

# Our House

*NHC Maryland Heights Monthly Publication*

## *May 2018*

### *Care Is Our Business*

Happy May to all!

That was a long winter and long early spring. I think all of St. Louis is ready for summer. Probably no one will complain about it being too hot this summer...at least not until June.

We will be beautifying our grounds and freshening up everything as needed. Of course Mother's Day, May 13th, is always the green light for planting and gardening to hit full stride. It is great when our court yard patios get really busy and residents are able to help with some of the gardening projects through activities. Just being outside in the sunshine feels so good to so many...before it gets too hot.

Thursday, May 31st, there will be an Open House 3-5pm to celebrate the excellent contributions our volunteers make to NHC Maryland Heights. They do so much for our residents with their visits and talents. They really give back to the community and challenge all of us with their example. Thank you to all who volunteer here at NHC Maryland Heights.

Speaking of "thank you," I recently observed two partners from different departments working together in the dining room to take care of a resident situation. When the job was done, it was great to hear one of the partners saying, "thank you" to the other partner for their help. With small words we have the important power to encourage, appreciate, and build a truly caring environment for all who enter NHC doors.

Well, finally! Our tulips, dogwood trees, and all types of flowers, bushes and trees exploded with blooms and buds as the temperatures climbed. It

was the talk of the morning when the lawn service was out mowing and trimming on a 33 degree day! The grass was green and tall but something just wasn't right with that picture:)

May is a month when so many things happen—Mother's Day, high school and college graduations, schools finishing up their academic year, summer vacations starting, swimming pools opening, lots of flower planting, picnics, fishing, family outings, and National Nursing Home Week where we celebrate our partners and residents coming together to create an excellent environment. Every summer we hope to make it a great summer for our residents with lots of activities and fun outdoor outings, and it all starts in May! Let's enjoy these days!

'Til next time,  
Susan Taylor  
Administrator



*Coco and Friends*

Well April started off acting like the return of winter which just wasn't right. Baseball, snow and ice, just do not go together in St. Louis. We were all confused! What we know here is that weather like that keeps fans away from the ball-park, which also means our friends don't come to see us. It's just not right! Okay, I feel better now. May is going to be a great month for me and my friends. I'm looking forward to rolling on my back in fresh green grass...nothing like it! And I'm looking forward to some apples and carrots...my friends help me to eat healthy:) The goats eat...well they're goats. And Henny Penny or whatever her name is, the chicken, she seems to eat well, too. So, hope all of you begin to enjoy sunshine, fresh air, BBQ, and time with us.



**Resident of the Month**

She is just one of those people who other people enjoy talking with. Why? Because she has a humorous “no nonsense” manner of conversing that puts people at ease and makes them laugh. She is comfortable in her own skin. Shirley Morgan is the NHC Maryland Heights Resident of the Month for May and says unprompted, “I think back on my life and I had a pretty good one.”

Shirley grew up in St. Louis. She was the baby of four siblings. Due to family circumstances she left high school early to work at the local Ben Franklin 5&10 store as a cashier. She married about a year later and soon took on the duties of running the U.S. Navy PX store at Lambert Airport. After their first child was born, Shirley moved with her husband to Chicago. Another baby and another job opportunity for her husband, Richard, took her and the family to California near LA. They lived in California for about 20 years. To make this move, Shirley went to California with two small children to find a place to live, while her husband finished up in Chicago. They lived about 10 miles from the ocean and enjoyed good family times at the beach. Shirley muses, “Once in a while it would get cold enough that we could call it winter.” She says, “We were camping in the mountains and desert...we were busy all the time.” Divorce and a family illness brought Shirley back to St. Louis after a year in Texas. Shirley met her second husband in St. Louis and has settled here. But she says California is great and she would go back if she could.



**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.

Shirley apparently was a very good cook and baker. In fact she made wedding cakes as a little side business. That's talent. She also had fun. She tells a story about a baseball field backing up to her backyard fence. She would stand at the fence and give the home plate umpire the business during games. And of course the umpire couldn't do anything since she was in her own yard. If Shirley likes you, she'll call you out!

### *Activities Department News*

May flowers. Mother's Day. Family. Warmer temperatures...finally. Activities outside! The merry month of May is here and everyone is smiling a little more. Of course, on days when it is raining, we will still have sunshine because of our residents and all the different activities we get to do with them (see Pretty Nails hands models below:). Check your activities calendar!



### *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.

### *Front Desk Hours Change*

Our front desk receptionists hours on Saturdays and Sundays will be 9-4pm, effective May 5, 2018. A nursing supervisor will be available after 4pm should any issues or needs arise. The front entry doors will be secured at 4pm and accessible by use of the entry code. Thank you for understanding as we put this change into effect.

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



### *Partner of the Month*

Most people would say Terri Young brings fun and joy to the residents/patients at NHC Maryland Heights. There are just those moments when the smile breaks out (and sometimes a dance!) and gets returned by the people she cares for. Terri says, "I can be having the worst day ever and a patient gives me a hug and makes my day!" Care is her business and she makes it fun and full of joy whenever she can. In thinking about the people she cares for she reflects, "I try to be what they don't get, I put my heart into it." Congratulations to Terri because lots of people have noticed her excellent work. She is the Partner of the Month for May, 2018.

Terri was born at Scott Air Force Base in Shiloh, Illinois. She moved to U. City in 5th grade and then to Hazelwood her senior year. That's hard to do, but she says it became her best year going to prom, making good friends and just having a great senior year. After graduation she moved to Warrensburg until she got called to come home and help care for her grandpa who was ill. That experience helped her realize this is what I can do and put my heart into. So she earned her CNA license. She has been at NHC Maryland Heights for almost 3 years. Interesting that one of her "go-to" songs is "No pain, no gain" an old school R&B tune sung by Betty Wright. As the working mom of a three year-old daughter, Milani, the love of her life, she admits it can be challenging to balance work and home.

Terri describes herself as a "sports girl!" She loves the Cardinals, "I bleed red all day long." But her number one passion is football and the New England Patriots. Her cousin, Vince Valentine—number 99 plays for the Pats. Terri also loves cooking. One of her favorite meals, neck bones and potatoes, has been passed down from her grandma. But she also would BBQ all year round if she could. She likes greens, pork steaks, porterhouse steaks or chicken. It all sounds good.

A dream Terri has for the future is to travel with her daughter to Cancun, Mexico and also to Honduras to see family. For now, she is focused on work and home and making people smile.

# NHC

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## *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*

Lawrence Richman	05/02
Claude Anderson	05/04
Elsie Dyer	05/05
Mary Eckhoff	05/08
Johnnie Ross	05/10
Charles Peterman	05/12
Bonnie Shaw	05/16
Ursula Watkins	05/18
Mabel Jeffery	05/19
Janet Creech	05/23
Joan Ross	05/24
Joyce Sullivan	05/24
Donna Hawkins	05/26
Carol Michel	05/28
Florian Sauer	05/30

## *Partner Birthdays*

Cheryl Bene	05/02
Angela Bennett	05/04
Ryan Napier	05/05
Megan Puckett	05/08
Sheila Walker	05/09
Deajsha Young	05/12
Tabitha Bishop	05/16
Shelyta Ridley	05/16
Karen Dobkins	05/18
Kendra Jones	05/18
Sherry Heidbrink	05/19
Dominic Anderson	05/21
Iyesumwen Ogbevoen	05/21
Nancy Knapp	05/25
Karen Wings	05/27
Renetta Fuller	05/28
Alicia Hughley	05/29
Chelsie Vanness	05/30

## *Partner Anniversaries*

Angela Watkins	22 years
Thomas Gianino	22 years
Mark Arroyo	21 years
Marquise McDowell	21 years
Tressie Spears	15 years
Jeffrey Loraine	14 years
Anne Kamau	13 years
Kathy Gianino	11 years
Beverly Barnes	10 years
Joanne Kramer	4 years
Enrico Sheard	4 years
Ashlie Baker	3 years
Rose Stewart	3 years
Emanuel Liggins	2 years
Shirley Dunlap	2 years
Keon Murphy	1 year
Margie Bounds	1 year



# Welcome to Ivy House May 2018



## *Alzheimer's Association Support Group Meeting*

May 17, 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

## May 2018



### Alzheimer's Association

*Give yourself credit, not guilt!*



Alzheimer's disease is the 6th leading cause of death in the United States. 16.1 million Americans provide unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimated 18.4 billion hours of care valued at over 232 billion. Between 2000 and 2015, deaths from heart disease have decreased 11% while deaths from Alzheimer's disease have increased 123%.

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

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