# The Valley Voice

## Valley Nursing & Rehabilitation Center Newsletter

The most wonderful time of the year is just around the corner! The elves at VNC are busy preparing for all the festivities! Please join your loved one at our Christmas Party and Resident Concert on Dec. 19th at 2:15pm in the Main Dining Room. It will put you in a cheerful mood as you hustle and bustle about.

*Where caring is an attitude of the heart*

Find us on facebook

VNC always welcomes more elves to spread Christmas cheer during this busy season. If you, your business, church, family, etc., would be interested in sponsoring a resident for Christmas, please contact Carrie Johnson or Autumn Lowdermilk in Life Enrichment at (828) 632-8146. They will have residents' lists and be able to tell you specific items for each resident. All sponsored residents' gifts and donations will be due by Monday, December 2nd at 4:00pm.

Find us on the web

**www.valleyrehab.com**

The following are wish list items for our residents: Anti-squirrel birdfeeders, tall shepherd's hooks for birdfeeders, magnifying sheets, CD players/ radios, CDs, body wash, lotions, shampoo, perfume, cologne, large print reading materials, large print word searches, stationery and cards, crafts supplies, jewelry, nail polish, hats, tissues, gripper socks, wide diabetic socks,, electric razors, audio books, lap desks, wireless headphones. We appreciate the support to make the residents' Christmas special!

*Winter 2019*

# STAFF SPOTLIGHT

**Melissa Adams, RN**

Meet Melissa Adams, RN. Melissa has been married for almost 16 years, has 2 daughters, 1 son, and 2 grandchildren. She has been caring for Valley residents on 3rd shift on the ventilator unit since May 11, 2011 and has been a nurse for 21 years total. "It's what I wanted to be all my life as far as I can remember. I love taking care of people, and I thank God I was blessed to be doing what I enjoy most," Melissa said. When not at work Melissa enjoys reading, swimming and spending time with her family.

Nursing Supervisor Niki Richards says "Melissa is compassionate about her residents and the care she provides for them. She is reliable and very polite. Melissa goes above and beyond for our facility. We are blessed to have her." Valley thanks you for your service and dedication to our residents and families.

# RESPIRATORY THERAPISTS REAL LIFE HEROES

RESPIRATORY CARE WEEK OCTOBER 23–29

Valley Nursing Center celebrated our respiratory team during National Respiratory Awareness Week October 20-26, 2019. Valley Nursing Center is one of only 3 ventilator facilities in North Carolina. Our respiratory team provides trach care to keep the opening and trach clear from infection. VNC Respiratory therapists are always on their feet to maintain a vigilant eye on our residents. Our respiratory therapists monitor ventilator settings, oxygen requirements, and make necessary changes. VNC respiratory staff not only provide clinical care, they also tend to the everyday care and needs of our ventilator residents. VNC wants to thank our respiratory staff for going above and beyond to make sure our residents are well cared for.

Staff includes: Amanda Thomas, Tom Kelly, Phil Miller, Tim Bridgeman, John Straser, Patrick Simmons, Kara Forester, Franklin Shatsha, Lisa Perdue, Judy Hilton, Dana Perdue, Mauricio Teran, Stacy O'Quinn, and Margy Berry, RT Director.

# What's Happening?

- Christmas Party and Resident Concert- December 19th at 2:15pm in the Main Dining Room
- New Year's Party on January 1st at 2:15pm in the Day Room
- Valentine's Day Party on February 14th at 2:15pm in the Main Dining Room

*Where caring is an attitude of the heart…*

## Welcome New Staff

Nick Brown
Rita Crouch
Jessica Mecimore
Bettina Roberts
Lauren Robinette
Summer Schroeder
Sopafroina Stevenson
Florina Vaughn

## New Resident Welcome

**Hobert Jones**
**Jeanie Tatum**
**Albert Flowers**
**Jimmy Starnes**
**Mardesa Barnes**
**Mildred Bebber**
**Ruby Teague**
**Rita Whitener**
**Ruby Clary**
**Kim McCoy**

## Recipe Corner- Pecan Pie

1 cup light corn syrup

1 cup sugar

¼ cup packed brown sugar

3 eggs, beaten

1/3 cup butter, melted and slightly cooled

½ teaspoon salt

¾ teaspoon vanilla extract

1 heaping cup finely chopped pecans

1 unbaked pie crust

1. Preheat oven to 350. In a large bowl, combine the corn syrup, sugar, brown sugar, eggs, butter, salt, and vanilla. Mix until combined.
2. Place the chopped pecans in the bottom of the pie crust and then pour the sticky mixture right over the top.
3. Cover the pie in foil and place it on a baking sheet. Bake the pie for 35 minutes. Remove the foil, and bake for 25 to 30 minutes more, being careful not to burn the crust or pecans (If it seems to be browning too quickly, cover it with foil again)
4. The pie should not be overly jiggly when you remove it from the oven. If it is, just continue baking it in 5-minute intervals until it's done. Let the pie cool before slicing into wedges.

# RESIDENT SPOTLIGHT

Gracie Howell was an inspiration and joy to all of us at Valley Nursing Center. We had the honor and pleasure of helping Gracie get back on both feet after breaking her right leg picking cucumbers in her garden. Due to her age and the severity of the break, Gracie and her doctors decided not to operate but allow the leg to heal naturally; therefore, the right leg was immobilized. Since Gracie lived alone, she came to Valley for rehabilitation. She spent a lot of time in Therapy and there were many, mini celebrations when Gracie met a new milestone. Gracie hopped on her left leg to keep weight off her injured one and rumor has it that Gracie broke several hopping records at Valley. One other little tidbit, Gracie is 90 years young!

Gracie captured all our hearts the minute she rolled through our doors on July 12 with her positive attitude and determination for success, two key ingredients for getting well again. Gracie had lots of encouragement from the community because 491 people signed her guest register while she was here –another Valley record! Gracie is thankful for her family and church family for the cards, visits and treats while in rehabilitation. Gracie ate many delicious meals during her stay, but her favorites were pork chops, spaghetti, chicken pie and chef salad.

Gracie's secret to long life is praising the Lord first and giving Him the glory. Gracie still sings in her church choir and has held many positions in Liberty Grove Baptist Church through the years. She loves her church family! She believes in smiling and making others happy. Life is too short to be angry and bitter. Gracie loves her family and still helps cook Thanksgiving and Christmas dinners with her girls for 41 guests at her house. Gracie's twin sister, Lacie, lives beside her and shares the vegetable garden (where Gracie's Valley story began). Gracie took great care of her husband of 67 years before he passed away 7 years ago.

Gracie blessed each of us on staff at Valley Nursing Center with her zest for life and infectious laugh. We celebrated with Gracie on October 4 when she was able to return home walking on both legs! Take care and walk strong Gracie!

## Management

**Sandra Loftin, CNHA**
Administrator

**Susan Johnson**
Assistant Administrator

**Melissa Eaker**
Business Office

**Martha Bentley**
Personnel

**Jeanne Stewart, RN**
Director of Nursing

**Niki Richards, RN**
Nursing Supervisor

**Margy Berry, RRT**
Director of Respiratory

**Jessie Preston, BSW**
Director of Social Services

**Nina Danforth, BSW**
Social Worker

**Natalie Reeves**
Medical Records

**Peggy Inman, CDM,CFPP**

**Heather Butler, CDM,CFPP**
Food & Nutrition Services

**Carrie Johnson, CTRS/ LRT**
Life Enrichment

**Meredith Whitlow, MT-BC**
Music Therapist

**Nick Brown**
Maintenance Director

**Sherry Heaggans**
Environmental Supervisor

**Casey Laws, MA CCC-SLP**
Rehab Director

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# Residents

**October**

**Wendy Flowers 10/4**

**Jerry Brown 10/7**

**Ruby Teague 10/16**

**Rita Whitener 10/30**

**Johnsie Sigmon 10/31**

**November**

**Shirley Blankenship 11/20**

**Mary Rector 11/30**

**December**

**Virginia Jenkins 12/1**

**Catherine Glasco 12/12**

**Edward Stoker 12/14**

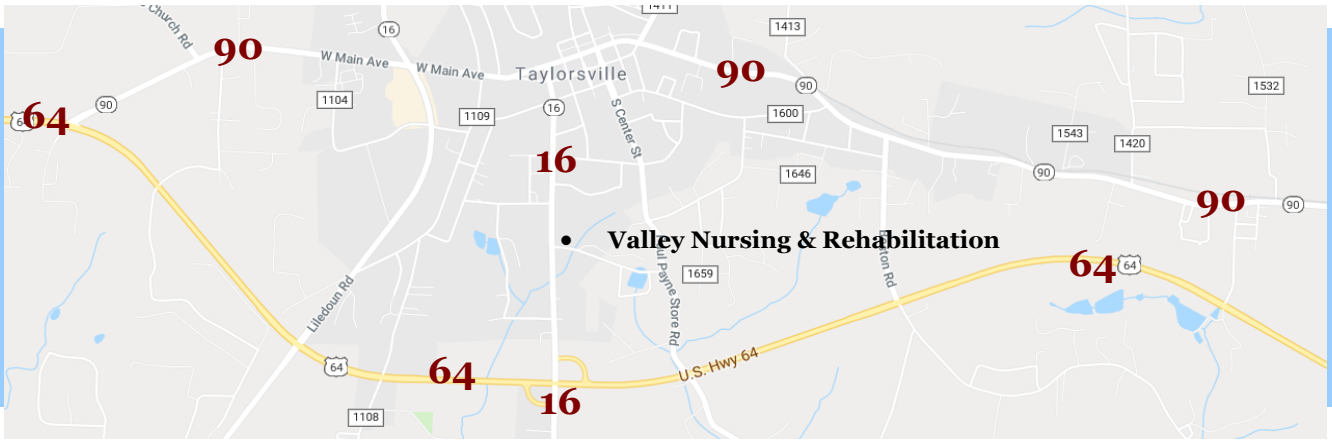
**Ruby Clary 12/22**

**Woodrow Gilliland 12/29**

**October**
Toni Blake 10/1
Susan Johnson 10/6
Carol Deal 10/8
Niki Richards 10/11
Amanda Pardue 10/13
Maryrose Armstrong 10/13
Roger Wingler 10/16
Travis Davis 10/16
Carol Latrop 10/17
Neal Icenhour 10/21
Dana Perdue 10/23
Jennifer Beane 10/26

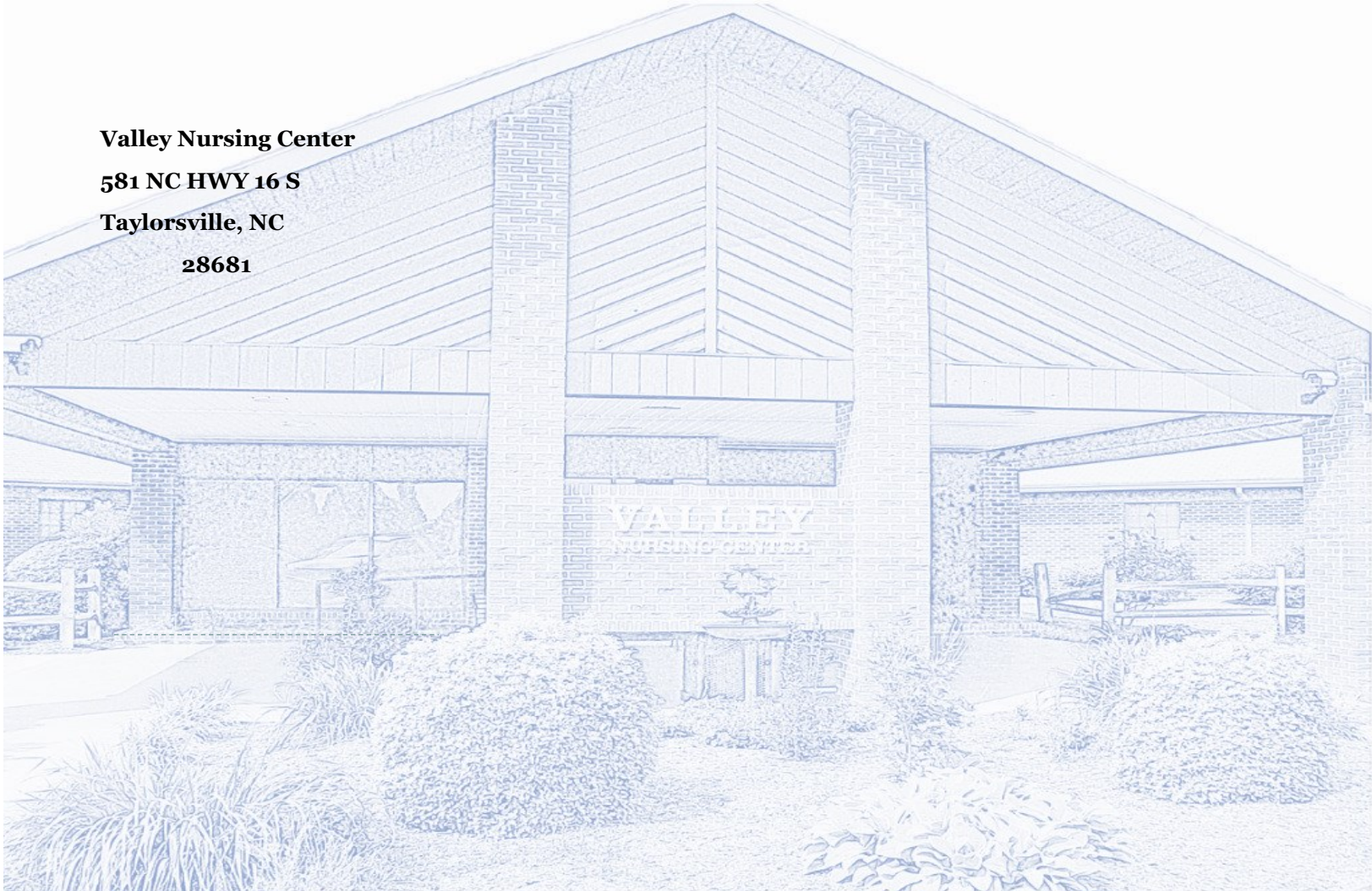
**November**
Thomas Kelly 11/1
Christine Vargus 11/5
Lea Nicholson 11/6
Jessica Phillips 11/12
Reanna Oliver 11/15
Roxanne Barr 11/17
Tiffany Miller 11/17
Pamela Keller 11/19
Windy Lopez 11/19
Noah Nowell 11/19
Chelsey Greene 11/20
Dorothy Pearce 11/21
Noah Witherspoon 11/21
Kelly Warren 11/28
Erin Harris 11/28
James Doyle 11/30

**December**
Nick Brown 12/1
Savannah Myers 12/2
Erlinda Chavez 12/3
Matthew Wright 12/3
Jacob Stanley 12/3
Taryn Reep 12/3
Stephanie Reavis 12/7
Jessie Preston 12/10
Heather Butler 12/11
Rita Crouch 12/11
Virginia Weaver 12/13
Joy Lingerfelt 12/14
Jennifer Jones 12/15
Martha Barnette 12/16
Shirley McGraw 12/16
Amber Huffman 12/16
Brenda Langley 12/20
Natalie Reeves 12/21
Candace Jenkins 12/21
Brandon Parker 12/22
Judy Woodward 12/24
Ronnie Church 12/27
Justin Koehler 12/28
Tonya Parsons 12/30
Bettina Roberts 12/30
Stephanie Daniels 12/30
Nina Brewster 12/30




# *For More Information*

**Please contact**
**Admissions**
**(828) 632-8146**
**Fax (828) 632-2150**
**581 NC Hwy. 16 South**
**Taylorsville, NC 28681**

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**28681**