

Matagorda Nursing and Rehabilitation Center
August 2016 Newsletter
"Our Residents, Our Customers"

Administrator's Corner



August 8th marks my 5th year as the administrator of Matagorda Nursing and Rehabilitation Center. The past five years have been an amazing ride for me and I look forward to the years to come.

The accomplishments we have made in five years has taken the entire TEAM! My most favorite is being the highest rated facility in Matagorda County!

It is an honor to lead such dedicated staff members who continue the vision of "**Our Residents, Our Customers.**"

Please continue awarding I-CARE tokens to staff who continue going above and beyond.

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



Lion Cody D. Holloway was installed as the President of the Bay City Evening Lions Club for 2016-2017



Housekeeping staff member, Maria Perez gets involved with the residents in a fun game of Mexican Bingo.

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August Birthdays



Residents

Eugenia Garcia	August 1 st
Garland Wise	August 8 th
Ronald Fehmel	August 27 th

MNRC Staff

Estella Adkins	August 2 nd
Kelli Hunt	August 2 nd
Ric Campos	August 4 th
Sammy Murphy	August 5 th
Olga Gonzales	August 6 th
Shonda Blackburn	August 10 th
Samantha Pena	August 24 th
Carolyn Dees	August 27 th



Gone But Not Forgotten

William Brod

Recipe of the Month

SOPAPILLA CHEESECAKE

2 pkgs. refrigerated crescent rolls

3 (8 ounce) pkgs. cream cheese

1 ½ cup sugar

1 teaspoon vanilla extract

½ cup butter, melted

1 ½ teaspoon cinnamon

¼ cup sugar

Preheat oven to 350 degrees.

Lightly spray a 9 X 13 baking pan with nonstick spray. Unroll one package of crescent rolls and line the bottom of the pan. Stretch slightly if needed to reach the edges.

Use a mixer and combine the cream cheese, 1 ½ c. sugar, and vanilla extract. Spread this mixture over the crescent rolls.

Unroll the other can of crescent rolls and place on top of cream cheese mixture.

Pour melted butter over the top and spread it all over.

Combine cinnamon and ¼ c. sugar. Sprinkle cinnamon/sugar mixture over butter.

Bake at 350 degrees for 45-50 minutes or until butter is mostly absorbed on top.

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Medical Tidbits

**Art and Music Therapy for
Alzheimer's Disease**

There is no known cure for [Alzheimer's](#) disease. There are, however, many ways to treat symptoms and problems associated with the disease. Some [Alzheimer's](#) treatments involve [medications](#). Others are non-medical Alzheimer's therapies like art, music, and more. The goal of an Alzheimer's therapy is to help the person maintain a better quality of life.

Alzheimer's therapies that draw on individual interests through structured activities can be beneficial. Which therapies might work best for your loved one with Alzheimer's disease? Start to answer this question by thinking about his or her past hobbies or passions. Talk with the doctor as well, who may have more suggestions and resources for using these therapies effectively for [Alzheimer's disease](#).

Music Therapy for Alzheimer's Disease

Music therapy has many benefits for Alzheimer's disease. It may help by:

- Soothing an agitated person
- Sparking memories
- Engaging the mind even in the disease's later stages
- Improving eating in some cases

Here are some tips for using music therapy to help your loved one:

Golden oldies spark memories. Songs from the person's youth often spark the most memories. In the later stages of Alzheimer's disease, you may have to go back to songs learned in childhood. Encourage sing-a-longs. Try using a karaoke machine.

Toe-tapping beats stimulate activity. Up-tempo dance tunes can help stimulate both mental and [physical activity](#) in Alzheimer's patients. Encourage dancing, if possible.

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Easy listening can be soothing. Soothing music can help ease the anxiety and frustration felt by many people with Alzheimer’s disease. For example, lullabies at [bedtime](#) can help your loved one get into bed and fall asleep.

A person with Alzheimer’s disease may not be able to verbally communicate their likes and dislikes. Rely on other clues such as facial expressions to help you learn which songs are a hit and which aren’t. Ask friends or relatives for suggestions about the types of music or particular songs the person used to enjoy.

Art Therapy for Alzheimer's Disease

Painting, drawing, and other forms of art therapy can help people with Alzheimer’s disease express themselves. Expression through art can become especially important as a person’s ability to communicate through words deteriorates.

Here’s how to get your loved one engaged in art therapy:

Picture the past. Encourage a project that tells a story or evokes a memory. The project can be something that you can talk about together, both while the work is in progress and after it is finished.

Free form. Keep instructions to a minimum to avoid confusion and frustration. Then, step out of the way as the work takes shape. If necessary, get things started by painting the first

few brush strokes yourself to remind your loved one how it is done. Don’t forget that the picture is done when the person says it’s done, whether you think so or not.

Don’t be a critic. If you don’t care for the colors chosen, keep it to yourself! Positive feedback and questions that encourage interaction are the best contributions you can make.

Other Alzheimer’s Disease Therapies

Other therapies can help enrich the life of a person with Alzheimer’s disease. Which therapies work best depends on the needs of the individual.

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Massage . This hands-on therapy may help in two ways. It can ease agitation and may improve [sleep](#).

Pet therapy. People who used to enjoy being with pets may find contact with them enriching or soothing. Match the pet to the person’s needs. For example, a person who can walk may enjoy visiting with a dog. A person who is less mobile may enjoy petting a cat.

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Previous hobbies. Pursuing hobbies or interests that used to be familiar can help a person with Alzheimer's feel more stable about their lives. Consider gardening, cooking, or any other activity that the person used to enjoy. Try to work these activities into the person's daily routines.



MNRC LEADERSHIP TEAM

Cody D. Holloway, M.Ed.....Administrator
Vickie Piwonka, RN.....Director of Nurses
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
Hosea Small.....Activity Director
Beverly Boudreaux.....Facility Concierge
Deanna Nevarez.....Dietary Supervisor
Paula Vela.....HK/Laundry Supervisor
Ric Campos..... Director of Maintenance

ATTENTION!

Family Council

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

The next meeting will be September 17, 2016

Meet in the Assisted Dining Room



Salon Services

The MNRC salon is open every **WEDNESDAY** 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.

