

Matagorda Nursing and Rehabilitation Center  
March 2018 Newsletter  
"Our Residents, Our Customers"

---

**Administrator's Corner**

Matagorda Nursing and Rehabilitation Center was 1 of 20 facilities in the state of Texas that was picked by the Department of Health and Human Services to have our entire staff trained by Tam Cummings, PhD., a world renowned Gerontologist. Dr. Cummings' training focused on "Untangling Dementia."

In the next few months, we will be holding training classes for families who have residents with a diagnosis of Dementia. We hope this training will help you understand the Dementia process and why residents with Dementia "do what they do", "say what they say" as well as cope with resident as the disease progress. It will be a common sense approach using Dr. Cummings' teachings and materials.

At current time, the training is in the development stage. Be on the look-out for future training dates. More than likely, the training classes will be offered in the evenings during the week and during the day on weekends.

The Medical Tidbits section of the Newsletter over the next several months will highlight 2-3 Dementia types as there are close to 50-types.

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



**March Birthdays**



**Residents**

Francis Gilbert	March 5 <sup>th</sup>
Nicolasa Ramirez	March 16 <sup>th</sup>
Carolina Coronado	March 17 <sup>th</sup>
Hattie Thymes	March 19 <sup>th</sup>
Joan Whitworth	March 21 <sup>st</sup>
Priscilla Hurta	March 25 <sup>th</sup>
Carolyn Ashcraft	March 31 <sup>st</sup>

**Staff**

Rhesa Alvarez	March 5 <sup>th</sup>
LaDonna Brinkley	March 6 <sup>th</sup>
Brenda Frazer	March 15 <sup>th</sup>
Tamarra Grainger	March 17 <sup>th</sup>
Paula Vela	March 17 <sup>th</sup>
Eric Schnupp	March 18 <sup>th</sup>
Zoila Luna	March 24 <sup>th</sup>

**March Observances**

March 11 <sup>th</sup>	Daylight Saving Time Begins
March 17 <sup>th</sup>	St. Patrick's Day
March 20 <sup>th</sup>	First Day of Spring
March 25 <sup>th</sup>	Palm Sunday
March 30 <sup>th</sup>	Good Friday



Matagorda Nursing and Rehabilitation Center  
March 2018 Newsletter  
"Our Residents, Our Customers"

---

ATTENTION!

Family Council

3<sup>rd</sup> Saturday of every other Month @ 2:00 PM

The next meeting will be March 17, 2018

Meet in the Assisted Dining Room

Recipe of the Month

Lemon Pie Bars



"This is a really easy recipe that my mom made before the lemon bar 'rage' was on! Thick-skinned lemons work the best. I suggest using real butter and eggs, I've tried using eggbeaters- nowhere near as good!"

**Ingredients**

2 1/4 cups all-purpose flour

1/2 cup confectioners' sugar

1 cup butter, softened

4 eggs

1 1/2 cups white sugar

1/2 cup lemon juice

1 tablespoon lemon zest

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix 2 cups of flour and confectioner's sugar together. Cut in the butter or margarine. Mix well until the dough resembles pie dough consistency. Press the dough into a 9x13 inch baking pan.
3. Bake 15 to 20 minutes or until golden brown.
4. Beat together eggs, sugar, 4 tablespoons flour, lemon juice and lemon rind for at least 1 minute. Pour the mixture over the baked crust.
5. Bake the bars another 20 minutes, or until the lemon topping has set. Sprinkle with confectioner's sugar when cooled.



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.



Matagorda Nursing and Rehabilitation Center  
March 2018 Newsletter  
"Our Residents, Our Customers"

---

**Medical Tidbits**

**Types of Dementia: Alzheimer's Disease & Vascular Dementia**

Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. It is caused by physical changes in the brain.

**Alzheimer's disease**

---

Most common type of dementia; accounts for an estimated 60 to 80 percent of cases.

**Symptoms:** Difficulty remembering recent conversations, names or events is often an early clinical symptom; apathy and depression are also often early symptoms. Later symptoms include impaired communication, poor judgment, disorientation, confusion, behavior changes and difficulty speaking, swallowing and walking.

Revised guidelines for diagnosing Alzheimer's were published in 2011 recommending that Alzheimer's be considered a slowly progressive brain disease that begins well before symptoms emerge.

**Brain changes:** Hallmark abnormalities are deposits of the protein fragment beta-amyloid (plaques) and twisted strands of the protein tau (tangles) as well as evidence of nerve cell damage and death in the brain.

**Vascular dementia**

---

Previously known as multi-infarct or post-stroke dementia, vascular dementia is less common as a sole cause of dementia than Alzheimer's, accounting for about 10 percent of dementia cases.

**Symptoms:** Impaired judgment or ability to make decisions, plan or organize is more likely to be the initial symptom, as opposed to the memory loss often associated with the initial symptoms of Alzheimer's. Occurs from blood vessel blockage or damage leading to infarcts (strokes) or bleeding in the brain. The location,

number and size of the brain injury determines how the individual's thinking and physical functioning are affected.

**Brain changes:** Brain imaging can often detect blood vessel problems implicated in vascular dementia. In the past, evidence for vascular dementia was used to exclude a diagnosis of Alzheimer's disease (and vice versa). That practice is no longer considered consistent with pathologic evidence, which shows that the brain changes of several types of dementia can be present simultaneously. When any two or more types of dementia are present at the same time, the individual is considered to have mixed dementia.



*PTA, Leslie Tovar showing off her new 2018 MNRC staff shirt while Mayor Horton photo bombs.*



shutterstock-179062217

Matagorda Nursing and Rehabilitation Center  
March 2018 Newsletter  
"Our Residents, Our Customers"

---



*Our psychedelic staff love their new staff shirts.*



*Sgt. Suzanne Sullivan from Bay City Police Department provided "Active Shooter" training for all of our staff.*



---

**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  
Boni 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 Kulish.....Medical Records Clerk  
Beverly Boudreaux.....Facility Concierge  
Tamarra Grainger.....Activity Director  
Deanna Nevarez.....Dietary Supervisor  
Paula Vela.....HK/Laundry Supervisor  
Eric Schnupp ..... Director of Maintenance

