

Matagorda Nursing and Rehabilitation Center
December 2018 Newsletter
"Our Residents, Our Customers"

Administrator's Corner

Wow, another year is just about in the books. I have to say 2018 has flown by. As we enter into the Christmas Season, please make every effort to visit your loved ones as much as possible. If it's just a drop-in and say hello....the short visits mean a lot too.

I would like to wish you and your family a very Merry Christmas and Happy New Year!

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



Resident Christmas Party

December 20, 2018 @ 3:00PM

December Observances

Dec 7 th	Pearl Harbor Day
Dec. 21 st	First Day of Winter
Dec. 25 th	Christmas Day
Dec. 31 st	New Year's Eve



Laura Garza, LVN and Erica Fletcher, C.N.A. with Mrs. Janssen during the "Trunk or Treat"



Some of our Veterans loading up for Bay City's annual Veteran's Day parade.

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December Birthdays



Residents

Debra Christmas	Dec. 1 st
Josephine Lenz	Dec. 6 th
Doris Mickelson	Dec. 14 th
Juanetta McKissick	Dec. 20 th
Alton Dittrich	Dec. 28 th

Staff

Lynn Kulish	Dec. 3 rd
Debra Clark	Dec. 3 rd
Stephanie Constancio	Dec. 9 th
Crystal Sanders	Dec. 14 th
Sherri Christmas	Dec. 15 th
Shirley Roberson	Dec. 16 th
Darlene Boatwright	Dec. 22 nd
Lorolyn Mangum	Dec. 22 nd
Beatrice Hawes	Dec. 23 rd
Emilia Jalomo	Dec. 23 rd
Fay Powell	Dec. 28 th



ATTENTION!

Family Council

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

The next meeting will be January 19, 2019

Meet in the Assisted Dining Room

Recipe of the Month

ALMOND SUGAR COOKIES

MAKES 3 DOZEN, 30 MINUTES

Ingredients

3 sticks unsalted butter, softened

$\frac{2}{3}$ cup (5 oz.) plus $\frac{1}{4}$ cup sugar

4 cups (1 lb. 2 oz.) all-purpose flour, plus more for dusting

1 tsp. kosher salt

1 egg, beat with 1 tbsp. water, for brushing

$\frac{1}{2}$ cup finely chopped almonds

Instructions

Heat the oven to 350°. Using a hand mixer on medium speed, beat together butter and $\frac{2}{3}$ cup sugar until fluffy. Add flour and salt and beat on low speed until combined. Scrape the dough onto a floured work surface and flatten with a rolling pin into a 13-by-10 $\frac{1}{2}$ -inch rectangle. Brush with some egg wash and sprinkle almonds and remaining sugar. Cut into 2-by-1 $\frac{3}{4}$ -inch rectangles, transfer to baking sheets, and bake until golden on the bottom, about 15 minutes.

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Salon Services

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

Medical Tidbits

Early Birds May Have Lower Breast Cancer Risk

By Robert Preidt

HealthDay Reporter

TUESDAY, Nov. 6, 2018 (HealthDay News) -- Women who love the early hours of the day are less likely to develop **breast cancer**, a new study suggests.

British researchers analyzed two data banks that included more than 409,000 women to investigate the link between **sleep** traits and **breast cancer** risk.

Compared to night owls, women who are early risers had a 40 percent lower risk of breast cancer, the study found.

The data also showed that women who slept longer than the recommended seven to eight hours a night had a 20 percent increased risk of breast cancer for each additional hour slept.

"We would like to do further work to investigate the mechanisms underpinning these results, as the estimates obtained are based on questions related to morning or evening preference, rather than actually whether people get up earlier or later in the day," said Rebecca Richmond. She is a research fellow in the Cancer Research U.K.

Integrative Cancer Epidemiology Program at the University of Bristol.

"In other words, it may not be the case that changing your habits changes your risk of breast cancer; it may be more complex than that," she said.

"However, the findings of a protective effect of morning preference on breast cancer risk in our study are consistent with previous research....," Richmond noted.

"We also found some evidence for a causal effect of increased **sleep** duration and sleep fragmentation on breast cancer," she added.

The study was presented Tuesday at the U.K.'s National Cancer Research Institute (NCRI) annual cancer conference, in Glasgow, Scotland.

The study did not prove a cause-and-effect relationship between sleeping patterns and breast cancer risk.

"These are interesting findings that provide further evidence of how our body clock and our natural sleep preference is implicated in the onset of breast cancer," said Cliona Clare Kirwan, a member of the NCRI Breast Clinical Studies Group. She was not involved in this research.

"We know already that night shift work is associated with worse mental and physical health. This study provides further evidence to suggest disrupted sleep patterns may have a role in cancer development," Kirwan said in a meeting news release.

Research presented at meetings is considered preliminary until published in a peer-reviewed journal.

WebMD News from HealthDay



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Mary Sue Claxton

October 26, 1932 - October 16, 2018



Mary Sue Claxton, 85, of Blessing, passed away October 16, 2018. She was born October 26, 1932 in New Port, Arkansas to Uther and Ruth Humphrey Stroud.

Mary is preceded in death by her parents; husband Lowell Claxton; son Russell Claxton, and grandson Kevin Claxton. She is survived by daughter Brenda Claxton of Sugar Land, TX; sons Donny Claxton of Blessing, Michael Claxton and wife Anna of Bay City, and Chris Claxton and wife Sylvia of Bay City; grandchildren James Claxton, Kate Claxton, Wes Claxton, Michelle Claxton, Heather Warren, Rush Claxton and Toby Claxton; great-grandchildren Haisley Claxton, Lilly Fauth, Lincoln Fauth, Landry Warren, Blaise Warren, Rush Warren, Lauren Wilson, Cooper Claxton, Presley Claxton, Connor Claxton, Kali Claxton and Cash Claxton.

Bud Schulz

March 06, 1940 - October 17, 2018



On October 17, 2018, Gail "Bud" Austin Schulz, 78, gained his heavenly reward. Bud was born March 6, 1940 in Mesa, AZ, the son of Frances and Fay Schulz.

Bud was married in 1960 to Patricia Walker Schulz, and enjoyed 49 years of marriage. He spent many years as a cotton, alfalfa and wheat farmer in the Buckeye, AZ area, as well as owning a commercial hog farm, managed the LDS church farm and managed the farming operations for Steve Bales Farms. In 1984 he and his family began an herbicide spraying business in Bay City, Texas. He later proudly served as the Supervisor of Matagorda County Drainage District from 1990 to 2008, along with maintaining the Bay City Cemetery from 1995 to present. Bud was a hard worker and always took pride in anything he did, never backing down from new challenges or new technology in equipment. His love of family was evident in his eyes any time he was in their presence and his family adored him. He had exacting standards that he placed on himself and striving to always be a representation of what was good in this world. He will be remembered always with love and affection.

In addition to his parents, he was predeceased by a brother, Bradley Schulz, sisters, Shirley Scarborough and Peggy Robidoux. He is survived by his children, Greg (Nikki) Schulz of Amarillo, TX; Wyatt (Beverly) Schulz of Bay City, TX; Wade (Tonya) Schulz of Bay City, TX; Tammie (Greg) Mitchell of Vidor, TX; 13 grandchildren Greg Schulz Jr of Wild Peach, TX; Chad Schulz (Shawnee) of Glendale, AZ; Ethan, Alea and Madeline Smith of Amarillo, TX; Jared Schulz of Austin TX; Allison Schulz of Seattle WA; Pruet, Jenna, and Olivia Schulz of Bay City, TX; Austin Cameron of San Marcos, TX; Erin Alvarado of Galveston, TX; Kelsie Mitchell of Nederland, TX; Chandler Mitchell of Galveston, TX; Sean Mitchell of Nederland, TX; and Travis Mitchell of Vidor, TX; Sisters Debbie Marlow of Vancouver, WA and Ramal Ciruli of Buckeye, AZ. Great grandchildren Emily and Audrey Schulz, Michael, Sky, Tony, Rose and David Schulz; Madisyn, Ayden, Lilyana Alvarado; Kyleigh Rodriguez, Aiden Weldon, Atticus Cambell.

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Martha Jane Schimek
November 18, 1924 - October 18, 2018



Martha Jane Schimek breathed her last breath on earth on October 18, 2018. She is now at peace in heaven and fully renewed in spirit. She was born Marta Johanna Hejtmanek on November 18, 1924 in El Maton, TX to Frank Joseph Hejtmanek and Albina Wetzel Hejtmanek. At the age of four, her family moved to Ashby, TX, which Martha Jane recently referred to as 'my stomping grounds'. She attended school there until she went to Blessing High School, from which she graduated near the top of her class in 1942. Martha Jane moved to Bay City in early 1943. On September 8, 1943, she married Ottmar Schimek. In later years, Martha Jane worked at a few places, the longest as a secretary at Central Power and Light Company. After retiring in 1973, she volunteered with the Salvation Army store in Bay City. Over the years, she helped to care for family members and friends.

Martha Jane's parents were active in the Evangelical Czech-Moravian Brethren (now called The Unity of the Brethren in Texas) church, which her father helped to organize the local congregation. Martha Jane (and later Ottmar) continued to be active in that denomination until about 1953, when they joined First Presbyterian Church in Bay City. She was busy and an involved member, including being an elder, visiting, and being active in the Women of the Church.

Martha Jane was proud of her and Ottmar's Czech heritage, and provided extended family with genealogical information that she gathered. Martha Jane and Ottmar were able to make several trips to visit relatives in the Czech

Republic. Her grandchildren and great-grandchildren enjoyed going to her house where they enjoyed her wonderful cooking, especially her delicious kolache'.

She spoke frequently of fond memories of her teachers and schoolmates, and worked to put together class/school reunions over the years. They were a very close-knit group.

She is survived by children: Janice Corporon (Russell) of Citrus Grove, TX; Ottmar Schimek, Jr. (Joanna) of Anahuac, TX; and Sylvia Huey (Jimmy) of Bay City, TX, grandchildren: Kimberly Stewart (Curtis), Todd Corporon, Taylor Schimek (Erika), John Wheeler (Candice), Daniel Wheeler (Corrie), Meredith Schimek, Stephen Huey (Stephanie), and John Huey (Laura). Also, 22 great-grandchildren, numerous nieces and nephews, including her God-children: Shirley Bryson, Karen Howery and Sandra Jurek. She is also survived by a sister-in-law, Irene (Jim) Schlueter. Martha Jane was preceded in death by her husband of 70 years, her parents, five siblings (Anna Mae Jurek, Georgia Lostak, Alice Jurek, Frank Hejtmanek, George Hejtmanek), and great-granddaughter, Hadlee Wheeler.

Pallbearers will be Kimberly Stewart, Todd Corporon, Taylor Schimek, Stephen Huey, John Wheeler, John Huey, Daniel Wheeler, and Meredith Schimek.



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MNRC LEADERSHIP TEAM

Cody D. Holloway, M.Ed.....Administrator
Darlene Boatwright, RN.....Director of Nursing
Beatrice Hawes, LVN.....Asst. Director of Nurses
Vanessa Rupe, LVN.....Asst. Director of Nurses
Boni 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 Kulish.....Medical Records Specialist
Beverly Boudreaux.....Facility Concierge
Tamarra Grainger.....Activity Director
Deanna Nevarez.....Dietary Supervisor
Paula Vela.....HK/Laundry Supervisor
Eric Schnupp Director of Maintenance

Trunk or Treat shenanigans.

