

Our House

NHC Maryland Heights Monthly Publication

August 2018

Care Is Our Business

Happy August to all!!

August is such a different month here at NHC. Daily life goes along as it does all year round. But August almost becomes “take a deep breath” month. No big events—just the “dog days” of summer sitting on the front porch under the shady oak trees. But, really, for many of us nothing could be better. Good for the mind and soul.

You know, in July, the management team took a day to discuss “Soup” a team-building book we had read. I always want us to try and be better in serving all of our people that are part of NHC Maryland Heights. Over the years I have always tried to do something with the management team to help us grow stronger, do something a little different and challenge us to maybe get outside our comfort zone, have fun and work at being better leaders and team players. The team has been great in responding to my ideas. Reading and discussing a book like this may have been one of our more challenging group activities...live and learn, learn and live!

Two key concepts discussed in the book were encouragement and appreciation. Everyday we all see people who need encouragement. And everyday there are people we need to acknowledge with some word or action of appreciation. NHC has a unique way for this to happen. We have PEP cards! PEP cards are at different desks and stations throughout the

building. Now, we all (staff, families, residents and anyone involved in the daily life of our building) need to redouble our efforts to take that minute (they are small so you can't write much:) to encourage and appreciate someone you feel has really given that extra special effort...excellent! The PEP cards are reviewed by supervisors and Susan (me!) and then added to the deserving partners paycheck—a dollar for each PEP card. There is a \$20 limit per pay check, but you can't put a price on just letting a partner know all the extra efforts they give are noticed and appreciated!

Next month we will have a focus on “Fall Is Coming!” So we will be asking families to look in their resident's room when visiting to change out seasonal clothing and help us declutter. This will be so helpful for your family, roommates, and for our partners who have to be in the rooms. We also would ask, if you bring in furniture, that it is sturdy for safety reasons. Anything electronic for the room needs to be in good repair. We hope with your help, we can continue to provide a safe and secure environment that decreases resident falls.

‘Til next time,
Susan Taylor
Administrator

Coco and Friends

Whoaaa!!! It's horse-breath hot outside!! And there is nowhere to hide from the heat! It's just not right! The two goats, the chicken and this old horse, held a first meeting of the "beat the heat" committee! The discussion of current events got a little heated...because we were outside! But, true to St. Louis the weather keeps changing. So we realize we will have to just drink lots of water until the heat is off. Maybe we could get a shallow swimming pool...or maybe a wading pool. (I'm not sure the chicken swims...) Come see us if it is cool enough.



Resident of the Month

Congratulations to Lester Olzee. He is the NHC Maryland Heights Resident of the Month and is someone you have to get to know. He knows he has some cranky times, but those are outweighed by all the truly enjoyable moments. He is very complimentary of staff and all they do for him, making sure he makes mealtimes and gets his coffee! He also enjoys attending the chaplain's Bible study and some other activities. The view out his room window is something he really likes. His family has set up some bird feeders outside his window, plus he has a good view of the front lawn area where deer show up now and then.



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.

Hot Summer Courtyard Safety

Yes, we are into St. Louis summer heat! So, for the safety of all our residents, we want to remind families and friends to only take your resident(s) outside on the patio area. We do not want residents getting accidentally stuck outside in the heat. If you have any concerns or questions about other residents wanting to go outside with your assistance, please do not hesitate to ask for help from our staff and we will all work together to keep our residents safe.

Lester is a WWII veteran and doesn't talk much about his war experience, but on this day it was on his mind. He was remembering being with the 10th Fighter Squadron as part of the ground support team. This was an Army squadron of P-47 Thunderbolts. They were involved in D-day and fighting in Europe from 1942-1945 and were set to go to fight against Japan, but the war ended before they could go. After returning from the war, Les settled into a career working as a railroad clerk after working for a time for a concrete contractor.

Les grew up in Maplewood, Missouri. He was one of five kids. Les also has five kids and enjoys talking about them. He speaks very lovingly of his second wife who passed within the last year. In fact, he cherishes her Bible which she left him. She and Les were heavily involved in their church. He did cooking and whatever was needed to support the ministry of the church. He was there for Sunday School, morning services and evening services. His heart is in the right place.



Activities Department News

It seems like last month came and went so fast in our activities world! The Fourth of July celebration was indoors and that was probably best. It was soooo hot outside. The band was great and the people had fun. The residents continue to enjoy the monthly Botanical Garden activities. So many happy faces to go along with the flowers! Of course flowers need plenty of water and so do we this time of year. So make sure you are drinking plenty of water to combat the hot, hot weather...and make sure your flowers are getting plenty of water this summer. If we get a little break in temperatures we like to take as many residents as possible outside in the morning for a short walk. They really enjoy this. Otherwise, we just hunker down indoors and have fun activities. See the August 2018 calendar for all the details!

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.

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.

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



Partner of the Month

You may not see him much, since most of his time is spent working on Meadows. He's only been at NHC Maryland Heights eight months. His first months were spent on the rehab wing, but then he became a regular on the Meadows evening shift. After a short adjustment period, it has become his favorite place to work in the building. Congratulations to Ryan Napier for being selected by his peers to be the Partner of the Month at NHC Maryland Heights.

From St. Louis all his life, Ryan graduated from Pattonville and went on to earn a degree in exercise science in 2017. He plans, in the future, August 20th, to begin working on a nursing degree at Flo Valley and then follow that up, possibly with more higher level university training. He is a man with a plan! And he also believes that more opportunities will come, because "it is not just what you know, but also who you know." His outside of work interests range from reading epic sci-fi multiple volume stories, float trips, bike riding, running, doing things with friends, and food! Ryan says, "I love food" and things he does with friends always involve food. He says, "I love to do breakfast and I'm a skillet guy." Some type of skillet hash and coffee is a great way to start the day.

When it comes to his work on the evening shift in Meadows, Ryan says his favorite time is before dinner when time is more open for interaction with the residents on a spontaneous level. He says, "Talks with the residents are most rewarding." He views the residents dementia struggles as another life stage and not so much to be mourned, rather to "look for the value they bring." Keep up the great work, Ryan!

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-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

Sandra Shillington	08/01
Kenneth Palmer	08/03
Robert Seidel	08/06
Ruthie Harrell	08/10
William Combest	08/11
Jacqueline Eckhoff	08/12
Willie Mae Anderson	08/13
Annetta Brown	08/16
Carol Oguin	08/17
Katherine Heckel	08/19
William Baalman	08/20
Kenneth Greeson	08/20
Augustine Nelson	08/20
Monica Lanham	08/22
Mary Lorenzen	08/23
Donna Robertson	08/25
Linda Scott	08/25

Partner Birthdays

Taira Tabb	08/01
Geraldine Hines	08/03
Marquise McDowell	08/03
Tracy Donaldson	08/04
Carolyn Jones	08/05
Tina McAlister	08/07
Angel Pierce	08/07
Jodi Graham	08/09
Jackie Mooring	08/10
Charleen Taylor	08/11
Aline Murray	08/14
Karen Anglin	08/17
Shamika Smith	08/19
Angela Noble	08/24
Asia Ray	08/26
Frida Kashe	08/28
Dineisha Williams	08/31

Partner Anniversaries

Tavida Baldwin	22 years
Sonya Lampkin	20 years
Edna Kingcade	18 years
Courtney Nance	18 years
Lori Thacker	17 years
Lavicka Moore	16 years
Janet Chavis	7 years
Latasha Cooper	7 years
Ricjeana Washington	6 years
Tamika Jones	6 years
Ramonica Williams	5 years
Willie Moore	2 years
Laniesha Jones	2 years
Deana Carter	2 years
Raquel Adams	1 year
Namibia Gardner	1 year
Angela Nobel	1 year
Aeisha Fondren	1 year
Savannah McAllister	1 year
Christina McDonald	1 year



Welcome to Ivy House August 2018



Alzheimer's Association Support Group Meeting

August 16, 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 August 2018



Alzheimer's Association

Give yourself credit, not guilt!



Some risk factors for dementia, such as age and genetics, cannot be changed. But researchers continue to explore the impact of other risk factors on brain health and prevention of dementia. Some of the most active areas of research in risk reduction and prevention include cardiovascular factors, physical fitness and diet. For support and encouragement, join ALZ Connected, our online caregiver community.

Read more: www.alz.org