

Three Rivers Reveille

Three Rivers Healthcare & Rehabilitation Newsletter (870) 358-2432

May 2014

TAKE ME OUT TO THE BALLGAME

Last month, Three Rivers Healthcare and Rehabilitation residents and staff did just that! With two busloads of 15 residents and 15 staff members, the excited group enjoyed a Memphis Redbirds baseball game, comfortably seated in the AutoZone Park stadium in downtown Memphis. Although the Redbirds were not the victors of the game against the Oklahoma City RedHawks, that did not dampen the residents' and staff's spirits. A special tent and catered buffet were set up just for the Three Rivers group, which included a whole line-up of traditional baseball foods; from cotton candy to ballpark hot dogs. Rocky the Redbird even joined us to cheer the team along and take pictures!



ElderFit: Living Healthy at Any Age

The ElderFit Activity Program begins this month and will last through December. This themed program is designed to enhance our mind-body awareness and overall well-being. Every month, residents will participate in activities to encourage healthy bodies and engaged minds and spirits through fun, novel, and appropriate exercises. The month of May includes (1) Tai Chi, an ancient Chinese exercise that uses gentle flowing movements; and (2) Chair Salsa, a Latin American dance that's lively and upbeat. The exercises will be paired with activities that promote mental fitness, such as cultural awareness and food tastings. Let the fun begin!

THREE RIVERS
Healthcare & Rehabilitation

A Non-Profit Organization

HAPPY MOTHER'S DAY!

All that I am, or hope to be, I owe to my angel mother. -Abraham Lincoln

This month, we would like all of our beautiful mothers of Three Rivers Healthcare and Rehabilitation know that you all hold a special place in our hearts.



Employee of the Month

Paula Ward, LPN

Paula is Three Rivers' Treatment Nurse. Her favorite parts of working are seeing her residents smile and being able to take care of them.

Residents' Birthdays

- J. GARRISON 5/4
- J. HIGGINS 5/25
- D. HOWARD 5/10
- F. SMITH 5/8
- M. SMITH 5/28
- G. STIDEM 5/29



MAY 2014

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HIPPITY-HOPPITY HAPPINESS!

Three Rivers Healthcare and Rehabilitation's annual Facility & Community Easter Egg Hunt was a great success. We hid over 800 eggs, donated by our facility, members of the community, and area churches. The turnout was huge and larger than expected, based on attendance of the past few years. The Easter Bunny made a special visit to greet the children and residents, and we drew names for give-away baskets. One exciting grand-prize basket filled with fun goodies was awarded. Thank you to everyone who participated and pitched in to make our celebration so happy and joyful.





GOOD OLD-FASHIONED FUN!

Sometimes, a little good old-fashioned gaming is all that's needed to put a dose of fun and excitement into our afternoon. Residents and staff recently enjoyed an afternoon of checkers and snacks, which included large cloth checker boards and oversized checker pieces purchased from the Cracker Barrel Restaurant and Store. Lots of smiles and laughter ensued, and we look forward to the next game session with Dominoes.

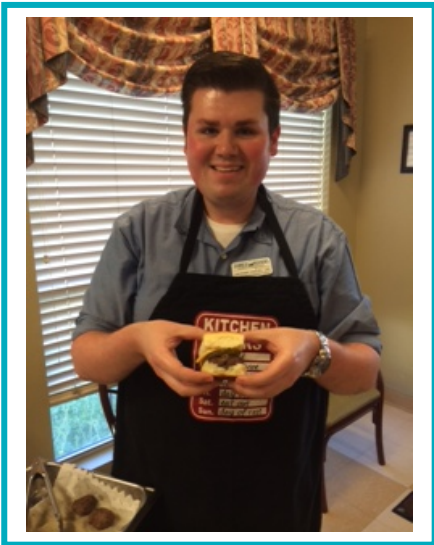


Inspirational Quote of the Month

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.
-William Arthur Ward

COOKING WITH ZACH

With spring upon us, I wanted to share a go-to classic food that has been a huge part of my life with my Maw Hatley, Momaw Burfield, and Mom Tina, a good old-fashioned hamburger. The residents agreed that getting back to basics with this juicy slider, topped with a pickle slice and Colby jack cheese, and steamed on a bun was just plain good. Talk of favorite burger toppings and memories of frying up hamburger patties in a seasoned iron skillet at home were great conversation starters to pair with a great meal. -Zach Hatley, Three Rivers SSD



The Old Fashioned

- Lean Hamburger Meat
- Salt and Pepper to Taste
- Lea & Perrins Worcestershire Sauce
- Colby Cheese
- Dill Pickle Slices
- Bun of Choice



Combine lean hamburger meat with seasonings to taste; pat into patties; spray skillet with butter spray. Sear patties on one side then flip to other. Let simmer. Drain patties and return them to skillet. Add pickle slices and cheese. Place burger on bun, steam in pan, and serve warm. Pair with chips or home-cut fries. You just can't go wrong.

Our Mission

Our mission is to enable our residents to live life to its fullest, regardless of age or health, with compassion, understanding, respect, dignity, and caring support.

ABOUT US —

Three Rivers Healthcare and Rehabilitation is nestled in a peaceful community of Marked Tree, just off Highway 63. As you will soon see, we may be the best kept secret in North East Arkansas! With our Spa, Salon, garden area, beautiful patios, attentive staff and much, much more, you may find yourself ready to move in, even if you're looking to find a home for someone else!

**Three Rivers
Healthcare &
Rehabilitation**

**33904 Highway 63
Marked Tree, AR
72365**

**PHONE:
(870) 358-2432**

**FAX:
(870) 358-4582**

We're on the Web!

See us at:

www.threerivershealthcare.org

DEPARTMENT HEADS:

Interim Administrator
Director of Nursing
Assistant Director of Nursing
Admissions Coordinator
MDS Coordinator/Medical Records
Social Services Director
Business Office Manager
Human Resources
Medicare Nurse
Dietary Manager
Maintenance
Housekeeping Supervisor
CNA Supervisor
Activity Director

Scott Edwards
Diane Green
Shelly Webb
Zachary Hatley
Anna Hobbs, LPN
Brittney Smallwood
Audra Campbell
Paulita Carroll
Cinda Thomas, LPN
Robin Parker
Jimmy Carpenter
Pat Holt
Melissa Gardner
Tarah Hervey

REMINDERS:

- Please label your loved ones' clothing and items, even if you do their laundry.
- Bring zip lock bags or sealed containers for food storage
- Help keep your loved one's closet neat by cleaning it out seasonally.
- Please do not display items on lights.

Thanks!



**33904 Highway 63
Marked Tree, AR 72365**

