

THE REBEKAH LINKS

Connecting You to Today's News!



RECENT EVENTS!

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**CELEBRATING OUR
YEARLY CHRISTMAS
TREE LIGHTING,
WELCOMING THE
HOLIDAYS WITH THE
BEST OF SPIRITS!**

As the holiday season approaches, it's a time to reflect on the joy and warmth that surrounds us. Whether you're celebrating with family, friends, or taking time for yourself, may this season bring you peace, happiness, and moments of gratitude. Embrace the magic of togetherness, the beauty of giving, and the spirit of hope that fills the air. Here's to making lasting memories, sharing kindness, and looking ahead to a bright new year. Happy Holidays to you and yours!

Thank you for all you do!

A Note from the Administrator



Another holiday season has begun. The activities department is decking the halls with Christmas decorations. On December 4th, we had our tree lighting ceremony Residents and staff gathered in the lobby to sing Christmas carols and officially light our Christmas tree. We launched an Adopt A Resident campaign for those residents who do not have regular family visits. The activities calendar is full of holiday celebrations to ensure that we acknowledge all culture and religious background. As we take a moment to reflect on the last 12 months, we also take some time to express gratitude for our dedicated staff. Thank you for all you do. We look forward to celebrating the season with our residents, staff and loved ones. We intend to spread the love and to cheer with those less fortunate and look forward to achieving those personal and professional goals we have set for 2025. This New Year, one of my goals is to continue fostering an environment of safety, love, dignity and respect for our residents and promoting inclusiveness and understanding amongst each other. As the Grinch stated in his movie, kindness and love are the things we need the most. Have a joyful, blessed and safe holiday season.

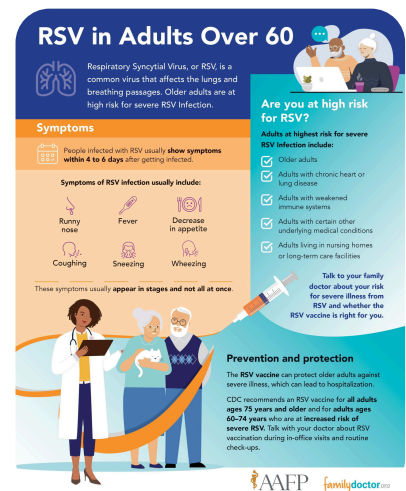
Sincerely,
Fedra Manigaulte, MPA, LNHA

RECREATION DEPARTMENT



At Rebekah Rehab and Extended Care Center, our recreation department recently hosted a heartfelt meet & greet honoring our remarkable residents & families & introduced the new staff that have join our Rebekah Rehab family. The festivities such as birthday party of the month were highlighted by the captivating live entertainment provided by Mr. Hugh, whose soulful guitar music added a special touch to the event. It was a joyous occasion filled with music, laughter, and the shared stories of our cherished residents, whose lives continue to inspire us all.

THE NURSING CORNER



As we grow older, our bodies naturally become more vulnerable to infections and illnesses. One of the most effective ways to protect ourselves and our loved ones is through vaccination. For seniors, getting vaccinated is crucial in reducing the risk of severe diseases like influenza, pneumonia, shingles, and COVID-19. Vaccines help to strengthen the immune system and provide protection against potentially life-threatening conditions. By staying up-to-date with recommended vaccinations, you are not only taking care of your own health but also helping to protect your family, friends, and community. Remember, vaccines are safe, proven, and available to help you live a longer, healthier life. Talk to your doctor or healthcare provider about which vaccines are right for you and how they can help you stay strong as you age.