

SMOKY HILL



**HAPPY
LABOR DAY**



Labor Day, observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution. Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.



GRANDPARENTS DAY

Grandparents hold a special place in the hearts of families, providing a wealth of wisdom, love, and cherished memories. They play a pivotal role in passing down traditions, values, and life experiences to younger generations. Here are some ways grandchildren and grandparents can celebrate Grandparents Day on September 10 together:

- Go to a local park or playground 
- Look through old photos or create a scrapbook 
- Listen to each other's favorite songs/music 
- Draw or make a craft together 
- Make a video of them interviewing each other 

RESIDENT OF THE MONTH: **DANNY G.**

Danny is always looking out for all residents and is very friendly with all staff and residents. He is currently the resident council president and his birthday is on 9/6! Danny loves to go out and about in the community & a fun fact The Salvation army is his favorite store. He attends most if not all activities and loves to keep himself busy. Don't forget to tell him happy birthday on September 6th!



WELCOME NEW RESIDENTS

New members of our community! Twin sisters!

Kay W. & Lola H.

Twin sisters that pack quite the punch together. Be sure to introduce yourselves to them!



WHAT'S HAPPENING IN SEPTEMBER.....



September marks the beginning of the NFL season. We will have a weekly betting pool over all the games of the season. The resident who has won the most game predictions at the end of the season will get a jersey of their choice at the end of the season!

ACTIVITY HIGHLIGHT

Monday-Friday we will continue to do our daily Occupational Therapy exercise program! Two sets of Ther-aBand arm exercises, one set of active range of motion with stretches and lastly, kickball to get our legs moving! If you are on therapy services or not, please join us Monday-Friday at 10:30AM!



SEPTEMBER 2 IS COCONUT DAY!

Coconuts are the delightful fruits of the coconut palm tree (*Cocos nucifera*). Known for their versatility, delicious taste, and numerous health benefits, coconuts have been a vital part of the diet, culture, and economy for centuries.

The white, fleshy part inside the coconut is a rich source of healthy fats, fiber, vitamins, and minerals. Coconut water, found inside young coconuts, is a natural electrolyte-packed drink.

Coconut Day is dedicated to recognizing the cultural, economic, and environmental significance of coconuts.





Get to Know Our Administrator

Smoky Hill Health & Rehabilitation has made some changes within the last year. One of the changes is that we are under new management. Lindsey is the new Administrator of Smoky Hill Health & Rehabilitation.

Her journey to be an administrator began when she was 16 years old. Her mom signed her up for CNA class, after she told her that she wanted to get into healthcare. When Lindsey received her CNA license, she eventually worked towards her LPN license.

Lindsey had reached a point where she was ready to advance further in her education but was unsure what direction she would like to go. Lindsey had several mentors during her career. Having a passion for quality care for the elderly, she decided to further her education to get her bachelor's degree in business administration from Baker University & her MBA from Kansas Wesleyan University. She was fortunate to complete her AIT with her mentor in long term care in 2020. Lindsey has come full circle in her career. Smoky Hill was the start of it all 20 years ago.

Lindsey is excited about being back at Smoky Hill, where it all started. Fun Fact about her is that she absolutely loves sports, especially basketball. Her favorite team that she lives for is the Kansas Jayhawks! Lindsey is married to her husband, of 16 years; they have five children together. Jason and Lindsey enjoy cheering and supporting their children in all variety of sports and other activities. Here at Smoky Hill we are excited to be on this journey with her.



HAPPY BIRTHDAY

STAFF

Emily	9/8
Mac	9/9
Dez	9/11
Kiristan	9/11
Blaine	9/12
Shantel	9/12
Amber	9/17
Marilyn	9/18
Stephanie	9/2
Logan	9/26
Teresa	9/28

RESIDENTS

Evalyn B.	9/5
Danny G.	9/6
Roger J.	9/7
Brad H.	9/8
Everett G.	9/10
Larry B.	9/21
Lucille M.	9/25

Star of The Month: Liz Paez

Although reluctant to take pictures, Liz was voted by our residents to be the August Star of The Month! Liz was voted due to her tender, heartfelt care, alongside her hard-working attitude. Congrats!





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ADMINISTRATIVE STAFF

ADMINISTRATOR

Lindsey Herndon

BUSINESS OFFICE

Kim Willingham

DIRECTOR OF NURSING

Lynn Andres

ASSISTANT DIRECTOR OF NURSING

Alexa Zeller

INFECTION PREVENTION NURSE & ADMISSIONS

Janice Snyder

TALENT & LEARNING DIRECTOR & MARKETING

Monica Engelhardt

MEDICAL RECORDS/PAYROLL

Gaylin Peterson

MDS COORDINATOR

Janet Davis

MAINTAINENCE DIRECTOR

Sam Gandee

DIRECTOR OF REHABILITAION

Kenya Rios

HOUSEKEEPING SUPERVISOR

Tracy Jordan

DIETARY MANAGER

Courtney Campbell

SOCIAL SERVICES/ADMISSIONS

Chelsea Clark

DIRECTOR OF ACTIVITIES

Jeremy Bridges

STAFFING COORDINATOR

Sarah Mason

RESTORATIVE MANAGER

Darbi Shields

TRANSPORTATION DRIVER

Mac Howell



WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

F	B	X	T	C	C	C	Q	U	H	E	A	R	T	F
S	S	A	S	N	M	K	O	S	S	Z	R	N	Y	J
E	Z	Y	L	W	A	H	C	C	I	A	Z	P	K	J
X	P	X	V	A	P	E	J	L	O	B	M	D	M	R
E	E	K	C	O	N	F	I	D	E	N	T	L	I	R
R	A	H	T	Q	Y	C	P	P	F	N	U	J	N	Z
C	C	I	V	U	Y	W	E	S	E	F	K	T	D	U
I	E	C	L	A	B	O	R	R	O	H	R	Z	F	Y
S	D	A	J	B	K	O	A	B	C	F	F	W	U	P
E	U	X	L	I	B	P	K	D	K	B	A	C	L	Y
E	F	Q	U	H	D	F	H	H	G	S	C	L	D	M
D	F	A	G	N	P	R	E	V	E	N	T	U	L	J
P	G	I	A	F	N	J	H	E	A	L	T	H	E	S
R	E	R	P	A	G	I	N	G	Q	J	U	R	E	H
N	G	G	P	D	H	A	R	M	O	N	Y	Z	N	V

WORD LIST

AGING
BALANCE
COCONUT
CONFIDENT
EXERCISE
FALLS
GRANDPARENT
HARMONY
HEALTH
HEART
LABOR
MINDFUL
NEIGHBOR
PEACE
PREVENT