

Three Rivers Reveille

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

June 2015

Celebrating the Roaring 20s

As the 1920s roared along, according to *ushistory.org*, many young women of age proudly entered the political world with the right to vote; and with this new right and independence, they wanted to have fun. Thus, flappers became popular.

Short hair, smoking, shorter skirts, higher heels, and heavier

makeup was the Flapper

image of the 20s. Using

faux pearls/jewels,

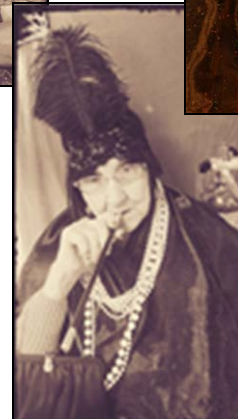
feathers, headpieces,

and smiles, Three Rivers

residents and staff

enjoyed a 1920s

glamorous photoshoot.



Happy
Father's
Day
from the
Three Rivers
Staff!

THREE RIVERS

Healthcare & Rehabilitation

A Non-Profit Organization



Lydia Pena

**Employee
of the Month**

Lydia Pena is always kind, patient and willing to help others. She volunteers to cover shifts when needed and enjoys being a mother and helping others. Thank you for your hard work and dedication to Three Rivers!



Ms. Jessica Newboles

**Resident
of the Month**

Ms. Jessica Newboles is a new resident of Three Rivers. She enjoys getting her nails and makeup done. Her favorite game is bingo and WalMart is her favorite store! Thank you for making Three Rivers Healthcare and Rehab your home!

Happy June Birthdays!

Residents:

D. Holman	6/2
J. Smith	6/10
I. Foust	6/15
G. Walling	6/16
I. Hudson	6/22
C. Farmer	6/26

Employees:

Regina Gaddis	6/5
Linda Hutchinson	6/5
Victoria Mansfield	6/7
Toby Watson	6/7
Danya Owens	6/8
Hope Morris	6/17
Rose Chappell	6/20
Caitlin Chadwick	6/21
Laurie Pendley	6/24
Mary Tobar	6/26
Kewnati Brownlee	6/29

Upcoming Events

June 4th
Nacho Bar

June 19th
Father's Day BBQ
Family and Friends Invited
Games and Live Band

June 24th
Miss Three Rivers Pageant

Happy
Father's
Day

**Inspirational
Quote of the Month**

"BEAUTY IS NOT IN THE FACE; BEAUTY IS A LIGHT IN THE HEART"
~ KAHLIL GIBRAN



From the Chef's Family Table

Hello again from my family's table! I have for you this month another family favorite. We all love meatloaf, an American classic, but I always felt it never lived up to what I thought a really good meatloaf should be. One day, my chef-brain started to work, and I began to think about how I could change things up a bit. That is when I came up with spinach and cream cheese stuffed meatloaf. The first time I made it, my family loved it and told me to never make it the old way again. It's like eating meatloaf with a spinach cheesecake in the center of it! So, I'm sharing my recipe with the hope that you and your family love this meatloaf as much as my family does.



From my family's table to yours, Bon Appetite!
Chef Reynold Landry

Spinach and Cream Cheese Stuffed Meatloaf

Feeds 6-8 people

Ingredients:

- 3 lbs. fresh ground beef - Frozen tends to have too much liquid and can be mushy
- 2 Eggs
- 1 Medium yellow onion, diced
- 1/2 cup Flour
- 3 tbs. Minced Garlic
- 1 to 1/2 cup Ketchup or preference.
- 1 Small bell pepper, diced
- 1/4 cup Soy Sauce
- 3 tbs. Cajun seasoning
- 2 tbs. Onion powder

Place all ingredients into a large size bowl and mix thoroughly with your clean hands.

Meatloaf assembly

Place 3/4 of the meat mix into the center of a sprayed pan and form into a loaf. Wet your hands with water to help keep our hands from getting gloppy. Slowly start to form a well in the center of the meat while keeping the shape of the loaf. Spoon in the filling, then with the remaining meat make thin patties and close up the top of the loaf so the filling will not bubble out while baking. Pour ketchup on top of the loaf. I actually leave a little off because my girls do not like it with ketchup. Pre-heat oven to 350 then bake for 40 to 50 minutes or until internal temperature is 165 degrees. Let rest for 15 minutes then cut into slices and serve.

Spinach Cream Cheese Stuffing

- 1- 8 oz. Package cream cheese
- 1- 8 oz. Package of Frozen Chopped spinach
- 1 tbs. Cajun Seasoning
- 1 Large Egg white
- ** A whole egg tends to be too much
- 1 tbs. Flour

Place frozen spinach in a colander, run under water until defrosted and press out as much water as you can from the spinach. Heat the spinach in the microwave just to soften so you can mix everything evenly. Add the seasoning, flour and egg and mix well.

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:

**Administrator
Director of Nursing
Assistant Director of Nursing
Admissions Coordinator
Social Services Director
MDS Coordinator
MDS Coordinator
QA Nurse
Treatment Nurse
Business Office Manager
Human Resources/Payroll Manager
Dietary Manager
Housekeeping Supervisor
CNA Supervisor
Activity Director
Maintenance**

Charles Moore
Dana Butler, RN
Regina Gaddis, RN
Brittney Smallwood, LPN
Cheryl Goodlow
Anna Hobbs, LPN
Dianna Bonavoglia, RN
Chrystal Angelis
Amanda Branyan
Melissa Walling
Michelle Treat
Robin Duncan
Pat Holt
Deloris Woods
Ashley Bratton
Jimmy Carpenter

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**

