

# *Our House*

*NHC Maryland Heights Monthly Publication*

*June 2018*

## *Care Is Our Business*

Happy June to all!

Whew! Busy, busy, busy. Go, go, go! So many of us here at NHC Maryland Heights have been working day and night to make good things happen for the people we care for and for their caregivers. Everyday brings new people, challenges and memories to all of us.

In May we had our really fun Nursing Home Week celebration. The Hawaii theme brought dancing, flowers, food and a fun celebration for the entire week. The residents really looked forward to the events of each day. And I guess that is the point, to create moments and days for our residents to anticipate and enjoy. The business of care takes on lots of different looks.

Every year important contributions are made, to the care of our residents, by volunteers who give their time for free to this business of care for our residents and patients. We recognized their efforts with an Open House celebration, May 31st. Thank you volunteers for all you do!

Perhaps the hardest part of “care is our business” happens with our CNA and nurse partners. From medical needs to basic daily living needs, the CNA and nurses deal with so many critical aspects of care that often appear routine, like eating and toileting and getting out of bed and getting into bed. There is a lot of challenging physical labor mixed in with all the other details. And we have CNA and nurse partners who have done this work for five, ten, fifteen, twenty-plus years. The work they do can’t be done in an excellent way over so many years if their heart isn’t in it. What an amazing group of care-givers!

So, in May we honored our nurses during national nurses week. We want them to feel special because they are special. And at the end of May we honored our CNA partners, taking some of our best to the annual NHC CNA banquet. Angela Watkins and Rickell Miller were honored as CNA Care-givers of the year in previous years for our company. This year (for the year 2017) NHC Maryland Heights has nominated CNA partners: Nicole Layton, Shacana Thomas, Lasonja Crate, Tina Smith, Diane Kell, Tracy Smith, Greg Perry, and Janet Chavis for this honor. I can’t say enough about the difference these partners make in the lives of residents and patients here at NHC.

So, in June KIDS CAMP will be happening. That is always a big, big week! One of the great things about the camp is the kid’s wonderful interactive experience with seniors and other adults. For some it may be a step in preparing them to work with the senior population in the not too distant future. Every generation will need care from younger generations. This is our chance to help nurture that possibility with some of our young people. Most of all, we just love having them in our house for the week!

Congratulations to the Martens who filled out their customer survey card and won our drawing for a \$100 gift card!!! Thank you, Martens.

‘Til next time!  
Susan Taylor  
Administrator

*Coco and Friends*

You know we always look forward to our friends coming outside to see us. And now is such a good time. It seems like everyone is visiting us right now. We love it! But you know we have other friends who check on us through bedroom and end of the hall windows. It is like we have angels watching over us. We usually can't see them...but they are always there. Thank you for being so interested in us. My friends and I are always looking for you!



**QCC — Quality Check Cards**

You may have received or maybe you are about to receive a QCC or Quality Check Card that the NHC Home Office sends out to customers or their families. This is an opportunity to score and comment on the services given. Tell our receptionist you filled it out via email or postal mail and she will enter your name into the monthly drawing for a \$100 gift card. The QCC cards help NHC track what our strengths and weaknesses are. This helps us at NHC Maryland Heights to improve our care for your loved one.



**Resident of the Month**

Where to start? She stresses that her faith in Jesus has been most important in living her life and she wants people to know that. She says she never knew her father. Her mother was not around much because she was working. Her grandmother and grandfather raised her. Life had challenges, but she determined to be herself and she has been successful. Always friendly with partners and residents, she especially wants young people to know how important it is to “just be yourself, don’t try to be somebody else.” Irene Jackson is definitely her own person and the NHC Maryland Heights Resident of the Month for June. Congratulations, Irene!

At NHC, Irene attends many of the worship services, the Bible study, lots of other activities and loves playing bingo. For all of her life she worked as a nurse. Born and raised in North Carolina, she moved to Virginia in 7th grade. After graduating high school, she moved to NYC with her cousin to become a nurse. She said being a nurse in NYC was quite the experience because besides her job she was always helping people who were sick on the subway. Over the years, undoubtedly, her marriage to JD Jackson was special. He was in the US Army and was a “really nice man.” He also cooked! She says, “I didn’t cook nothing and I didn’t care either.” Their social life always revolved around the army base, church and home. Irene did like to go dancing and said, “I’d like to go dancing right now.” She has one son, Darryl and having a dog seemed like a good idea. Irene smiles and laughs when she talks about their family dog they had for 13 years. He was small when they saw the TV add and raced to get him...and then “he grew so big! I didn’t know he was going to grow that big!” she exclaims with a great laugh. That’s Irene, and even though there have been some hard times in her life, she feels blessed.

### *Activities Department News*

Oh my goodness! May, June, July, August! Summer is such a fun time for residents and partners. We have more outings and activities that get all of us out of the building to enjoy sunshine, blue sky, ever changing clouds and scenery. The activity is often just the icing on the cake. Lots of residents are enjoying the simple pleasures of going outside for a walk (or roll) in the nice morning hours. Kids' Camp really brings fun into the building and takes it outside. It is always one of the highlight weeks of the year, a great intergenerational experience for everyone!



### *Smoking Practice Update*

To ensure the safety of all of our residents there are some changes in our current smoking policy. Residents will have to be monitored by a staff member when they smoke on campus. We can no longer have families of residents monitor residents. Residents who smoke will use a smoking apron. This policy change is to protect all people within the building. Thanks for helping us enforce this policy. It is people's right to smoke, but it is our responsibility as staff at NHC to help everyone to remain safe.

### *Wi-Fi Network Update*

A new Wi-Fi guest network has been created for NHC Maryland Heights. Users will not have to login every 4 hours—connect once and you will stay connected. The old guest network will be removed on March 1st. New access information is as follows: Name — NHC-guestaccess

Password — nhcguest

Center owned devices are not to be operated on this new guest network.

*NHC wishes to express our deepest sympathies for the family and friends of the residents who have recently passed.*



### *Partner of the Month*

Holly Hamilton's responsibilities as the LPN/ Restorative Coordinator for almost 18 years at NHC Maryland Heights have not changed that much. Dentists, podiatrists, optometrists, audiologists, doctors, pharmacy consultant reviews, and manager of the top of Wing 4 keeps her busy most days! (She also knows how to have a good laugh and have fun while working hard!) All of this and more is true of her, even though she lives with her own medical challenges of MS. Her partners have chosen her as the Resident of the Month for June 2018. Congratulations, Holly!

There was a time when her very large extended family was here a lot in support of her grandma. Holly does have an amazing family. Over the years her dad has often volunteered his theater and media talents for special programs with the residents. Holly's husband, Ray, is a talented chef and they now have their own, catering business "Raging Ray's BBQ!" The menu features rib tips, BBQ Chicken, smoked turkey and smoked duck and more! Holly also recently helped represent NHC Maryland Heights at the Alzheimer's Association Gala to educate and fund raise for the fight against Alzheimer's. And she is looking forward to a 7 day cruise in the Bahamas late in September. She still has things on her bucket list and she brings that zest for doing things in life to all she does.

This last 10 months have been some of Holly's most challenging with switching from paper records to computer records at NHC. She observes the comfort level of newer younger nurses with the technology and learns from them whenever the opportunity exists. This mix of experience and new blood on the team jelling together is enjoyable for Holly. She says, "I love my staff!"



# NHC

2920 Fee Fee Road,  
Maryland Heights, MO 63043  
(314)-291-0121

## *People in the Know*

Susan Taylor	Administrator	200
David Sauer	Administrator in Training	200
Jeff Loraine	Director of Nursing	220
Tom Gianino	Assistant Director of Nursing	221
Sheri Terry	Facility Rehab Coordinator	291
Phil Barker	Chaplain	244
Maria McAllister	Social Services	240
Ashlie Baker	Admissions Coordinator	241
Lori Thacker	Business Office Manager	250
Rebecca Goedeker	Recreation Director	290
Megan Jameson	Dietician	262
Nancy Maurer	Dietary Manager	260
Martin Barry	Dietary Manager	261
Mark Arroyo	Maintenance Director	299
Robin Sopshire	Dir. of Environment Services	270
LaVerne King-Gerals	Health Information	280

## *Extensions*

### *Non-Discrimination Policy*

As a recipient of federal financial assistance, NHC Maryland Heights does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, national origin, religion, sex, gender, or on the basis of disability or age in admission to, participation in, or receipt of their services and benefits of any of its programs and activities or in employment.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-615-890-2020 (TTY: 7-1-1)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-615-890-2020 (TTY: 7-1-1)

## *Resident Birthdays*

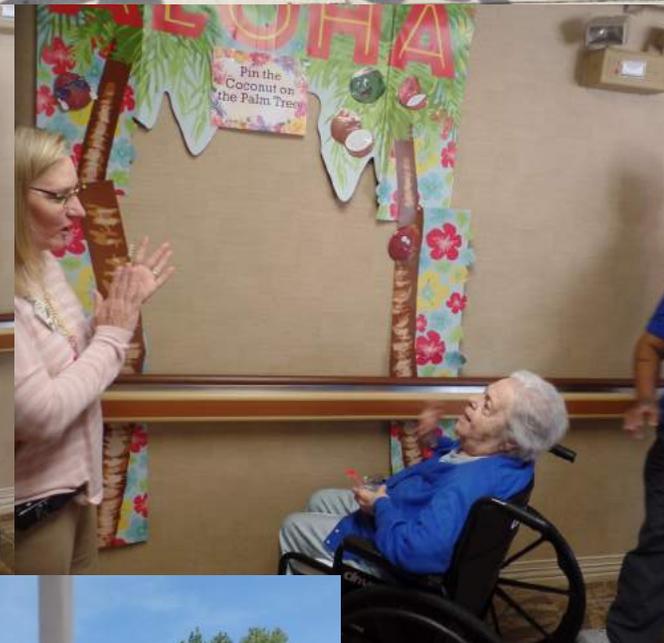
Mary Long	06/08
Patricia Brasher	06/10
Estella Beckmann	06/14
Betty Pierce	06/14
Linda Cloy	06/15
Brigida Henriquez	06/15
Lorraine Templeton	06/16
Katherine Boland	06/18
Jochen Riedel	06/18
Norma Donica	06/21
Louise Hill	06/21
Willie Smith	06/21
Ruth Richmond	06/22
Don Maguire	06/25
Doris Ball	06/26
Susan Brown	06/29
Steven Goldman	06/29
Gloria Davis	06/30

## *Partner Birthdays*

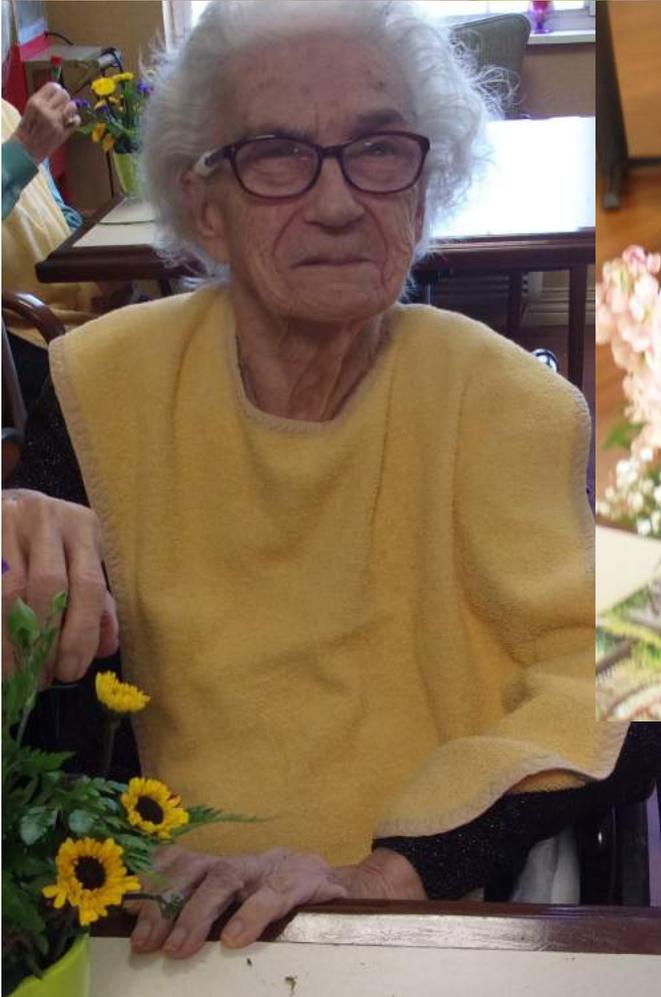
Deana Carter	06/02
Deion Logan	06/05
Willie Moore	06/10
Geanetta McCombs	06/11
Enrico Sheard	06/11
Elaine Agee	06/15
Tanveer Yaseen	06/15
Danisha Cooper	06/16
Terri Young	06/17
Maria McAllister	06/18
Nicole Layton	06/19
Breanna White	06/19
Keon Murphy	06/21
Lori Thacker	06/21
Tina Smith	06/22
Wendy Hamilton	06/28
Beth Worku	06/28

## *Partner Anniversaries*

Anthony Silver	27 years
Robin Sopshire	22 years
Cheryl Bene	16 years
Maria McAllister	16 years
Marlo Lee-Taylor	15 years
Chay Worley	10 years
Cynthia Johnson	10 years
Karen Wings	9 years
Florentino Agasino	8 years
Paula King	7 years
Heather Stiff	7 years
Sheila Walker	7 years
Tina McAlister	3 years
Terri Young	3 years
Esther Kimani	3 years
Carolyn Jones	2 years
Ashanti Scales	2 years
John Dickson	2 years
Stephen Ogero	2 years
Shelyta Ridley	2 years
Taira Tabb	2 years
Beth Worku	2 years
Wanda Dalton-Devore	1 year
Heimbürger Kathy	1 year
Dwighteasha Thomas	1 year



# Welcome to Ivy House June 2018

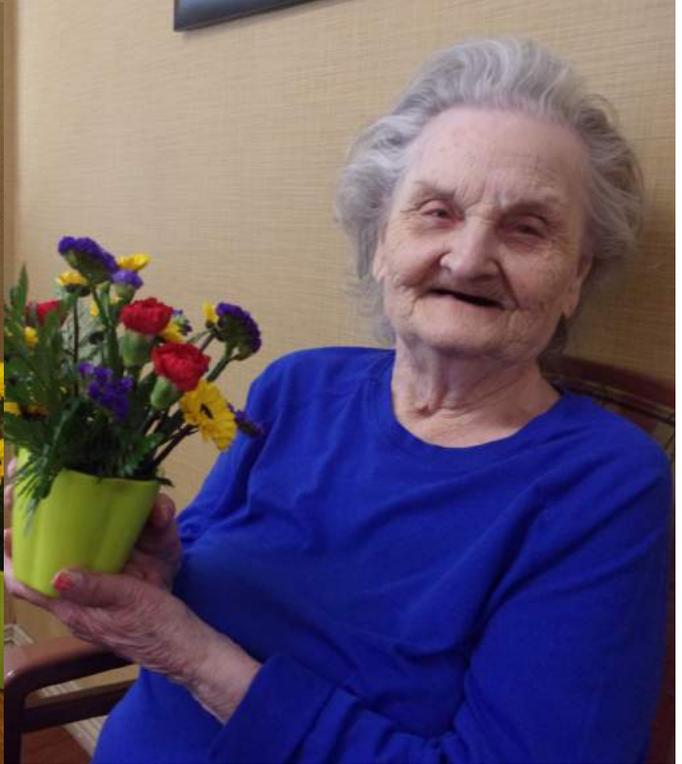


## *Alzheimer's Association Support Group Meeting*

June 21, 7-8:30pm at NHC  
Multi-Purpose Room

The Alzheimer's Association Support Group meets monthly, led by Social Services Director, Maria McAllister. This group is open to all who are care-givers for someone with dementia. **Here is an opportunity to share and learn with other care-givers and to know that you are not alone in your journey.**

# Welcome to Meadows June 2018



## Alzheimer's Association

*Give yourself credit, not guilt!*



Anyone who has memory problems and is able to walk is at risk for wandering. Even in the early stages of dementia, a person can become disoriented or confused for a period of time. It's important to plan ahead for this type of situation. Be on the lookout for the following warning signs: Returns from a regular walk or drive later than usual; forgets how to get to familiar places; talks about fulfilling former obligations such as going to work; tries or wants to "go home" even when at home; is restless, paces or makes repetitive movements; has difficulty locating familiar places like the bathroom, bedroom or dining room; asks the whereabouts of past friends and family; acts as if doing a hobby or chore, but nothing gets done (e.g., moves around pots and dirt without actually planting anything); acts nervous or anxious in crowded areas such as shopping malls or restaurants.

For support and encouragement, join ALZ Connected, our online caregiver community.

Read more: [www.alz.org](http://www.alz.org)