

Our House

NHC Maryland Heights Monthly Publication

March 2019

Care Is Our Business

Happy March to all!!

In the February newsletter I talked about the excellent team effort in response to the January snowstorm...already seems so long ago! Then the extreme changes in temperature at the end of January probably caused the back corner of our dining room ceiling to have a water eruption, the staff again responded with fast acting and excellent team work to keep our residents safe and keep everything under control. I am just so thankful for all the experience, energy, quick thinking, and great attitudes on display that day and every day here at NHC Maryland Heights. By the time you read this our dining room situation should be back in order.

We also had an ice storm a couple weeks later. Wow! That was hard to drive on, but once again our partners pulled it together and made it in. One of the partners who got stuck on the ice, told me when I was picking her up, that the police asked her why she was out in this dangerous weather. She said, "We are like you guys, people need us and the weather can't stop us." The police smiled and understood the role of a healthcare provider.

Fun things happen here every month and everybody has their favorite fun thing here. For many of us "wee folk" Blarney Bingo night is a pot of gold! It is a non-stop evening of fun. So if you haven't already marked your calendar for 6pm the evening of March 15th and you want a seat, do it now!! And there are always wonderful prizes. Wishin' you Luck on makin' it to the biggest and the best bingo game at NHC Maryland Heights! Fun! Fun!

Here's a happy thought...our big flag pole circle will soon be bursting forth with tulips. As the weather becomes more like spring and summer (we hit 70 degrees in January)!!! Take your loved one outside for a walk to see the tulips. They are so amazing! In fact, take them out in the animal courtyard too! Coco and the 2 goats...and even the chicken love to have visitors. And there are times when families and friends find the animal courtyard to be a delightful and peaceful place to hang out with their loved ones while being entertained by Coco and friends.

So you may have met the newest member of my family (our family)...her name is Ivy and she has already made so many friends. This is really about quality of life for our residents and bringing a little more energy of life into the building. It's good for all of us. It will take her a couple months to completely settle in, but you can see she has already become more comfortable with these surroundings and all the people. Thank you to all those who are helping her get off to a good start. I'm hoping she returns the love over and over!

'Til next time!
Susan Taylor
Administrator



Reminder from Nursing

Flu season is HERE! The flu can be fatal, especially for seniors...90% of flu related deaths occur in people age 65 or older. Please keep an eye out for your loved one's yearly consent letter. Letters were mailed at the beginning of September. If you have any questions or have not received a letter, please contact Sarah Roberts IP RN at 314-291-0121ext:245...or via email at sarah.roberts@nhccare.com. Friendly reminder that if you are having flu-like symptoms please refrain from visiting until you are no longer having symptoms. Thank you for your cooperation.



Resident of the Month

Bonnie Shaw is from Michigan. She grew up in a small town called Mayville, Michigan which is near places like Bay City and Saginaw and only an hour-and-a-half from Detroit. She has lived in St. Louis for about the last ten years. Has she seen some real winter in Michigan? "Oh yeah!!!" Bonnie says. Winters here are so mild," she says. She continued on to tell how snow would be up to 2nd story windows and how cold it was! Her son still lives in Michigan and the family dogs may have loved winter, but her two daughters moved south to St. Louis.

After graduating High School, Bonnie spent the next six years working until she married. From then on she raised her family. As one of nine children (number five) herself, she was right at home. Meatloaf, mashed potatoes and veggies was the standard favorite meal. Also, they had a big vegetable garden for years. Music was always playing. And she read to her kids "from the time they were born." No surprise they are all avid readers. They took a family vacation every year, working their way up from an army tent with no floor to a 25-foot camper many years later. Sounds like they camped a lot in Michigan and Wisconsin. There was lots of swimming, campfires, and s'mores and popcorn. Family fun for sure!

At NHC Maryland Heights, Bonnie encourages newer residents to "just take it one day at a time." Bonnie stays involved in a number of the activities department's offerings like exercise class, crafts, entertainers, happy hour, and just hanging out in center court with some of her NHC friends. Three times a day she is also part of a mealtime foursome who really seem to enjoy each others company. Congratulations, Bonnie on being selected as the March resident of the month!

Coco and Friends

March seems like a good month for a horse tale of a horse tail. Everyday, this time of year, my friends and I start the day looking for warmth and food and water. By the end of the day we're pretty much doing the same thing. Everyday, same thing...ever feel that way? Now don't get me wrong, we're thankful for the basics. But it's like this...I couldn't live without some oats and grass and all that. But the day is always better with an apple or carrot tossed in. So the weather may be making visits harder to do, but whenever it allows, your visits make a difference in our day and warm us up in every way!

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.

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.

Activities Department News

Wow!! March and there is so much going on! Our **NHC Maryland Heights Crafts Fair will be on March 6th from 10am to 12 noon.** Then one of the most highly anticipated events of the year happens **Friday evening, March 15th. That's right, it may be your lucky night at Blarney Bingo!** Actually everybody wins because it's just so much BLARNEY fun!! Big ones and wee ones and all the ones chasin' their dream of winnin'!! It's a little crazy you know! So here's hopin' ye are blessed with a lucky card of numbers and the warm feeling of a tummy full of solids and liquids topped off with plenty of laughs! **Doors open at 6pm.** Even if you can't make it, you should check the activities calendar for all the other enjoyable, meaningful, helpful and fun activities provided. **Here is a "shout out" to Bonnie Shaw and LeAnn Dorey** for their wonderful help with making "jewelry" for upcoming special days and events. This March will also bring Mardi Gras fun and all our other activities. So residents, check your activities calendar and come be part of an activity that brings a smile! **Also a big thank you to Pam and Rita Bacher for their work with Citicorp to enlist the help of their employee families in providing Valentines gifts for 200 NHC residents. Fantastic!!**

Wi-Fi Network Update

A new Wi-Fi guest network has been created for NHC Maryland Heights. Connect once and you will stay connected. 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

Every now and then, while on the job, when music starts playing near her, Monica breaks out in a dance that always entertains and puts a smile on the faces of residents and staff. Some residents tell her, "You gotta come and dance!" She is so full of fun and life...just what the doctor ordered! After about 5 years as a CNA at NHC she is being recognized for her excellent work. Her attitude is infectious. Monica Williams is the Partner of the Month for March!

Monica was born and raised Saint Louis. She has an older and younger brother. She says her mom being an RN led her into the medical field and being a CNA. She has been doing this work for 20 plus years, five of those years at NHC. At NHC Maryland Heights she worked night shift, then evening shift, and now day shift on Wing1. What makes that even more amazing is her being a mom raising a boy and four girls. She also has seven grand babies! Monica has had her hands full for a long time and she's still smiling and has so much energy! Now it is just her and her 16 year old daughter, who she calls "my MVP!" Outside of work, travel is a major love for Monica. Chicago is a frequent destination. She mentions Memphis (Beale Street), New York City (a road trip, shopping and Trump Tower), San Diego and Florida (the Orlando area). Soon she hopes to visit Hawaii with two daughters for some "me time."

Monica says, "I am grateful to be able to take care of the residents...I love them and they love to see me smile." So crank up some Tina Turner or Carlos Santana (two of her favorites) and let Monica go to work creating smiles and bringing excellent care to the people who need her help. She's one of the best! Congratulations Monica!



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
Mark Arroyo	Maintenance Director	299
Robin Sopshire	Dir. of Environment Services	270
LaVerne King-Geralds	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

Judith Osseck	03/10
Dolores Anthony	03/11
Betty Scott	03/17
Gerald Vaughn	03/17
Arnetta Gordon	03/19
Thomas Stevens	03/20
Russell Hicks	03/21
Phyllis Copeland	03/24
Kathleen Vaughn	03/25
Shirley Harrison	03/26
Mary Nobs	03/30
Julia Sexton	03/31

Partner Birthdays

Lisa Davis	03/04
Nancy Maurer	03/04
Janet Chavis	03/06
America Dean	03/10
Jean Hall	03/10
Tiffany Taylor	03/10
Iheanacho Achilefu	03/13
Ashlie Baker	03/15
Tracy Smith	03/20
Xin Han	03/21
Jerrietta Dickerson- Latimore	03/26
Anne Kamau	03/26
Philip Barker	03/29
Janice Dixon	03/29
Aeisha Fondren	03/31
Cynthia Johnson	03/31
Shirely Thomas	03/31

Partner Anniversaries

Nancy Knapp	22 years
Jackie Mooring	18 years
Lasonja Crate	16 years
Angela Bennett	14 years
Dorothy Sweet	14 years
Sarah Roberts	10 years
Damaris Mwaniki	5 years
Angel Pierce	5 years
Lynn Kueker	5 years
Geraldine Hines	4 years
Lauren Strong	3 years
Paula Bailey	1 year
Tamika Jones	1 year
Lakenya Daniels	1 year
Tamara Johnson	1 year