

Matagorda Nursing and Rehabilitation Center
June 2017 Newsletter
"Our Residents, Our Customers"

Administrator's Corner

Summer is just around the corner and kids are out of school! We are always looking for volunteers to help with our activity program. This opportunity would be great for kids. We encourage you to get your kids, grandkids, nieces, and nephews involved in community service here at MNRC. If you have anyone interested, please contact our Activity Director, Beverly Boudreaux.

Continue awarding the **I-CARE** tokens to those staff members who are going above and beyond. **You are why the program continues to be successful.**

As always, my door is always open if you have concerns, comments, or ideas to help us continue providing the best care in Matagorda County!

Cody D. Holloway, M.Ed., LNFA, ACHCA

Administrator



June Observances

Flag Day	June 14 th
Father's Day	June 18 th
First Day of Summer	June 21 st

June Birthdays



Residents

Florine Harris	June 1 st
Irma Smith	June 7 th
Bobby Lou Maupin	June 10 th
Gregory Mulkey	June 11 th
Nannie Rodgers	June 30 th

MNRC Staff

Ruby Huerta	June 9 th
Jessica Sanchez	June 10 th
Priscilla Hernandez	June 12 th
Jacqueline Hildebrandt	June 13 th
Vanessa Rupe	June 19 th
Rosa Mendoza	June 21 st
Tiffany King	June 25 th
Juanita Martinez	June 26 th



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ATTENTION!

Family Council

3rd Saturday of every other Month @ 2:00 PM

The next meeting will be July 15, 2017

Meet in the Assisted Dining Room

Recipe of the Month

Sour Cream 'n Onion Potato
Salad

INGREDIENTS

8 medium Yukon gold potatoes, chopped into
1" cubes

Kosher salt

1 1/4 c. sour cream

1/4 c. mayonnaise

1 tsp. onion powder

1/4 c. finely chopped green onions, plus more
for garnish

Freshly ground black pepper

Sour cream and onion potato chips, crumbled
(optional)

DIRECTIONS

1. In a large pot, cover potatoes with water and season generously with salt. Bring water to a boil and cook until potatoes are easily pierced with a knife, 12 to 15 minutes. Drain and let cool slightly.
2. In a large bowl, combine sour cream, mayonnaise and onion powder. Fold in potatoes and green onions. Cover with plastic wrap and refrigerate for at least an hour. Season with salt and pepper, then garnish with more green onions. Top with crumbled chips, if desired.



Salon Services

The MNRC salon is open every **WEDNESDAY** or **THURSDAY** starting about 9:00 AM. If your loved one needs a haircut, trim, etc.....please let us know. Make sure he/she has money in his/her trust account. If your loved one does not have a trust account, we would be more than happy to hold money for the beautician, Janel Duran.

Medical Tidbits

Pneumonia: What You Should Know

You know managing type 2 diabetes isn't just about taking medicine. So you've been trying to make better food and lifestyle choices. But figuring out what's healthy and what isn't can be confusing.

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Take these habits. They may seem like they're good for you, but they could actually be sabotaging your efforts.

1. Buying "sugar-free" foods

The supermarket is full of things that appear to be diabetes-friendly because they don't have added sugar. But many have sugar substitutes that contain carbs. That means they have the potential to send your blood sugar levels soaring.

Before you put something in your cart, check the nutrition facts to see how many grams of carbs are in each serving and how much sugar is added.



We make dreams come true at MNRC. D. Sparks' dream was to visit her sister Sally in Corpus Christi. Staff members Beverly Boudreaux, Activity Director and Dana Horton, Asst. Business Office Manager helped make her dream come true.

2. Swapping meals for meal replacement bars

Losing weight can help, and meal replacement bars may seem like an easy way to slim down.

Many meal replacement products are aimed at athletes. So they can be high in calories. Others contain ingredients like sugar alcohols (sorbitol and mannitol, for example), which can cause stomach trouble.

Occasionally, munching on a bar for breakfast when you're pressed for time is OK as long as you pay attention to the nutrition info. But it's smarter to stick with real meals.

3. Loading up on vitamins and supplements

A diet with lots of fruits and vegetables should give you all the nutrients you need. A multivitamin may help fill in the gaps, but it still can't match the real thing -- food.

Some people take supplements like cinnamon or chromium to try to keep their blood sugar levels stable. It's unclear whether these work. If you choose to try them -- or any supplement -- tell your doctor. He can make sure it's safe for you and won't interact with any medication you're taking.

4. Drinking juice

Natural doesn't always equal healthy. One cup of apple juice, for example, has 25 grams of sugar and just 0.5 grams of fiber.

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An apple, on the other hand, has less sugar (19 grams) and more fiber (4.5 grams). It will satisfy you longer and help stabilize your blood sugar. What's more, a study found that drinking juice every day increases the risk of developing diabetes. But regularly eating whole fruit lowers it.

5. Downing diet soda

It may be calorie-free, carbohydrate-free, and sugar-free, but you can still overdo it. One study found that overweight people who rely on diet soda end up taking in more calories from food. Why? Diet-drink lovers may think they're "saving" calories on drinks and can afford to splurge on food. Artificial sweeteners also confuse your body because they taste sweet but don't provide calories.

If you're craving a cola once in a while, it's fine to treat yourself. But you should usually fill your glass with water and other unsweetened beverages like plain iced tea.

6. Avoiding all high-fat foods

A little fat is good for you, assuming you choose the right kinds. You should limit saturated fats (found in meat and dairy products) and avoid trans fats completely. But monounsaturated and polyunsaturated fats are healthy.

In fact, certain high-fat foods seem to have benefits for people with diabetes. Eating nuts along with higher-carb foods may help prevent blood sugar levels from going up too sharply. Other studies have shown that people who eat avocados are less likely to get metabolic syndrome. That's a cluster of symptoms that includes high blood sugar.

Just remember to keep portion sizes small. The calories can add up quickly.

7. Nibbling on 100-calorie snack packs

Many people open pack after pack because each one seems so tiny. They end up eating more than if they started with a "regular" container. In one study, people who were given nine small bags of chips ended up eating almost twice as much as those who were given two large bags.

So be honest with yourself: Can you really stop after one? If not, put the box back on the shelf.



Bay City Walmart made a donation to help us celebrate National Nursing Home Week, May 14-20.

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MNRC LEADERSHIP TEAM

Cody D. Holloway, M.Ed.....Administrator
Darlene Boatwright, RN.....Director of Nursing
Beatrice Hawes, LVN.....Asst. Director of Nurses
Vanessa Rupe, LVN.....Asst. Director of Nurses
Bonnie Powell, LVN.....Asst. Director of Nurses
Tonya Piwonka, RN.....Marketing/Admissions
Zoila Luna.....Business Office Manager
Dana Horton.....Asst. Business Office Manager
Rod Eatherly, LBSW.....Social Services
Lynn Cull.....Medical Records Clerk
Beverly Boudreaux.....Activity Director
Deanna Nevarez.....Dietary Supervisor
Paula Vela.....HK/Laundry Supervisor
Ric Campos..... Director of Maintenance
Matt Jalomo.....Director of Maintenance II



Residents enjoying the parachute activity with Brenda Frazer, Asst. Activity Director.

