

May 2019

OHCF Loves to Care

Okeechobee Health Care Facility • 1646 US Hwy 441 N. Okeechobee, FL 3472 • 863-763-2226 •



Happy May Resident Birthdays!

Edwin Rucks	2 nd
Dorothy Spencer	3 rd
John Plummer	6 th
Dennis Martin	7 th
Nancy West	8 th
Jack Williamson	11 th
Wyneth Johnson	12 th
Vera Breen	19 th
James Myers	22 nd
Winford Johnson	24 th
Geraldine Simmons	24 th
Laverne Liford	28 th
Mary Cook	29 th
Maria Carrau	30 th
William Martin	30 th

Arthritis Awareness Month



According to the CDC, arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 54 million men and women.

Arthritis is Rural America

Researchers found that more adults in rural areas are affected by arthritis with nearly 1 in 3 affected, than in urban areas. Adults living in the most rural areas were more limited by their arthritis, too. Over half reported being limited by arthritis. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations.

Things that help...

Moving, there is no better time to begin a walking program or recommit yourself to a walking routine than during Arthritis Awareness Month. Walking is a great way for people with arthritis to be physically active. Moving also helps reduce stiffness and overall health. Please remember to ask your nurse or CNA to assist you with your movement goals and remember to use your call light to alert your care team that you want to walk. A Group Walk has been added to the activity calendar for Friday, May 3rd at 2PM, a sign-up sheet will be available at the reception desk.

Anti-Inflammatory Diet, choosing foods that can help reduce inflammation and pain. Although there is no diet cure for arthritis, certain foods have been shown to fight inflammation, strengthen bones and boost the immune system. Best foods to eat include: fish, nuts & seeds, "colorful" fruits & veggies, olive oil, beans and whole grains. Try to avoid nightshade vegetables including eggplant, tomatoes, red bell peppers and potatoes. Consult with dietary x4030, if you have any questions.

What's Been Happening...

Much to the delight of the residents, Ava Zapata, 4 years old, serenaded the residents with EVERY childhood song she knew, with the exception of Eensie-Weensie Spider. Ava has a long family history with OHCF and our Activity Department. Her dad, Willie Zapata III., worked in Activities and her grandfather, William has been with OHCF for 19 years and is the current Director of Maintenance. Ava's great-grandma, Maria Caraballo is a resident (pictured below).



Additionally, Garnett Powell has joined her father, Wesley Powell (*the cowboy*) and played "Jesus Love Me" on the piano. It's always a delight when younger generations visit.

What's Coming in Activities...

To kick off the month of May and in honor of Arthritis Awareness Month, more **movement** activities have been added to the calendar. A Group Walk has been added to the activity calendar for Friday, 5/3 at 2:00 PM. Please sign up at the reception desk. Also, an extra Movin' 'n Groovin' has been added to the 1st & 2nd weeks, on Tuesday at 10:00 AM. Let's Move Together!

Mother's Day Tea Party will be Friday, May 10th at 2:00 PM.

Happy Birthday Staff!

Bianca Ramirez	1 st
Joleyne Everett	2 nd
Mindy Ruiz	2 nd
Julia Honore	4 th
Cornesha Jarvis	5 th
Maridel Balan	7 th
Maricela Garcia	8 th
Pheobe Farris	12 th
Lisa Fino	13 th
Gabriela Mungaray	13 th
JoAnn Nicoll	13 th
Yvon Michel	15 th
Virginia Santos-Romero	15 th
Harold Robinson	16 th
Maribel Sanchez	16 th
Maria Calais	17 th
Nelly Almanza	24 th
Raquel Benitez	24 th
Ashley Cheney	24 th
Noemi Palacios	24 th
Autumn Wakelee	26 th
Nandanee Singh	28 th
Susana Gonzalez	30 th

Resident Council Summary 3/29/19

Any changes to the monthly Activity Calendar are displayed on the B&C Wing Bulletin Boards as well as Channel 2 of the Resident TV's.

CD players are available to any resident who would like to listen to music. Ask your CNA or nurse.

Personal items were found in resident laundry. Please check with your CNA or nurse if you are missing things.

Residents expressed pleasure with the Chili. Call the kitchen for requests x4030.