

# Garden Park

NURSING & REHABILITATION CENTER, LLC

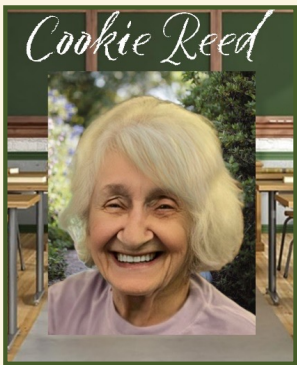
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## IMPACTING LIVES

### Wisdom From Teachers



Most people can quickly share the names of their favorite teachers and how their attributes impacted their lives. Words that may be used to describe such teachers include dedicated and tireless; a message frequently found on teachers' gifts is *"To Teach Is To Touch A Life Forever"*. One of the many gifts of working in long-term care and rehab

includes the opportunity to serve those that served... veterans, teachers, nurses, coaches and others. With Fall on the horizon and Back To School nights on the calendar, a few of our retired teachers shared some memories and advice. Louisiana Tech Bulldog, Cookie Reed, first taught Girls' PE at Midway Junior High in 1958. *"The biggest issue for those girls was not wanting to mess up their hair with exercise. I admit to letting them have a few extra minutes to primp from time to time."* Noting how each year the students became more and more mature, she picked up some interesting vocabulary along the way, 8th grade was by far her favorite to teach even though it kept her on her toes. *"The smarter the kids, the harder the teachers work! In my 40s I went back to school to get my Elementary Education Certification. I taught 3rd and 4th grade which at that time included multiplication tables and cursive writing; two very challenging landmarks in Elementary Ed."* When asked if she enjoyed teaching, she enthused: *"I wouldn't take anything for those years of teaching. It is so important to realize that your approval may be the only approval the student ever receives."* When asked for advice for would-be teachers, Reed says, *"Don't teach unless you love it. It was easy for me to love the children because I had no idea what kids may be going through at home and I wanted to be an encourager."*

Audrey Edwards followed her love for Kindergartners to the teaching profession. Beginning in 1966, she never deviated from the grade that she taught her entire career. *"I just LOVE the young ones!"* She greatly enjoyed her years at

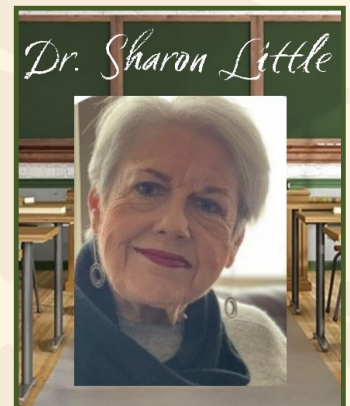


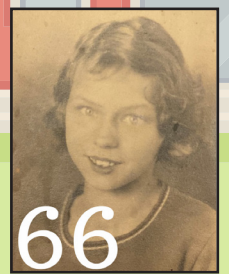
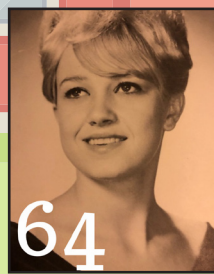
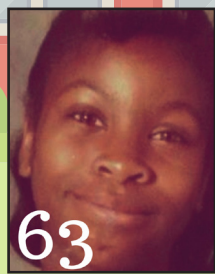
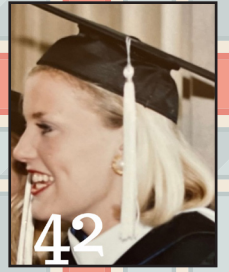
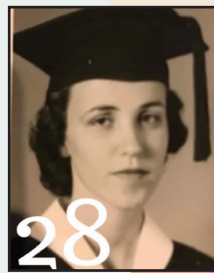
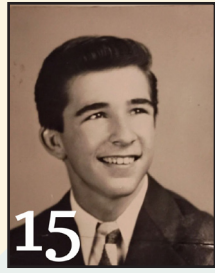
Grawood Christian School and even talked her sister into teaching there as well. She remarked how drastically teaching has changed. *"I see and hear of such little respect students can have for authority. They learn that from home."* Mrs. Edwards did have a very important tip for teachers as they return to the classroom: *"The quieter the voice you use the*

*better. It will get better results than fussing."* With great pride and gratitude she continued, *"A lot of my students attended church with me, so I watched them grow up, begin careers, marry and have kids of their own. It was wonderful being able to watch them grow up. You know so many of them said they'll never forget me or our class."*

Dr. Sharon Little has great memories of teaching in the classrooms of elementary schools and college where she instructed aspiring teachers. A 1971 graduate of LSU, her first assignment was G.T. Woods Elementary School in Kenner, Louisiana. *"Fall of 1971 was the first fully-integrated school year and also my first year to teach. It was a heated time to start teaching. I spent the first weeks of class just allowing everyone to get to know and respect each other."* Receiving Master's Degrees and her Doctorate from University of New Orleans, she eventually taught at Centenary College. *"I have great memories of teaching in the classroom. I always had such a love for my students. I opened up my classroom to people from different vocations so that my students would be exposed to jobs that they may want to pursue."*

Despite the emphasis on teaching to the test and the resulting pressure, Little said she would do it all over again. Garden Park is thankful to serve and learn from our retired teachers and prayerful for all those teaching this year.



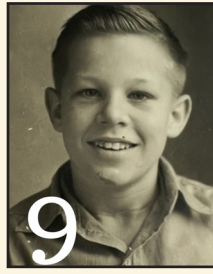




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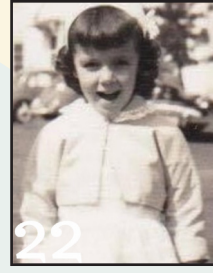
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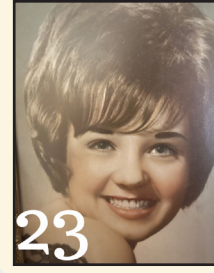
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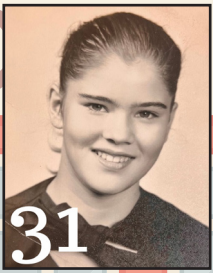
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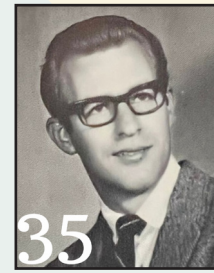
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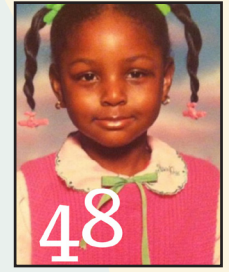
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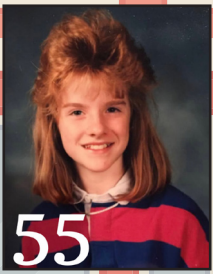
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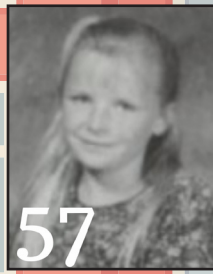
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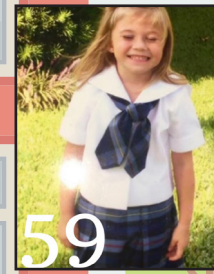
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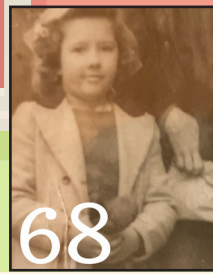
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# Back to School Photos



*There's no  
place like  
home!*

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aide
- Social Worker

[lagniappehomecare.com](http://lagniappehomecare.com)



## RETURNING HOME

### Value of Home Health

With so many of our residents discharging home after completing their short skilled nursing stays at Garden Park, we encourage all of them to continue their improvement with home health. Each person gets to choose their provider, and our nursing staff will contact the physician and home health agency to arrange the services. We ask one of our providers, Lagniappe Homecare, to share information for you. *When you are looking for a little extra help, but are not sure where to turn, making*

*a decision can be a bit overwhelming! That is especially true when you are choosing a home health provider. Lagniappe Homecare provides state-of-the-art rehabilitation and nursing services delivered to our clients right at home. Not only does our team work to improve your level of independence and quality of life, we also act as a liaison between our clients, their families and their physicians to ensure that we are providing the best care possible for faster recuperation and recovery. The good news is home health is covered by most insurances! If you have questions regarding Lagniappe Homecare's services, please give us a call at 318-357-1990 or visit us at [lagniappehomecare.com](http://lagniappehomecare.com)*

## REHAB SUCCESS

### Therapy Works

Our team takes pride in fostering an environment where our residents can achieve their rehabilitation goals. Whether the goal is to return home or live their best life at Garden Park, our staff works together to create individualized plans of care. Two recent success stories that exemplify this commitment are those of Mrs. Kathy Allen and Ms. Maddy Osborn (Pictured below left). Their journeys through rehab not only highlight the exceptional care provided by our dedicated team, but also demonstrate the resilience and spirit of our residents.

Mrs. Allen transferred to Garden Park from the hospital for skilled nursing and rehab. The previously vibrant 69-year-old hoped to regain her strength so that she could return home and enjoy her passion for quilting. Rehab Coordinator, Kelly Kirby-King shared "Mrs. Allen was so weak when she arrived that she was unable to even sit up in bed." With the expert guidance of our therapy team and her determination to overcome her challenges, Mrs. Allen embarked on a new chapter toward recovery. Her therapists utilized a combination of traditional methods and innovative techniques, ensuring that her rehabilitation experience was both effective and engaging. As the weeks passed, Mrs. Allen steadily regained her strength and confidence. When she progressed to using a walker, her joy was palpable! Her precious husband watched and encouraged her daily. When she was able to discharge home, she expressed immense gratitude for the compassionate care that she received at our facility. She is now happily back home quilting and cooking up a storm. You can imagine our staff's excitement when she called and wanted to deliver a home cooked meal. From incredibly weak in June to delivering delicious gumbo for fifty people, Mrs. Allen's

success is an inspiration.

Maddy Osborn, a spirited 89-year-old decided on her own two years ago that it was time for her to live at Garden Park. "I was getting more weak at home and I knew I needed to be in a facility with a team to help my strength, balance and mobility. I knew from visiting a friend here that Garden Park was the only place I wanted to live and get rehab." With the help of our skilled therapy team, Ms. Osborn engaged in therapy designed to restore her strength and coordination. She describes herself as a "get up and do-er. I loved the therapists because they were so motivational and they loved me because I wanted to get up and do!" Even though she is not currently participating in rehab, she remains active by riding the stationary bicycle in the afternoons. She spreads her intense positivity everywhere she goes and encourages anyone who may need therapy to take advantage of it.

The stories of Mrs. Allen and Ms. Osborn are just two of the many examples of the transformative rehabilitation experiences. Each success story is unique, reflecting the dedication of our staff and the resilience of our residents. We proudly celebrate their achievements and remain motivated to continue providing excellent rehabilitation. We believe in the power of support, compassion and individualized care. We invite you to learn more about our therapy services and discover how we can help you or your loved one on their road to recovery.



## REHAB TIPS

# Getting the Most from your Occupational Therapy

**Shae Smith, Licensed Occupational Therapist**



-Focus on carry over of learned skills, especially on weekends!

-Try and spend some time out of bed on non-rehab days

-Get up, get motivated and get moving

-It is tempting to see your 'off' days as free days to completely relax, think of non-rehab days as opportunities to reinforce a skill you have learned in therapy.

-Continue independent exercises while in your room or on non-rehab days, your therapists will give you a list of suggestions of exercises

-Keep moving, it is such a joy to see residents on their walkers taking laps around the facility even when they do not have rehab.

-Practice utilizing adaptive equipment given to you by therapy, try using it independently outside of therapy to identify any issues you may have

*"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers." - Thich Nhat Hanh*

As a staff member at Garden Park the most beautiful moments to catch are those tiny, anonymous acts of presence performed out of sheer sweetness of soul. Our administrator helping an employee get the right insurance coverage. The nurse lovingly spooning medicines into apple sauce. A C.N.A. bringing a resident into the beauty of a glorious sunny day for a few minutes. The noticing of a resident's sparkling Mardi Gras beads even though it is July. Simply helping others with a Bingo game...these are the eternal things: not the grandiose gestures rather the tiny seconds of loving action that do it for me. -Jinny Henson



## BACK TO SCHOOL PHOTOS

- |                    |                      |                      |                       |
|--------------------|----------------------|----------------------|-----------------------|
| 1. Dorothy Jones   | 18. Joyce Brown      | 35. Lee Berthelot    | 52. Kelly Sebrin      |
| 2. Audrey Edwards  | 19. Melba Scott      | 36. Jerry Conger     | 53. Morgan Brown      |
| 3. Lana Weaver     | 20. Doris Owen       | 37. Peggy Booty      | 54. Gillian Doiron    |
| 4. Melba Walker    | 21. Rod Talbot       | 38. Kim Houston      | 55. Kelly Kirby King  |
| 5. Ivory Smith     | 22. Margaret Wren    | 39. Andrea Tatum     | 56. Libby Brosette    |
| 6. Bob Hagstrom    | 23. Linda Hancock    | 40. Corey Harrington | 57. Jamie Plunkett    |
| 7. Mary Doles      | 24. Cecil Burrmann   | 41. Lindsay Prohaska | 58. Apphia Franklin   |
| 8. Sam Doles       | 25. Dora Lee Peacock | 42. Jinny Henson     | 59. McKenzie Pierce   |
| 9. Bill Duncan     | 26. Eunice Talbot    | 43. Taneshia Hogan   | 60. Betty Beasley     |
| 10. Pearl Bell     | 27. Patsy West       | 44. Jennifer Rhodes  | 61. LaTonya Mack      |
| 11. Maddy Osborn   | 28. Sandra McNeely   | 45. Bo Abney         | 62. Kailyn Frierson   |
| 12. Nita Tatum     | 29. Connie Nelms     | 46. Tammy Brown      | 63. Tami Frierson     |
| 13. Barbara Linham | 30. Keith Newman     | 47. Dre Williams     | 64. Laverne Baronette |
| 14. Sam Catanese   | 31. Susan Hightower  | 48. Shae Smith       | 65. Jennifer Peters   |
| 15. Russell Fulco  | 32. Thomas Bachman   | 49. Chancee Vetter   | 66. Edith Murray      |
| 16. Lucy Brandt    | 33. James Bissell    | 50. Melissa Cathey   | 67. Janice Grubbs     |
| 17. Annie Johnson  | 34. Betty Phillips   | 51. Courtney Birky   | 68. Josephine Thomas  |

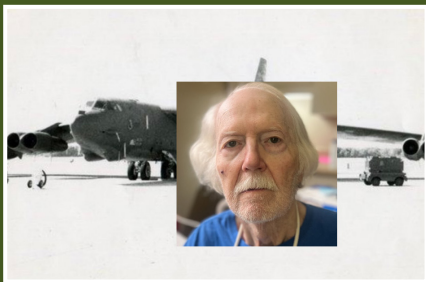
## Shreveport Aquarium





9111 LINWOOD AVENUE, SHREVEPORT, LA 71106

## WHO KNEW? RESIDENT NOAH BLIZZARD EDITION FIRST HAND ACCOUNT OF THE CUBAN MISSILE CRISIS



With a background in auto mechanics once Noah Blizzard joined the Air Force in the late 1950's. He was encouraged to pursue airplane mechanics training. Little could the native Shreveporter have known that the very airplanes he serviced would come within minutes of being deployed in the Cuban Missile Crisis of 1962.

“U.S. Intelligence had determined that Russia was setting up launch pads for nuclear missiles in Cuba. President Kennedy threatened retaliation and that’s where the B-52’s come in.” Stationed at Westover AFB, Blizzard explains the readiness required of the pilots and crew;

*“For two weeks that year, we were on readiness drills. The Klaxon Alarm would sound and the pilots and crew on alert duty would sprint to station wagons which would drop us off at our planes. The goal was to have every B-52 engine started with planes taking off every 25 seconds within just 7 minutes. After those two weeks we were told that no more drills would happen. When the alarm sounded in the chow hall at lunch, it took us about 15 seconds to realize that we were at war.”*

As history tells us, the Cuban Missile Crisis was averted when Russia agreed to back down. But Noah Blizzard knew before almost every other American just how incredibly close The United States came to war.

## UPCOMING EVENTS

### SEPTEMBER

- 5: Body Works: Guided Meditation
- 12: Senior Olympics
- 13: Movie: Grease 2
- 15-21: National Rehab Week
- 21: Brookwood BC Singers
- 25: Game Club-Football Wheel of Trivia
- 27: Art Club Meeting

### OCTOBER

- 8: Pumpkin Patch Outing
- 9: Shreveport Opera Express
- 15: Pumpkin Patch Outing
- 21: Memorial Service
- 29: Boo Bag Give-Away  
Maggie Lee for Good
- 31: Halloween Party