

Matagorda Nursing and Rehabilitation Center
November 2020 Newsletter
"Our Residents, Our Customers"

November Observance

All Saints Day	11/1
Dia De Los Muertos	11/1
Veteran's Day	11/11
Thanksgiving Day	11/26



November Birthdays

Residents

F. Crunk	11/25
A. Garcia	11/3
L. McMair	11/15
B. Suffling	11/27

Staff

M. Brinkley	11/20
M. Buchta	11/13
R. Eatherly	11/05
S. Huerta	11/30
C. Kelton	11/23
M. Kinchloe	11/30
E. Vick	11/19
A. Zepeda	11/01

RECIPE OF THE MONTH

Easy Homemade Chicken or Left- Over Turkey Pot Pie



Ingredients

- 2 Fresh Pillsbury Pie crusts
- 1 can of cream of celery soup
- 1 can cheddar cheese soup
- 1 can of baby peas
- 1 can of baby carrots
- 1 can of sliced potatoes
- 2 cans of chicken breasts drained
- ***or Left over turkey***

Directions:

- *Mix all ingredients in a pan and heat up
- *Salt and pepper to taste
- *Put your pie crust in a pan and butter the pie plate first
- *Fill with veggie mixture
- *Cover with other pie crust and use a fork to seal the top crust to the bottom
- *Put cuts in the top of crust to let steam out
- *Bake at 400 for 45 minutes



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Salon Services

The MNRC salon is open every **WEDNESDAY at 9:30AM**. If your loved one needs a haircut, trim, perm, etc please see **Dana Horton ABOM** in room 307 to 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 Sosa**.

*****At this time the salon is closed due to COVID-19*****



How to Protect Yourself from COVID-19

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Know How it Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

- **The best way to prevent illness is to avoid being exposed to this virus.**

- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).

- Through respiratory droplets produced when an infected person coughs or sneezes.

- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact with people who are sick

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Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay home if you're sick, except to get medical care.

Cover coughs and sneezes

**** Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

If you are sick: You should wear a facemask when you are around other people (e.g. sharing a room or vehicle: and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.



*Halloween Pumpkin Decorating
Contest
Winner picked by residents*



*O. Parks
Winner*



I. Williams

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C. Ashcraft



H. Parks



E. Hood



J. Normand



J. Fields

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MNRC LEADERSHIP TEAM

Arianna Rodriquez.....Administrator
In Training
Darlene Boatwright, RN.....Director of Nursing
Beatrice Hawes, LVN.....Asst. Director of Nurses
Martha Kinchloe, LVN... Asst. Director of Nurses
Vanessa Rupe, LVN.....Asst. Director of Nurses
Boni Powell, LVN..... Asst. Director of Nurses
Tonya Piwonka, RN.....Marketing/Admissions
Keri Berger.....Business Office Manager
Dana Horton.....Asst. Business Office Manager
Rod Eatherly, LBSW.....Social Services
Brenda Gonzales.....Medical Records
Beverly Boudreaux.....Resident Liaison
Tamarra Grainger.....Activity Director
Deanna Nevarez.....Dietary Supervisor
Eric SchnuppDirector of Maintenance
Ruby Huerta..... Housekeeping/Laundry
Supervisor