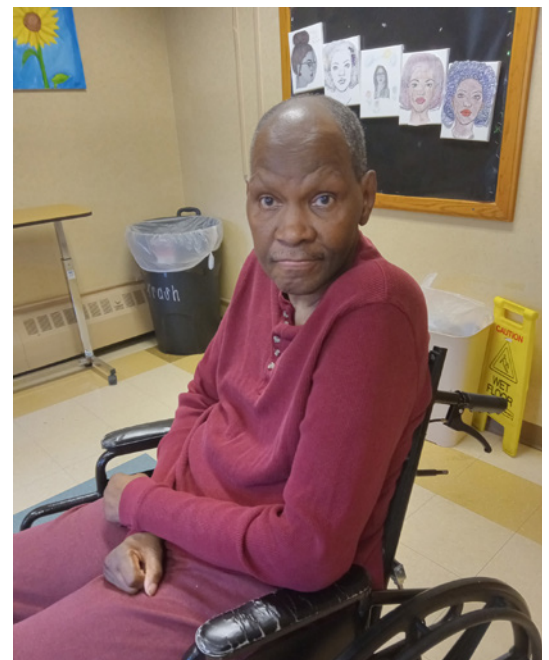
Jacqueline R.	9/7
Amanda S	



A LETTER FROM THE ADMINISTRATOR

As the end of the summer come to an end we start to look forward to the holiday time but we cannot forget all the fun we had this summer. The staff and residents are eagerly waiting for the holiday time. We will be sharing our amazon wish list for items that would benefit our residents. If you are willing to support we gladly appreciate it.

PHOTO HIGHLIGHTS

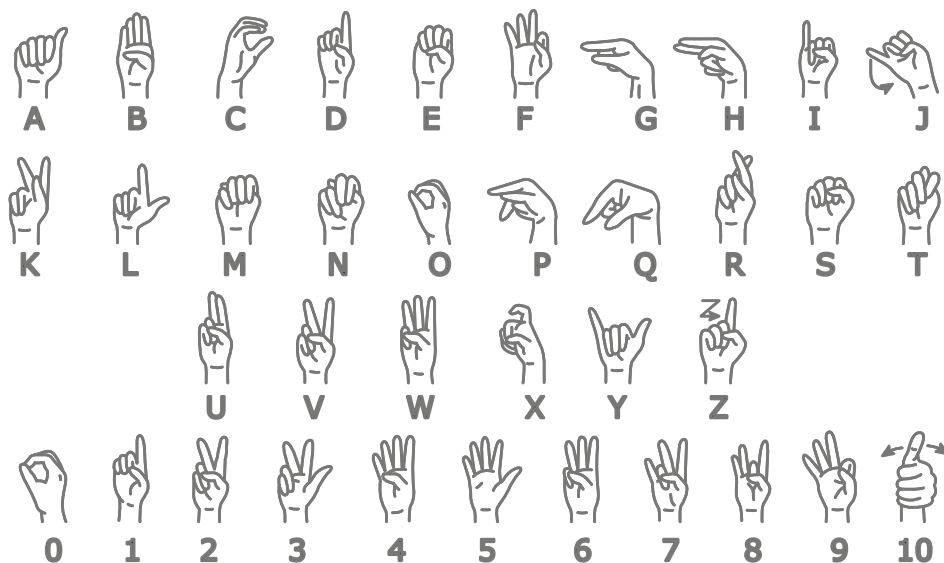


Employee of the Month

Krissy Brenson, 
Laundry Aide

Laundry Aide been with Divine for 2 yrs.

International Day of Sign Languages – Learning American Sign Language (ASL)



On September 23, recognize the vital role of sign languages with International Day of Sign Languages, established in 1951 by the World Federation of the Deaf.

Did you Know?

- ASL has become the third most-studied foreign language, outnumbered only by Spanish and French.
- Different countries have their own versions of sign language.
- Over 300 sign languages are used worldwide, each with its own unique grammar and vocabulary.
- ASL is a widely used sign language in the United States and Canada.
- Sign languages use more than hand shapes and motion to convey meaning, including mouth and facial expressions, ocular direction, and body language. In ASL, the direction

of the palm can also change the meaning of a sign.

- When young children use sign language, this can promote early communication and help them learn expressive language skills.
- The World Federation of the Deaf has a special way of celebrating the International Day of Sign Languages by dedicating the entire week to those in the deaf community, with each day having a unique theme.

Have you ever learned or considered learning sign language? Celebrate the International Day of Sign Languages by learning a few new signs or teaching some that you know to others.

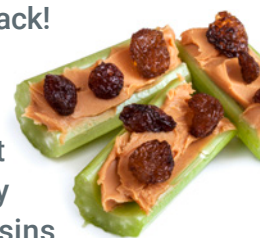
There are many online lessons, tutorials, and apps to help you get started. Reference the ASL hand shapes to begin your practice!

A New Take on a Traditional Snack: Ants On A Log

Ants On A Log will always be an easy go-to snack. Whether your “logs” have peanut butter or cream cheese, September 10, Ants on a Log Day, is the perfect opportunity to try some of these tasty variations or mix and match them to create a delicious combination all your own! You may just discover your new favorite snack!

Classic:

Creamy or crunchy peanut butter on celery topped with raisins



Buttery goodness: Substitute a different kind of nut butter: almond, cashew, or sunflower

Fruity fun: Substitute raisins with other dried fruit: cranberries, cherries, or diced mango

Go nuts: Substitute raisins for mixed nuts or your favorite nut

Fresh ‘n’ fruity: Substitute raisins for fresh fruit: kiwi, pears, bananas, or apples

Protein: Fill celery with chicken or tuna salad, sprinkle lightly with shredded mozzarella cheese

Veggie: Fill celery with hummus and top with sun-dried tomatoes, chickpeas, diced cucumber or carrots

Mediterranean: Fill celery with cream cheese and top with chopped olives, beets or carrots

Sweet: Fill celery with vanilla or Greek yogurt and top with chocolate chips or yogurt-covered raisins



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Leadership Team

Activities

Miranda Hill

Administrator

Kim Kahle, LNHA

Admissions/ Cental intake

Ryanna Redman

Business Office/HR

Lauren Avigdor

Dietary Manager

Aletha Snipes

Director of Nursing

Shiloh Rafferty, RN

Maintenance/Housekeeping

Director

Joe Colley

MDS

Janie Luster

LPN

Med Recs/ Central Supply

Monique Brown

Receptionist-

Randi Weaver

Social Worker

Ashauntis Greer

Therapy Director

Jessica Greer

UM North

Pre Webb, LPN

UM South

Jackie Rushing, LPN

DON'T SKIP A BEAT PREPARE FOR HEART ATTACKS

Recognize the signs. **Heart attacks look and feel different in women than they do in men.** Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.



Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, faint, or a cold sweat.
- Shortness of breath.
- Pain or discomfort in the jaw, neck, or back.

- Pain or discomfort in one or both arms or shoulders.

Be safe, not sorry. Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. **Being prepared now may just save a life later.**

Source: cdc.gov

SEPT. – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

Word List

- ANTS
- BEAR
- CLEAN
- DOODLE
- DRAW
- GRANDCHILD
- GRANDMA
- GRANDPA
- HANDS
- HEART
- LABOR
- MEMORY
- SAFETY
- SIGNS
- SNACK