

Our House

NHC Maryland Heights Monthly Publication

October 2018

Care Is Our Business

Happy October to all!!

I hope everyone is excited that October is here. It is one of those seasonal months that shows us what change is all about with Fall colors spreading through the trees and weather changing up and down, up and down to warn of winter coming and summer not quite ready to leave (at least in Missouri)! And of course, the mums will come along with some of our fun outdoor decorating for the coming of Halloween and Thanksgiving.

Here at NHC Maryland Heights we deal with changes in the building, the programs, the regular routines, lots of other stuff, and our staffing. The economy and culture are not friendly to our industry. Many potential job candidates do not want to become involved in the labor or money or schedules that are part of working in this field, much less seeing people struggle every day for their quality of health and life. The ones who stay working have a vision for helping make a difference in the quality of life for our residents. We need more of these people! The more we have the better we will be. There is so much personal initiative by staff that makes such a difference in the care given. It is a challenge to find, hire, train, develop and keep the quality staff who provide quality care for our residents, patients, customers! If you know someone who is looking for a new job with all of our challenges, someone who you think has the qualities to do this work and remain committed, then encourage them to come apply!

I want to continue encouraging all of our residents' families to make sure the right seasonal clothing is in the closet for your family member. And make sure all the clothes have the clearly

printed name in them. Our laundry services manager, Robin Sopshire, can help you with questions on labeling.

Just a reminder, to new families especially, that you can eat with your family member in the small family dining room whenever seating is available and there usually is seating that can be worked out. However, there are occasions when the family dining room has to be used for a special training or some other event. This does not happen often. We will always do our best to post notice of those events so the regular family dining room crowd can make other plans.

Just a moment to focus on key departments that don't get enough recognition for all the work they do with our patients, residents, families, and numerous outside services for our people. The Social Services department does so much! We would not be able to provide our people the necessary care without their excellent work. I also want to give a shout out to the Nursing department, under DON, Jeff Loraine, for winning "most improved patient care" at last month's NHC National Patient Care Conference. Another shout out to the Therapy/Rehab department for winning Excellence in Staff Development at the same conference. Congratulate our staff for jobs well done.

Happy Halloween to everyone!

'Til next time...

Susan Taylor
Administrator

Silent Auction & BBQ

(Proceeds benefit the Alzheimer's Assoc.)
Saturday, October 6th from 11-2pm

Come on out and have fun on Saturday, October 6th!
Bid on items, have lunch, a good time is guaranteed!!!

**We are accepting baskets and donations for the
silent auction**



Coco and Friends

The weather has turned beautiful with warm sunshine cooled by fall breezes. So many of my friends have come to sit for a time to just enjoy the lovely lazy passing of time with us. Thank you! Of course my goat friends can't sit for long...they like to be up to something...let's just say inventive! I do believe they believe they are qualified as "authorized personnel." Oh well, it doesn't matter...just visit and be entertained!

Walk to End Alzheimer's
October 28th—Sunday!
Enterprise Center
1pm Gates Open
2pm Ceremony
2:30pm Walk!

Come early to peruse the booths and pick a Promise Daisy. Join the cause and help fight this heartbreaking disease by donating and walking with us!

To register go to www.alz.org. Our team name is NHC Maryland Heights".

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

She was once the Director of Education at NHC Maryland Heights. She even helped with the orientation class that brought our current administrator to NHC Maryland Heights. Besides Susan, she knows a number of staff that are still here. She worked her way up in the field of nursing from a CNA earning \$1.10 an hour to having her RN and then her PhD in Nursing Education. Congratulations to Kathleen Vaughn. She is the Resident of the Month for October 2018.

Kathleen was born and raised in St. Louis. She was the oldest of twelve children in her family. Being from such a large Catholic family, she attended Catholic schools. At 13 years of age she started teaching herself music. She would spend 4-5 hours practicing on the pipe organ at St.PhilipNeri Church. Bach is still her favorite organ music. She now plays her organ for the Catholic church service here every Wednesday. At 13 she also began learning needlework and does all types of crocheting, quilting, knitting, and "counted cross stitch." Kathleen tells a fun story about marrying her husband, Jerry. She asked, "Mother, do you mind if I remarry?" Mother said, "No, as long as he will let you take me to bingo." Kathleen and Jerry have been together 32 years!

Amazing to know Kathleen worked at McDonald Douglas on the Gemini space capsule project as an electronic inspector before she ever got into nursing. She has had many interests in her life including gardening, especially rose gardening to grow yellow roses or yellow roses edged with red—peace roses. Her favorite food is the rice pudding with raisins that her grandma made. She always liked having a Buick or Saturn to drive. And her sister cocker spaniels were named Anna Lee and LeeAnna! Kathleen says, "I've lived a rich and fulfilling life."



Activities Department News

We are into the October and the activities department is going all out to provide indoor and outdoor seasonal activities to provide festive times for our residents and everyone who is part of this NHC at Maryland Heights. We just had our Fall Festival...that was fun for all. And last month we had such a great outing to the Blues and Jazz Museum. We are constantly trying to do new and different activities for our residents. We had a bell-choir one day and a rock 'n roll band the next day. We also have a regular CST (Cognitive Stimulation Therapy) program, geared to do just what it says....stimulate thinking and memory skills through interactive games and small group activities. Don't forget to mark your calendar for Safe Trick or Treating 10/31 and the Family Thanksgiving Pie Social, November 16th from 6:30 to 7:30. Thanks!

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 314-291-0121 ext: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.

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

He's been at NHC Maryland Heights for about nine months and just blended in easily from the beginning. His low-key manner and steady work ethic make him a great addition to the maintenance department team. Plus, he also helps with some of the NHC bus driving. Congratulations to Dan Shaw, the NHC Maryland Heights Partner of the Month.

Dan's family moved a number of times as he was growing up. They lived in St. Charles, San Francisco, Hawaii, San Diego, Minnesota, and St. Louis. Dan played lots of sports while in school. Lots of basketball, some football and track. In track he did pole vaulting, long jump, high jump and some of the sprints. He was also working from the time he was 14 years old. He did restaurant jobs, warehouse work, worked at a swimming pool company, did carpet and other floor installation work, and did some truck driving. He has also rehabbed a house which self-educated him on fixing lots of things. He says fixing things and learning to fix things "is always easier when no one is watching."

Working for the maintenance department, Dan's days are defined by what's broken. What's broken needs to be fixed. Usually that's a lot of toilets and wheelchairs. But one of the hardest jobs he has done at NHC involved him crawling through the attic space for 2-3 weeks to do caulking that was needed. As he says, "I'm not the smallest person." He also noted, "The longer I work here, the easier it gets...it's really just learning the building." Congratulations Dan, for your excellent work.



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
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

Shirley Jones	10/01
Stephen Hirschmugl	10/06
Florentina Gatchalian	10/16
Rita Braun	10/17
Edward Gore	10/19
Grace Pitti	10/20
John Waigand	10/20
Melvin McMahan	10/22
Shirley Dascher	10/25
Wanda Tonnsen	10/27
Floyd Patterson	10/28
Joseph Lombardozzi	10/28
Ellen Delafuente	10/30

Partner Birthdays

Diane Kell	10/01
Holly Hamilton	10/03
Teisha Booker	10/04
Mariah Dixon	10/04
Angela Chapple	10/06
Tressie Spears	10/11
Rickell Miller	10/15
Anthony Silver	10/15
Florentino Agasino	10/16
Erica Parham	10/16
Carol Speed	10/16
Deborah Calloway	10/20
Thomas Gianino	10/20
Chay Worley	10/23
Delaine Atkins	10/25
Alexandra Shelton	10/25
Shacana Thomas	10/26
Decater Wilson	10/26
Jeffrey Loraine	10/28
Beverly Barnes	10/30

Partner Anniversaries

Arlene Tonogbanua	22 years
Wendy Hamilton	15 years
Delaine Atkins	14 years
Cassandra Alexander	13 years
Colleen Cuenca	11 years
Deion Logan	10 years
Megan Puckett	10 years
Rosemarie Dungo	9 years
Rebecca Goedeker	8 years
Philip Barker	8 years
Demeka Taylor	8 years
Laura Letizia	6 years
Jessica Hammond	5 years
Decater Wilson	5 years
Rachel Sta Maria	4 years
Stephanie Bell	2 years
Janitta Williams	2 years
Janice Dixon	1 year



Welcome to Ivy House October 2018



Alzheimer's Association Support Group Meeting

October 18, 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 October 2018



Alzheimer's Association

Give yourself credit, not guilt!



10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or early to incorporate healthy habits.

Break a sweat [elevate heart rate regularly]...**Hit the books** [formal education at any stage of life]...**Butt out** [don't smoke]...**Follow your heart** [heart care can help brain care]...**Heads up!** [brain injury raises dementia risk]...**Fuel up right** [eat healthy balanced diet]...**Catch some Zzz's**...**Take care of your mental health**...**Buddy up** [stay socially engaged]...**Stump yourself** [engage in challenging mind activities].

Read more: www.alz.org