



Letter from the Administrator
New Employee
Dietary News
DON Letter
Activity News
Birthdays

Clarksville Skilled Nursing and Rehabilitation Center

Letter from the Administrator

We take time each year to remind you of the steps we take to prevent and investigate allegations of abuse. Although the information about your loved one's right regarding abuse was explained as part of the admission process, it is important that you are aware of our abuse prevention policy specifically. All residents have the right to be free from abuse, neglect, misappropriation of resident property, exploitation, corporal punishment, involuntary seclusion, and any physical or chemical restraint not required to treat the resident's medical symptoms. Furthermore, this includes prohibiting nursing facility staff from taking part in acts that result in person degradation, including the taking or using photographs or recordings in any manner that would demean or humiliate a resident, and prohibits using any type of equipment (e.g., cameras, smart phones, and other electronic devices) to take, keep, or distribute photographs and/or recordings on social media or through multimedia messages. Residents must not be subjected to abuse by anyone, including, but not limited to, facility staff, other residents, consultants or volunteers, staff of other agencies serving the resident, family members or legal guardians, friends, or other individuals.

All employees of Clarksville Skilled Nursing & Rehabilitation Center are screened prior to being hired. The process includes a criminal record check as well as reference checks, license search, and abuse and fraud registry searches by facility staff and state agencies. All employees are instructed upon hire about abuse prevention, identification, reporting, and dealing with individual who have cognitive impairments. This information is reviewed annually and as necessary.

If you suspect or witness an allegation of abuse, report the incident immediately to a member of our staff. All allegations will be investigated immediately by a member of management and reported to the appropriate authorities as necessary. Anyone involved in the allegation will be separated from the resident during the investigation.

A resident or his/her representative may register a complaint or grievance at any time. **Clarksville Skilled Nursing & Rehabilitation Center will not discriminate or retaliate in any way against a resident or an employee of the facility who has initiated or participated in any grievance, complaint or abuse investigation.**

Lastly, while the above information is not new, it is necessary that you are informed for the safety and security of your loved one.

Furthermore, information and materials regarding Resident Rights, Resident Care Policy, Notice of Privacy Practices, Grievance Procedures and Grievance Form including Release of Information Request Form are located in the binder directing located outside of the Business Office door. If you have additional questions regarding this material, please do not hesitate to reach out to Jessi the Social Worker, Heather the Administrator or Jordan the Director of Nursing.

New Employee Spotlight

Employee Spotlight: Audrey Balvanz

We are happy to shine the spotlight on Audrey Balvanz, one of our wonderful CNAs in the Nursing Department! Audrey enjoys helping and caring for others, which is what led her to a career in nursing.

Audrey shares her life with her husband, Scott, and their son, Ronnie. In her free time, she enjoys reading and crocheting. Her favorite season is fall, and she loves the colors black, blue, purple, and camo.

Audrey enjoys listening to country music and has a special love for animals, especially cats and elephants. When it comes to treats, she enjoys pop and soft chocolate chip cookies. Two of her favorite movies are *Mary Poppins* and *Beauty and the Beast*.

We are grateful to have Audrey as part of our team and appreciate the kindness and care she brings to our residents every day!

Employee Spotlight: Kara Bohan

We are excited to spotlight Kara Bohan, a valued member of our Nursing Department! Kara chose a career in healthcare because she truly loves helping people and making a positive difference in their lives.

Family is very important to Kara. She enjoys spending time with her dad Darren, her mom Molly, her sister Brooke, her brother Blake, and her boyfriend Ian. In her free time, Kara likes to relax, read, and go hiking.

Some of Kara's favorite things include the color pink, raspberries, chocolate chip cookies, and Snickers candy bars. She also enjoys raspberry Poppi and likes dining at Texas Roadhouse. One of her favorite movies is *The Greatest Showman*, and she enjoys listening to Christian music.

Kara loves dogs, carnations, and her favorite season is summer. She also enjoys shopping at Ultra and Scheels.

We are grateful to have Kara as part of our team and appreciate the kindness and compassion she brings to our residents every day!

Employee Spotlight: Laney Brinkman

We are excited to welcome Laney Brinkman to our team as a CNA! Laney joined the nursing department because she has a strong desire to help others and make a difference in people's lives.

Laney enjoys spending time with her family, including her mom, dad, and brother. In her free time, she likes to relax by reading books and sewing.

Some of Laney's favorite things include the color pink, lemonade, and chocolate chip cookies. She also enjoys apples, Snickers candy bars, and eating Mexican food. One of her favorite movies is *The Notebook*. Laney loves country music, enjoys shopping at Target, and her favorite flower is tulips.

Laney's favorite season is summer, and she has a special love for dogs. We are very happy to have Laney as part of our team and appreciate the kindness and care she brings to our residents every day!



Employee Spotlight: Makenna Miller

We're excited to welcome Makenna Miller to our Activity Department! Makenna comes from a close-knit family and enjoys spending time with her mom, dad, and little brother, Macoy.

She brings a fun and creative spirit to our team, with hobbies like doing nails and shopping in her free time. Makenna loves summer, the color teal, and relaxing with a chai tea or enjoying some watermelon. You might also catch her snacking on a KitKat or stopping by Panda Express for a bite to eat.

Makenna has a love for country music and a soft spot for dogs, making her a warm and friendly presence for both residents and staff.

She chose this career because she truly enjoys helping others—and we're so happy to have her sharing that passion with our community!

Employee Spotlight: Elexa O'Neill

We're excited to welcome Elexa O'Neill to our Nursing Home team! Elexa comes from a loving family, including her mom Alicia, her father, and her sisters Emilie and Eliyana.

She enjoys spending her free time fishing, hunting, reading her Bible, and making memories with family and friends. Elexa loves the color lavender, the beauty of spring, and relaxing with a cup of chamomile tea. She also enjoys sweet treats like Reese's and red velvet cookies with white chocolate chips.

Elexa is a fan of country music and has a unique love for elephants. Whether she's reading a good book or spending time outdoors, she brings a calm and caring presence to those around her.

She chose this career because she truly loves helping people, and we are so happy to have her as part of our team!

Letter from the Dietary Manager

The menus have changed some since Lent started at the end of February. We offer a fish entrée on Fridays!

It is that time of year again for us to change our menu rotation. We change menus twice a year and they are a 5-week rotation. Our goal is for the new Spring/Summer menus to be implemented April 5th (Easter).

Reminder Easter is the 1st Sunday in April this year and we are hoping for the weather to be nice. There is sign-up sheet at the nurse's station if family members would like to take their loved ones out or to come have, Lunch with them.

Dietary Manager

Becky Cramer



From the DON's Desk

Dear Residents and Families,

🌸 As the days grow longer and the flowers begin to bloom, we are excited to welcome the beautiful spring season! This time of year brings a renewed sense of energy, and our Nursing Department is committed to helping residents enjoy the season safely, comfortably, and with a focus on overall well-being.

😊 **Spring Into Wellness**

With warmer weather upon us, we encourage residents to stay hydrated and take part in light physical activity as tolerated. Whether it's enjoying a walk outdoors, sitting in the sunshine, or participating in group activities, even small amounts of movement can boost mood, strength, and overall health.

🌿 **Seasonal Nursing Focus**

This spring, our nursing team is focusing on:

- 🌸 **Skin Care:** Warmer temperatures can affect skin health. We will continue routine skin checks and encourage light, breathable clothing.
- 🧤 **Fall Prevention:** As activity levels increase, safety remains a priority. Proper footwear and staff assistance help prevent falls.

🌺 **Allergy Awareness**

Spring can bring seasonal allergies. If your loved one experiences symptoms such as sneezing, watery eyes, or congestion, please notify our nursing staff so we can provide comfort and appropriate care.

😊 **Enjoying the Outdoors Safely**

We love helping residents take advantage of the fresh spring air! To keep everyone safe and comfortable:

- 🧴 Sunscreen will be applied as needed
- 🧢 Hats and light layers are encouraged
- 🌳 Outdoor time will be supervised by staff as needed
- Residents are encouraged to go outside when the weather is appropriate

🦠 **Infection Prevention Continues**


Although illness rates may decrease, safety is still important:

- Clean hands save lives—hand hygiene is essential

- Please avoid visiting if you are feeling unwell
- Follow any posted guidelines if precautions are in place

We're Here for You

Communication is key to excellent care. If you have any questions, concerns, or updates, please reach out to our Nursing Department at any time. We value your partnership in caring for your loved ones.

 As we step into this season of growth and renewal, we look forward to creating joyful moments, promoting health, and continuing to provide compassionate care.

With warm wishes,

Jordan - Director of Nursing



From the Activity Department

Happy 2026! We are off and running for this new year. January was a month to slow down after the busy Christmas season. We were saddened to lose our long-time music therapy director, Lucy. She was here touching hearts, and playing old gospels and songs from our residents' youth, which always left a smile, as they sang with her and played her instruments. She came two times a month for 25+ years, and we were truly blessed.

February gave us a start on the Lent season, and on an unusually warm day in early February we enjoyed our first outside on the front porch day. Many residents took advantage to get fresh air and sunshine! We celebrated Mardi Gras, hosted a sweetheart lunch for our couples, and a few other special guests. Activities hosted this special event, serving 8 couples. We had ourselves a Luau at the end of February. Our resident, Joyce Toenjes led the group in a Hawaiian style welcome dance, which she has for 3 years now, and she does a great job.

We are in the first part of March, and we were fortunate to get to sit on the front porch again for sunshine and fresh air. We brought out plants that needed re-potted as well. This month restarts opportunities for van rides for the residents. We will have those times and destinations posted on our activity calendar and website.

We are getting ready for our St. Patrick's Day celebration, and also starting to make plans for the Easter Hop on April 4th, 9-10 am. Bring your kiddos over for fun games, an egg hunt, and other special treats. Don't forget the Easter coloring contest for all kids through the 6th grade, with special prizes for the most votes for each category!

We have also had a wonderful year with our 4th grade friends, led by Miss Riley Groen. The kids have been great and the residents look forward to seeing them every month. They start in September and our last meeting is in May. This program has been a part of our nursing community for several years. Our long-time volunteer, Vickie Miller, (a former 4th grade teacher), along with Terry Roose has helped make this program successful with all that they do for this program. Thank you, Vickie and Terry!

I also want to say thank you the community for your support for our nursing home and residents. You help us be successful in our community events, thank you!

Best Regards,

Tamela Mayer, Activity Director



Activities Department Calendar

April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>April Birthdays: Joyce T. 04/05 Kathy J. 04/16 Joan J. 04/06 Ruthie H. 04/07 Mavis D. 04/15</p>		<p>*(Subject To Change)</p>	<p>1 10:00 Exercise (AR) 10:30 St. Johns Church 2:00 Bingo 6-7 Dominos</p>	<p>2 Passover Starts 9:30 LCR 2:00 Merv Edeker 6-7 Go Fish</p>	<p>3 Good Friday 9:00 Cabin Coffee 9:30 Devotions 11:15 Exercise 2:00 Movie and Popcorn</p>	<p>4 9-10 EASTER HOP 11:15 Exercise (DR)</p>
<p>5 9:30 Exercise (AR) 10:00 Dime Store 2:00 Tenzi 6-7 UNO</p>	<p>6 9:30 Exercise (AR) 10:00 Take A Guess 1:30 Van ride outing OR 2:00 Ladder ball</p>	<p>7 9:30 Penny Ante 11:15 Exercise (DR) 2:00 Aggravation Game</p>	<p>8 9:30 Exercise (AR) 10:30 Pleasant Valley 2:00 Bingo 6-7 Wheel of Fortune</p>	<p>9 Passover Final Day 9:30 Dominos 2:00 Norch Bruns 2:30 Farkle 6-7 Balloon Volleyball</p>	<p>10 9:00 Cabin Coffee 9:30 Dans One Man Band 11:15 Exercise (DR) 2:00 Sibling Reminiscence</p>	<p>11 9:30 Devotions 11:15 Exercise 2:00 Ball Games</p>
<p>12 2:00-3:00 Go Fish Game</p>	<p>13 9:30 Exercise (AR) 10:00 Take A Guess 1:30 Van ride outing OR 2:00 Ladder ball</p>	<p>14 National Gardening Day 9:30 Coffee and Treat 11:15 Exercise (DR) 2:00 Out in the Garden</p>	<p>15 10:00 Exercise (AR) 10:30 Pleasant Valley 2:00 Bingo 6-7 LCR</p>	<p>16 9:30 4th Grade Friends 2:00 Bean Bags 6-7 Tenzi</p>	<p>17 9:00 Cabin Coffee 10:00 Old Maid 11:15 Exercise (DR) 2:00 Happy Hour</p>	<p>18 9:30 Devotions 11:15 Exercise</p>
<p>19 2:00 Coffee & Cookies</p>	<p>20 9:30 Exercise (AR) 10:00 Dime Store 2:00 Craft 6-7 LCR</p>	<p>21 9:30 Race to the Castle 11:15 Exercise (DR) 2:00 Annette from the Nature Center</p>	<p>22 Earth Day 10:00 Exercise (AR) 10:30 Church of Christ 2:00 Bingo 6-7 Bean Bags</p>	<p>23 National Picnic Day 9:30 Volunteer Brunch 10:00 Volunteer Craft 2:00 Old Maid 6-7 Wheel of Fortune</p>	<p>24 9:00 Cabin Coffee 9:30 Devotions 11:15 Exercise (DR) 2:00 Monthly Birthday Party</p>	<p>25 10-11 Time the Music Man 11:15 Exercise (DR) 2:00 LCR</p>
<p>26 2:00-3:00 UNO</p>	<p>27 9:30 Exercise (AR) 10:00 Create A Story 1:30 Van ride outing 6-7 Farkle</p>	<p>28 9:30 Resident Council 10:00 Coffee 11:15 Exercise (DR) 12:30 Manicures</p>	<p>29 10:00 Exercise (AR) 10:30 Church of Christ 2:00 Bingo 6-7 Ladder Ball</p>	<p>30 9:30 Tenzi 2:00 Outside Time 6-7 Ball Games</p>		



Joyce T - April 5th Joan J - April 6th
 Ruthie H - April 7th Mavis D - April 15th
 Kathy J - April 16th Bernice G - May 7th
 Gary K - May 16th Joyce S - May 17th
 Jeanette S - May 21st Donald N - May 26th
 Mary J - June 5th

We have started a meal punch card for our resident's family and friends that want to have a meal with them. The card can be purchased for \$20.00 and then it is good for 5 meals. The card can be purchased only in the business office. Just present the card to the kitchen staff and they will mark off a star. We hope that this makes things easier for everyone.

Reminder: Our center's suggestion box is a small box mounted to the wall of the Solarium.
We encourage you to share your suggestions!



***** Numbers to Know *****
 Clarksville Skilled Nursing & Rehab Center
 T - 319-278-4900
 F - 319-278-4166
Westside Assisted Living Suites
 T - 319-278-4909

Did you know you can send greeting cards to any resident of our nursing home from our website? Just visit <http://www.clarksvilleskillednursing.com> and in the middle of the homepage you can click the link and you will be directed to all available cards! We will print them here and delivered right to your loved one!