

See What's Happening at LHCC

Upcoming Events

Catholic Daughters Bingo Party

March 16, 2013



St. Patrick's Day Entertainment

March 17, 2013

2:00pm



Lakeland Health Care Center
1922 County Road NN
Elkhorn, WI 53121



Heart of the Home

February 2013

Lakeland Health Care Center

Administrator's Corner

By Bernadette Janiszewski

The purpose of the survey is for the State to assess whether the quality of care, as intended by law and regulations, is being provided by our organization. In general, each long term care facility is subject to a standard survey sometime between nine and fifteen months after the exit date of the previous survey. Throughout the week long process the survey team reviews and analyzes information to determine whether the facility has complied with all applicable federal and state requirements.

The surveyors exited our building on January 17th. We received one clinical and three building deficiencies. Only one of these citations was classified as a level "F" – substandard quality of care. This deficient practice existed because the emergency exit sidewalks were not free from snow within 24 hours following a snowfall. The Public Works Department has developed a system to ensure that snow and ice removal is a top priority during the winter months. We've educated staff regarding the other deficiencies.

Immediate Reporting – If, for example, a resident tells an employee that someone stole their socks, that employee must report it to a supervisor IMMEDIATELY. One of our employees knew of an event on January 6th and didn't report it to management staff until January 9th. Late reporting is not allowed.

Combustible Storage – Electrical rooms cannot be used for storage. A tool box and a table have been removed from an electrical room.

Combustible Liquids – must be stored in an approved storage cabinet. If a can of brake fluid, for instance, has the word "flammable" written on the container, the container cannot be left on a shelf in an unattended storage closet.

Overall, this was a successful survey. Throughout the week the surveyors had positive things to say about all the people they met. They were complimentary of our staff and noticed that our residents are happy. Although long term care is one of the most heavily regulated industries in the nation, we should always remember that regulations exist to ensure that the right things happen. A copy of the survey, along with our response, is available on the table in the front lobby.

Resident's Chatter

By Marilyn Kingston

Resident Council, Committee Chair

Our council continues to meet bimonthly on the 4th Friday of the month to discuss issues of importance to the residents of LHCC. In an effort to encourage more people to attend the meetings and to be able to better hear the conversations, we will start using a portable microphone system at our March meeting. This will be especially helpful because one of our 2013 goals is to provide a speaker series for residents.

Insomuch as activities during the flu season were limited, we will be pursuing more games and craft projects that could occur in the individual neighborhoods. Upcoming agenda items include the development of a welcoming committee as well as a drive to provide school supplies for needy families. We will discuss possible new fundraising opportunities that help defray the cost of items such as Halloween candy, etc.

Please plan on joining us at our next meeting on Friday, March 22nd at 11:00 in the activity room.

Thank You!

Thanks to the generosity of Marilyn Ingall's family, the ladies celebrated "Fat Tuesday" with all the finer things. Sweet treats, pretty , fresh flowers, party favors, all the things that say "Special Party"

A very special thank you to all involved:

Norma Knudsen

Maxine Rathje

Gerald Tasch

Rose Lyons



Memory Café

By: Kay Yurk

The Memory Café held it's 1st gathering on Saturday, February 9th, in the Recreation Room at LHCC.

The room was "hopping" and toes were tapping to the entertainment of Tom Stanfield.

SAVE THE DATE FOR OUR NEXT GATHERING

Saturday, April 13 2013

10-11:30 am

In Lakeland Health Care Center's
Recreation Center

The memory café is an opportunity for individuals with dementia and their caregivers to come and enjoy a time of fellowship with others in their peer group. Coffee, treats and enjoyable activities are all provided. The gathering is free and open to the public.



A Celebration of Life

By Barb Kropacek

Quality Operations Manager

When a resident passes away, staff, volunteers and fellow residents are all affected by their passing; that is because the residents of LHCC "become OUR family members". Those were the words of NHA, Bernie Janiszewski, at our "Celebration of Life" gathering held on Thursday January 24th, 2013. Bernie went on to say that we hold these celebrations not only to honor those residents that have recently passed before us but to let their family and friends know that their family member touched our lives in very special ways and that we were honored to have had the privilege of caring for them. A special thank you goes out to the staff, residents and family members able to attend the "Celebration of Life" gathering and also to Season's Hospice and Hospice Advantage for supporting LHCC in sponsoring this wonderful event.



Nursing Notes

By: Patty Stern

Assistant Nurse manager



UTI, or urinary tract infection is the most common cause of infection and hospitalization in the elderly, according to the April 2012 “Annuals of Long Term Care”. There are many reasons why urinary tract infections increase with age. As we age, immunity declines, especially when the body has other problems, like diabetes or cancer. People diagnosed with dementia, stroke or Parkinson’s may have a functional decline of the bladder and bowel which leads to incontinence (involuntary leakage of urine or bowel), which decreases the body’s natural defense mechanisms. Estrogen deficiency in women suppresses the protective action of normal bacteria, and prostate enlargement in men causes urine to not be released from the bladder, which can cause bacteria to grow. It is also common for many elders to have bacteria in the urine routinely. All of this leads to infections which are often treated with antibiotics. However, this approach often does more harm than good and may cause increased adverse drug effects and increases recurrent infections with drug resistant bacteria.

Treatment with antibiotics may not improve some urinary symptoms commonly seen in our elders such as odorous urine or frequent urination. The infectious Disease Society of America does not recommend treatment of these symptoms routinely. The staff at LHCC uses criteria for managing UTI’s which had been approved by the US Medicare and Medicaid Services. Some interventions that our staff uses prior to treating with antibiotics include monitoring temperatures for those over 100.4, assisting residents to toilet every 2-4 hours along with good cleansing, and increasing oral fluid intake. We continually assess for changes in mental status and decline in physical functioning and other causes of symptoms such as poor sleep, constipation or drug related adverse effects before updating the MD for urine testing and antibiotic therapy .

Families and friends often notice changes in loved ones before staff. Please let the staff know any concerns so that we can quickly institute interventions. Through assessment and management practices we can help keep our family members free of UTI’s and off of unnecessary antibiotics.



**The Valentine’s Day Bake Sale
and Luncheon was a huge
success!**

Thanks Everyone!



		7			5	2		6
	9	1		3				
		4					7	
8				2				
4	3						9	
1			8		4	7		
		3		4	6		5	1
					2	4		
7			1	8		9	6	

SUDOKU

Each column and row of nine numbers must include all the numbers from one through nine, in any order, and every three-by-three section of the nine-by-nine Sudoku puzzle square must also contain the numbers one through nine.

*Answer to last edition's Sudoku →

2	1	3	5	6	4	8	9	7
4	9	5	1	8	7	3	2	6
6	7	8	2	3	9	5	4	1
7	3	1	9	2	8	6	5	4
9	5	4	6	7	1	2	3	8
8	2	6	4	5	3	7	1	9
5	8	9	3	4	6	1	7	2
3	4	7	8	1	2	9	6	5
1	6	2	7	9	5	4	8	3

GUESS OUR AGE

Do you know the average age of our residents? Stop in the Recreation office and place your guess. Contest begins February 1ST and winners will be announced March 1st. Ages for the contest were gathered on January 25, 2013. Good Luck!!!

DID YOU KNOW....



With modern methods, one acre of land in the U.S. (about the size of a football field) can produce:

- 42,000 lbs. of strawberries
- Or 11,000 heads of lettuce
- Or 25,000 lbs. of potatoes
- Or 8,900 lbs. of sweet corn
- Or 640 lbs. of cotton lint