

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

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**Administrator's Corner**

As we prepare for the Fall season, we must also prepare for flu season as well. Flu season usually begins in October and goes through May, with the peak usually happening between December through February.

People at High Risk of Developing Flu-Related Complications:

[Children younger than 5, but especially children younger than 2 years old](#)

[Adults 65 years of age and older](#)

[Pregnant women](#) (and women up to two weeks postpartum)

Residents of nursing homes and other [long-term care facilities](#)

Also, [American Indians and Alaska Natives](#)

**Be on the look-out for the flu and pneumonia consents that will be coming in a separate mailer. We must have a consent in order to give both immunizations.**

**We appreciate your swiftness once you receive them. Please mail, drop them off, or email them to me ASAP.**

By federal regulation, we must offer both immunizations to all residents.

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

**October Birthdays**



**Residents**

Shirley Lyons	Oct. 2 <sup>nd</sup>
Amando Cruz	Oct. 9 <sup>th</sup>
Alfred Gutierrez	Oct. 9 <sup>th</sup>
Shelva McCreary	Oct. 13 <sup>th</sup>
Sydonia Winters	Oct. 13 <sup>th</sup>
Judy Normand	Oct. 13 <sup>th</sup>
Laura Janssen	Oct. 18 <sup>th</sup>
Mary Claxton	Oct. 26 <sup>th</sup>
Marvin Rodgers	Oct. 28 <sup>th</sup>
James Vacek	Oct. 29 <sup>th</sup>
Clarice Edwards	Oct. 31 <sup>st</sup>

**Staff**

Dana Horton	Oct. 4 <sup>th</sup>
Edith Noriega	Oct. 14 <sup>th</sup>
Esperanza "Hope" Terrasas	Oct. 14 <sup>th</sup>
Gail McCartney	Oct. 20 <sup>th</sup>
Cristina Morales	Oct. 20 <sup>th</sup>
Ethel Fletcher	Oct. 21 <sup>st</sup>
Beverly Boudreaux	Oct. 22 <sup>nd</sup>
Linda Robles	Oct. 22 <sup>nd</sup>
Shanekqua "Nikki" Woodbury	Oct. 24 <sup>th</sup>
Artiquewa "Tikki" Austin	Oct. 26 <sup>th</sup>
Kayla Nowlin	Oct. 27 <sup>th</sup>
Cody D. Holloway	Oct. 31 <sup>st</sup>

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**ATTENTION!**

**Family Council**

**3<sup>rd</sup> Saturday of every other Month @ 2:00 PM**

**The next meeting will be November 17, 2018**

**Meet in the Assisted Dining Room**

**Recipe of the Month**

**Candy Bar Cheesecake Brownies**



***Ingredients***

- 1 cup butter, cubed
- 2 cups sugar
- 1/3 cup baking cocoa
- 2 teaspoons vanilla extract
- 4 large eggs

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 cup chopped assorted miniature candy bars (about 18)

**TOPPING:**

- 1 package (8 ounces) cream cheese, softened
- 1/3 cup sugar
- 1/2 teaspoon vanilla extract
- 1 large egg
- 1/2 cup chopped assorted miniature candy bars (about 10)

***Directions***

- Preheat oven to 350°. Grease a 13x9-in. baking pan. In a microwave, melt butter in a large microwave-safe bowl. Stir in sugar, cocoa and vanilla. Add eggs, one at a time, whisking to blend after each addition. Add flour and salt; stir just until combined. Stir in 1 cup candy bars.
- Spread into prepared pan. In a large bowl, beat cream cheese and sugar until smooth. Beat in vanilla. Add egg; beat on low speed just until blended. Drop by tablespoonfuls over batter. Cut through batter with a knife to swirl. Sprinkle with 1/2 cup candy bars.
- Bake until filling in center is almost set, 30-35 minutes. Cool 1 hour in pan on a wire rack. Refrigerate at least 2 hours. Cut into bars

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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**

Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza, commonly called the flu, is not the same as stomach "flu" viruses that cause diarrhea and vomiting.

For most people, influenza resolves on its own. But sometimes, influenza and its complications can be deadly. People at higher risk of developing flu complications include:

- Young children under 5, and especially those under 2 years
- Adults older than 65
- Residents of nursing homes and other long-term care facilities

- Pregnant women and women up to two weeks postpartum
- People with weakened immune systems
- People who have chronic illnesses, such as asthma, heart disease, kidney disease and diabetes
- People who are very obese, with a body mass index (BMI) of 40 or higher

Your best defense against influenza is to receive an annual vaccination.

**FREE GERIATRIC SYMPOSIUM**  
*featuring*  
**Dr. Tam Cummings, Gerontologist**  
Author of the book *Untangling Alzheimer's*  
**Saturday, October 20, 2018**  
**9:00 am - 3:00 pm**  
**Bay City Civic Center Room 106**  
**Breakfast/Lunch Served**  
Seats Limited  
Registration will begin at 8:00 AM  
RSVP to Cody D. Holloway:  
cholloway@arboretumgroup.com or (979) 245-7369

Logos for sponsors: MATAGORDA NURSING & REHAB CENTER, IPH, Reliant Rehabilitation, MATAGORDA REGIONAL MEDICAL CENTER SENIOR CARE, PAM REHABILITATION HOSPITAL OF VICTORIA, NEPHROLOGY LEADERS & ASSOCIATES, Bay City Imaging, U.S. Imaging, Inc., ST. CHRISTINA'S EMS, SACRED CARE HOME HEALTH, HEGWOOD LAW GROUP, MOLINA HEALTHCARE.

Breakfast provided by: Bay City Evening Lions Club  
Lunch provided by: Bay City Imaging & Nephrology Leaders & Associates

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### *Symptoms*

Initially, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a nuisance, you usually feel much worse with the flu.

Common signs and symptoms of the flu include:

- Fever over 100.4 F (38 C)
- Aching muscles, especially in your back, arms and legs
- Chills and sweats
- Headache
- Dry, persistent cough
- Fatigue and weakness
- Nasal congestion
- Sore throat



### **When to see a doctor**

Most people who get the flu can treat themselves at home and often don't need to see a doctor.

If you have flu symptoms and are at risk of complications, see your doctor right away. Taking antiviral drugs within the first 48 hours after you first notice symptoms may reduce the length of your illness and help prevent more-serious problems.



### *Causes*

Flu viruses travel through the air in droplets when someone with the infection coughs, sneezes or talks. You can inhale the droplets directly, or you can pick up the germs from an object — such as a telephone or computer keyboard — and then transfer them to your eyes, nose or mouth.

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People with the virus are likely contagious from the day or so before symptoms first appear until about five days after symptoms begin, though sometimes people are contagious for as long as 10 days after symptoms appear. Children and people with weakened immune systems may be contagious for a slightly longer time.



Influenza viruses are constantly changing, with new strains appearing regularly. If you've had influenza in the past, your body has already made antibodies to fight that particular strain of the virus. If future influenza viruses are similar to those you've encountered before, either by having the disease or by vaccination, those antibodies may prevent infection or lessen its severity.

But antibodies against flu viruses you've encountered in the past can't protect you from new influenza subtypes that

can be very different immunologically from what you had before.



### *Risk factors*

Factors that may increase your risk of developing influenza or its complications include:

- **Age.** Seasonal influenza tends to target young children and older adults.
- **Living or working conditions.** People who live or work in facilities along with many other residents, such as nursing homes or military barracks, are more likely to develop influenza.

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- **Weakened immune system.** Cancer treatments, anti-rejection drugs, corticosteroids and HIV/AIDS can weaken your immune system. This can make it easier for you to catch influenza and may also increase your risk of developing complications.
- **Chronic illnesses.** Chronic conditions, such as asthma, diabetes or heart problems, may increase your risk of influenza complications.
- **Pregnancy.** Pregnant women are more likely to develop influenza complications, particularly in the second and third trimesters. Women who are two weeks postpartum are also more likely to develop influenza-related complications.
- **Obesity.** People with a BMI of 40 or more have an increased risk of complications from the flu.

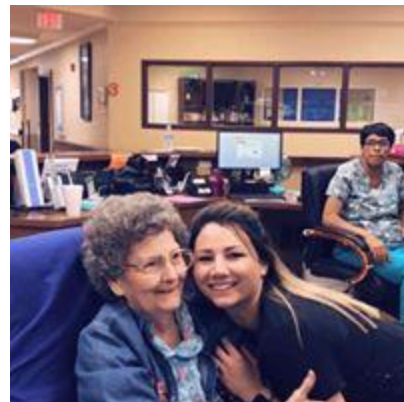


### *Complications*

If you're young and healthy, seasonal influenza usually isn't serious. Although you may feel miserable while you have it, the flu usually goes away in a week or two with no lasting effects. But high-risk children and adults may develop complications such as:

- Pneumonia
- Bronchitis
- Asthma flare-ups
- Heart problems
- Ear infections

Pneumonia is the most serious complication. For older adults and people with a chronic illness, pneumonia can be deadly.



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### *Prevention*

The Centers for Disease Control and Prevention recommends annual flu vaccination for everyone over the age of 6 months.

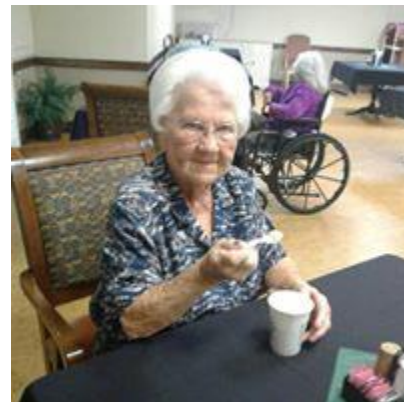
Each year's seasonal flu vaccine contains protection from the three or four influenza viruses that are expected to be the most common during that year's flu season. The vaccine is currently available as an injection only. The CDC no longer recommends nasal spray flu vaccinations because during recent flu seasons, the spray has been relatively ineffective.



### **Controlling the spread of infection**

The influenza vaccine isn't 100 percent effective, so it's also important to take measures such as these to reduce the spread of infection:

- **Wash your hands.** Thorough and frequent hand-washing is an effective way to prevent many common infections. Or use alcohol-based hand sanitizers if soap and water aren't readily available.
- **Contain your coughs and sneezes.** Cover your mouth and nose when you sneeze or cough. To avoid contaminating your hands, cough or sneeze into a tissue or into the inner crook of your elbow.
- **Avoid crowds.** Flu spreads easily wherever people congregate — in child care centers, schools, office buildings, auditoriums and public transportation. By avoiding crowds during peak flu season, you reduce your chances of infection. And, if you're sick, stay home for at least 24 hours after your fever subsides so that you lessen your chance of infecting others.



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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