

BRAIN "FITNESS"

Research shows that reading books, writing, and participating in brain-stimulating activities at any age may help preserve cognitive function. You can flex your brain with word or number puzzles, board games and cards, read books or newspapers, write letters and communicate via a computer.

The Alzheimer's Association
recommends that you protect your brain by:

- ◆ Staying physically active
- ◆ Adopting a healthy diet
- ◆ Staying mentally and socially active

Know the warning signs:

- ◆ Frequent memory lapses that disrupt your day
- ◆ Difficulty completing familiar tasks
- ◆ Losing track of time and dates
- ◆ Changes in mood and personality
- ◆ Being unable to retrace your steps

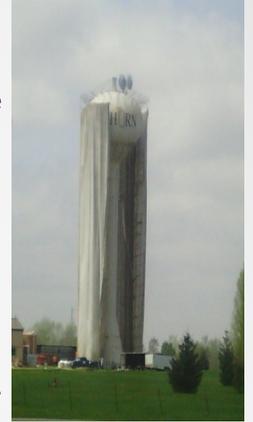
Women's Health Reporter, May 2014

WATER TOWER

By: Josh Enderle—Maintenance Coordinator

You may have noticed about a month ago that there was work being done on the water tower just behind the nursing home. The Elkhorn water tower got a fresh coat of primer, paint and new decals put on.

They put up a big tarp and sandblasted the paint. This process usually takes 4-5 weeks to complete from start to finish. Water towers are painted every 15-20 years and the cost to paint the tower behind LHCC was \$225,000.



Water towers come in all sorts of shapes and sizes. They all work the same way. They are nothing more than simple elevated tanks of water. Water towers are tall and are often placed on high ground, so that they can provide sufficient pressure to deliver water to homes in case of an emergency.

Do you remember a time when you weren't able to turn on the faucet to get water? If you can't, that's great. Most water systems are very reliable, and water towers play an important role in providing reliability.

INTRODUCING..... LIFE STATIONS



Cleaning the house, filing papers at work, caring for a child or checking the mail...these are all memories that never really go away. Sometimes an activity to spark our memory is all we need. Life Stations help support those memories from long ago and remind us of the joy of how our days were spent. When designing a Life Station, it is important to identify the general, common interests of the residents in a particular area.

Here at LHCC we have created two Life Stations.

- ◆ On the A Unit a Housekeeping Station has been created which will help trigger the memories of rocking a child to sleep, cleaning the house or sitting at the vanity getting ready.
- ◆ On the B Unit there is an office to help recreate the feeling of going to work, sending mail, reading the newspaper or typing a letter.

The goal of these Life Stations is to create activities that encourage interest, movement and interaction.

Reminder to All Employees Always Strive for Perfection



All Employees have a responsibility to represent Walworth County and Lakeland Health Care Center in a positive manner.

Teamwork at Lakeland Health Care Center... **Who is on YOUR TEAM?** **What is YOUR ROLE?**

Everyone is a member of the team, not just facility employees.

Residents and Family Members are members of the TEAM.

Their role is to direct the type of care and how they want to live in our facility. Yes...we have regulations we have to adhere to, but we work very hard to create the environment desirable to the resident and family.

Physicians are members of the TEAM.

Their role is to direct the medical care of the resident from admission to discharge. They provide the medication and testing orders necessary to allow them to make an appropriate plan for each resident's medical care.

Facility Employees are members of the TEAM.

Every employee at Lakeland Health Care Center is here to meet the needs of the residents. All departments work together to provide high quality standards of care. We observe state and federal regulations.

Mostly We CARE!

If you have any questions or concerns, please schedule a time to meet with me. Together we will create the care design you need.

Sincerely,
Anne Simpson RN / Director of Nursing

Welcome Tim Kenyon!

Tim is the newest member of our maintenance department.

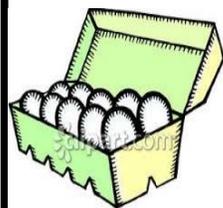
As a journeyman electrician he brings some great experience to the table.



Please welcome Tim as he does rounds with Josh and Kevin.



Egg Shortage Update By: Christine Paczkowski



We are now being impacted by the egg shortage. Depending on the supply and demand, our residents can expect last minute substitutions for egg product at breakfast. We will continue to try and anticipate egg supply and availability. Please bear with us as this shortage is effecting everyone. During this shortage, which is anticipated to last anywhere from 6 to 12 months, we are discouraging requests for eggs outside of our regular menu offerings. Thank you for your cooperation during this very difficult time.

The Dinner Table By: Christine Paczkowski—Food Service Coordinator

Meal Times: Many things effect a resident's day and its outcome and their meals play a major part. Meal time is one of the best things the residents have going for them and they look forward to it with great anticipation. We serve our meals at the same time daily.

- **Breakfast:**
West side 8:00am; except Dogwood East side is served at 8:00am
East side 8:30am; except Dogwood West side is serviced at 8:30am
- **Dinner:**
West side 12:15pm
East side 12:45pm
- **Supper:**
West side 5:15pm; except Chestnut East side is served at 5:15pm
East side 8:30am; except Chestnut West side is serviced at 5:30pm



To enhance the dining experience, residents should plan on arriving 5 to 10 minutes before the meal is served. This will minimize the wait time for service. Some residents choose to arrive early and use this time to socially mingle with others in the dining room. **GOOD EATING!!**



SAVE THE DATE
SATURDAY
OCTOBER 10TH
10:00 a.m. to 11:30 a.m.

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. A social gathering for enjoyment in a safe environment.

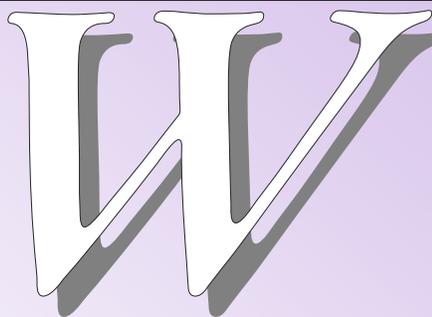
The gathering is free and open to the public.

WOULD YOU LIKE TO GO TO THE WALWORTH COUNTY FAIR WITH US ON THURSDAY, SEPTEMBER 3RD??

If Interested:
 Please contact anyone in the Recreation Office (262-741-3677)
 Price is \$3.00



WE ARE ALSO LOOKING FOR VOLUNTEERS TO ASSIST OUR RESIDENTS



Walk To End ALZHEIMER'S
 Please join WALWORTH COUNTY & LHCC on 09.19.2015 to help fight against Alzheimer's Disease.

 8:30am Registration / 9:40am Ceremony / 10am Walk

Library Park, Lake Geneva, WI
Register Today by visiting www.alz.org
And JOIN the Lakeland Health Care Center Team
 Or call 800.272.3900
 or request a registration brochure from:
 Stephanie Stern, Admissions Coordinator, LHCC
 Emily Erke, Customer Service Coordinator, LHCC

CALENDAR OF EVENTS

LHCC Annual Golf Outing Fundraiser	Aug	1st	
Music with Bradley Resident Football Pool Sign-up Begins	Aug	3rd	2:00pm
Shopping at Wal*Mart	Aug	5th	4:00pm
Singing with FRANK & BILL AND IT'S National Root Beer Float Day!! Everyone is welcome to come & enjoy this tasty treat!	Aug	6th	2:00pm
Memory Café	Aug	6th	4-6pm
AARP BINGO	Aug	7th	2:00pm
Elkhorn Kiwanis Ice Cream Social & BINGO	Aug	8th	2:00pm
Tentative Gambling Trip	Aug	13th	All Day
Singing with FRANK & BILL	Aug	13th	2:00pm
Music with Ren Rodee	Aug	15th	2:00pm
Shopping in Delavan Game Night	Aug	19th	10:00am
	Aug	19th	7-8:30pm
Fundraiser Luncheon	Aug	20th	10:30am
Singing with FRANK & BILL	Aug	20th	2:00pm
Hawaiian Luau and Staff Relay Race and Beach Ball Fun	Aug	21st	2:00pm
Lyons 4-H BINGO	Aug	22nd	
WI DNR Local Furbeavers Presentation	Aug	26th	2:00pm
Singing with FRANK & BILL	Aug	27th	2:00pm
Patsy Cline Show	Aug	28th	2:00pm
Resident Football Pool Sign-up Sheets are due	Sept	1st	
Walworth County Fair Day	Sept	3rd	
National Patriot Day	Sept	11th	2:00pm
Music with Bradley	Sept	14th	2:00pm
Game Night	Sept	16th	7-8:30pm
Fundraiser Luncheon	Sept	17th	10:30am
Dementia Virtual Tours	Sept	14-18th	
			Stop by the Front Desk to Schedule your FREE Tour!!
LHCC Alzheimer's Walk And Events	Sept	18th	1:30pm
Walk to End Alzheimer's Library Park Lake Geneva, WI	Sept	19th	
		Registration	8:30am
		Ceremony	9:40am
		Walk Begins	10:00am





What the heck was with all the purple stuff the week of June 15th ?

Last quarter we informed residents and families of LHCC that we, as a community, will campaign to uphold the principle that people with dementia will have the right to enjoy a good quality of life.

In May, we kicked off an 8 month training program committed to finding new ways to implement practices that enhance the quality of life for people with dementia, protect them from substandard care and promote goal-directed, person-centered care for our nursing home residents.

June began our P.U.P.R.L.E. campaign.

Why June? June is National Dementia Awareness Month.

Why Purple? Purple is the official color of the Alzheimer's movement.

And, for us at LHCC, it also stands for the 6 principles of staff education:

- P. PERSON CENTERED CARE
- U. UNDERSTANDING THROUGH COMMUNICATION
- R. RECOGNIZING THE IMPORTANCE OF ACTIVITIES
- P. BEHAVIOR HAS A PURPOSE
- L. LINKING FAMILIES TO CARE
- E. The "E" IN TEAMWORK IS FOR EVERYONE



We dedicated the week of June 15-19, 2015, as the start of our P.U.R.P.L.E. Campaign.

We chose that week because it coincided with National Nursing Assistants Week.

We couldn't think of a better way to begin strengthening our care for residents than by recognizing our CNAs; the backbone of resident care.

We offered a variety of activities that week that focusing on Person Centered Care.

"Person-centered care promotes choice, purpose and meaning in daily life. Person-centered care means that our residents are supported in achieving the level of physical, mental and psychosocial well-being that is individually practicable. This goal honors the importance of keeping the person at the center of the care planning and decision-making process. Care plans are living documents that are revised to reflect a person's changing needs. In person-centered care, staff places a premium on active listening and observing, so staff can adapt to each resident's changing needs regardless of cognitive abilities"

- Advancing Excellence

We concluded the week with a good old fashioned balloon toss (fight).

Although no one was injured in the event, ALL (participants and onlookers, alike) had fun. Oh and some did get a "little" wet!



Fill THE METER-SOAK THE LEADER!!!

Our goal is to raise \$500.00 for the Walk to End Alzheimer's Association on Saturday, September 19th. In order to fulfill this goal we have a little extra incentive!

- If we reach HALF OF OUR GOAL.....
- \$250.00-SOAK Anne (Director of Nursing)
- If we reach our FULL GOAL.....
- \$500.00-SOAK Bernie (Administrator)
- AND Anne

This will take place after the LHCC Walk to End Alzheimer's on Friday, September 18th at 1:30 in the front parking lot.

**Please make all donations at the front desk. ALL PROCEEDS WILL GO TO THE WALK TO END ALZHEIMER'S ASSOCIATION!*

Until there is a cure... Take the tour.

Are you caring for someone with dementia or Alzheimer's?

Take this opportunity to see life through their eyes. The Virtual Dementia Tour is designed to increase your:

- ◆ Understanding of their limitations
- ◆ Communication
- ◆ Level of patience
- ◆ Overall care for your loved one/ resident



Virtual Tours are being held September 14TH thru the 18TH

See the Front Desk to book your FREE 10-minute tour!!

A special SHOUT OUT to Tracey Sawyers and Cindy Hayes

Who entertained our residents with a "SPICY" game of Let's Make a Deal at Game Night on Wednesday, July 15th. They did a WONDERFUL JOB and the residents agree!!

The award for the most participation at Game Night for 2015 goes to them.

A HEART FELT THANK YOU!!





2015 Golf Outing Fundraiser

Was A GREAT Success!!

Thank You!!!!

The weather was picture perfect for the 8th annual LHCC Golf Outing and steak dinner held at Evergreen Golf Club in Elkhorn on Saturday, August 1st. In addition to golfing, this year's twist was a bean bag event!

With everyone's efforts we are humbled to announce that this year's event made \$7,616.00.

We would like to thank everyone for their contributions in making this year's event a success. We appreciate you buying tickets, golfing, donating items, talking with residents about the baskets, eating the steak dinner, asking others to donate items, making up a basket, putting up signs, helping out the day of the event.

THANKS TO THE 2015 GOLF HOLE SPONSORS

GOLD SPONSORS

Specialized Medical Services

Jequitta Molot

Kunes Country of Elkhorn

KPH HealthCare Services, Inc.

Dawley Mfg.

SILVER SPONSORS

Band Box Cleaners & Laundry

Stinebrink's Piggly Wiggle of Lake Geneva

St. Croix (St. Jude Hospice)

BRONZE SPONSORS

Law Offices of Seymour, Kremer, Koch & Lochowicz, LLP

Rhyme



**EVERYONE and EVERYTHING
is MOST APPRECIATED
And the resident's benefit from your
kindness.....Thank you again!**



A Celebration of Agriculture
by Chenango County

**June Dairy Days
Celebration!!**



**Wine Tasting
in the CourtYard**



*Music
is the voice of the soul*

**Couples Cocktail
Hour**

**Featuring: Music
by John Puleo**



**P
I
C
N
I
C**



**WISCONSIN
STATE FAIR**



**LOVE THOSE
GYRO'S!!**

**FUN STATE FAIR
FOOD DAY**



**Hawaiian Luau Fun
with Residents and Staff!!**



**Look at the Fun
We've Been Having!!**