

Heart of the Home

May 2015

Staff

Administrator
Bernadette Janiszewski

Director of Nursing
Anne Simpson

Admissions Coordinator
Stephanie Stern

**Customer Service
Coordinator**
Emily Erke

**Support Services
Supervisor**
Sharon Annen

**Therapeutic Recreation
Coordinator**
Lynette Kasper

Quality Operations Mgr.
Barbara Kropacek

Nurse Managers
Robin Licht (Medical)
Michelle Vaughn (Memory)

Social Workers
Emily Kominiak (Medical)
Michelle Nelson (Memory)

**3rd Shift Assistant
Nurse Manager**
Sara Beran

Maintenance Coordinator
Josh Enderle



A bi-monthly publication from:
**Lakeland Health
Care Center**

Administrator's Corner

By: Bernadette Janiszewski

Maintenance Technicians are Resident Service Workers

This month I share a little about our maintenance workers who help provide a hazard-free, comfortable and homelike environment. Josh and Kevin possess a variety of skills including electricity, carpentry, plumbing, mechanical, and HVAC. They start each day by conducting equipment rounds. This is part of our preventative maintenance program that helps pinpoint problems early, in order to prevent major breakdowns. They work closely with outside vendors to ensure all required weekly, monthly and yearly inspections are performed and that we are following manufacturer recommendations. When things are caught up inside the building the maintenance folks head outside.

As they put the snow blower away, the lawn mower comes out. Not only do Josh and Kevin water, fertilize and trim the grounds, they assist Paul the Master Gardener, as he works to improve the outdoor spaces by redesigning and planting new and different plants and flowers. The courtyards are of particular interest because they allow residents to enjoy the great outdoors in a safe environment. Everything we do centers around the health and safety of our residents and staff.

The maintenance technicians work closely with the Quality Operations Manager to make sure employees are well-versed in all of our safety policies and procedures. This year they are conducting "on the spot" education during fire drills. Josh works with the County's safety officer finding ways to reduce workers compensation incidents. Our goal is to continuously improve the quality of what we do.

As the maintenance department works to plan next year's budget, please share your ideas and suggestions. Based on past feedback, we are planning on expanding the parking lot in front of the building as well as building a connector between the east and west wings of the Aster Avenue neighborhood. It's your home. Tell us what you think.

Dementia Care
 **2015**

Y

ou Asked and We Listened

Thank you to our Customer Service Coordinator for creating the hospitality binders you find in your rooms. On several occasions residents expressed concerns because they don't know enough about our facility. "What do you offer?" "Whom should I call?" You should find answers to almost all of your questions in this comprehensive informational booklet.

In response to family members' suggestions, our staff now wears colored name tags that identify the first name and role of each of our employees. The names are easier to see and it's always good to know what the person does. Keep your suggestions coming. Together we make this a nicer place to live.

TODAY'S VOICE FOR DEMENTIA

MAKING A DIFFERENCE ONE MIND AT A TIME

The Center for Medicare and Medicaid Services (CMS) has partnered with federal and state agencies, other providers, advocacy groups, and caregivers to improve comprehensive dementia care. While the initial focus was on reducing the use of antipsychotic medications, the Partnership's larger mission is to enhance the use of non-pharmacologic approaches and person-centered dementia care practices.

LHCC has adopted that mission as well and is currently in the process of developing 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. We kicked off our Dementia Care services during National Nursing Home Week on Wednesday May 13, 2015 with a short presentation entitled "Dementia Care 101", followed by coffee and treats.

INTRODUCING the... Lakeland Health Care Center



Come relax and pamper yourself with a calming and soothing experience.

- ◆ Let your worries melt away with the warmth of a paraffin wax hand bath designed to soften your skin.
- ◆ Have tired or achy feet? Let them soak in a hydro jet foot bath.
- ◆ Alleviate tension in your neck and shoulders with a heat wrap for soothing comfort and relief.
- ◆ Getting ready for an upcoming special event? Come pick out one of our spa's many nail polishes to spruce up your hands or feet.

All of our hand and foot services will come with a gentle touch application of one of our six scented or unscented lotions. You choose the scent, and you will also choose the music you would like to listen to, for accompanying your experience.

Lakeland Health Care Center Spa is conveniently located in our beauty shop and will be available on Mondays from 9:00am-4:00pm starting June 1st. Appointments will last about an hour. To sign up for these services, please see the front desk.

R

esidents and Technology

By: Emily Erke, Customer Service Coordinator

New technology is a wonderful thing, but for some can be scary. It seems to be such a revolving door with something new almost every day. Who in the world could be expected to keep up?? Is it a pad, a pod, a phone, a tablet or even a phablet?

Well, several residents of Lakeland Health Care Center have taken technology by the horns and are up for the challenge. For several months now, some even longer, residents have been using *FaceTime* or *Skype* on their own personal devices to help communicate with family and friends who are outside of these walls. No longer do they have to hold the phone up to one ear and try to picture what the person on the other end of the phone is trying to describe. They can see their grandson blow out the candles on his birthday cake.

Residents are using Kindles to read books and downloading music to their PCs. Some use the computer to watch movies or play games while others keep track of their health records.

Technology is wonderful and the residents at Lakeland Health Care Center are proof that at any age you can always learn something new!

Spring has finally SPRUNG!!! With Spring comes insects...

Protect yourself and your pets from Ticks that can attach to clothing and fur, working their way to the skin. Be cautious after working in the yard, woods, or just enjoying a walk. Ticks can travel on you and your pet, coming indoors with you...



Check your self, family and pets after being outdoors.

Blacklegged Tick (*Ixodes scapularis*)



**Lakeland Health Care Center is a NO TICK ZONE—
so do your part and protect us all.**

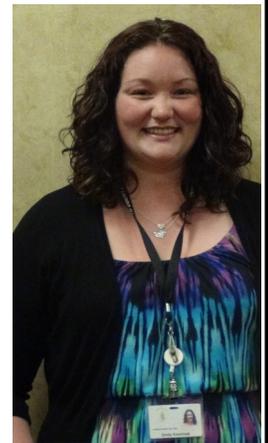
Lyme's Disease is an illness associated with Tick bites and can have long term effects. Contact your physician if you have been exposed.

Resource: www.cdc.gov Topic: Lyme's Disease

By: Anne Simpson RN / Director of Nursing

Have You Met Our New Social Worker?

Please help us welcome Emily Kominiak, our new social worker on the medical unit. Emily has a Bachelor's Degree and has worked in long term care since graduating in 2013. In the few short weeks that she has been here, she has met most of our residents and family members. She has attended her first resident council and family planning meetings. Emily is a member of the Behavioral Management Program as well as the Admissions to Discharge Team. If you haven't met Emily, we encourage you to stop in her office to say hello. She is a great addition to our team!



Egg Supply

By: Christine Paczkowski

With the recent outbreak of Avian Influenza, egg production has been impacted creating an egg shortage. This shortage affects our supply of eggs and egg products. This is not a short term shortage. Depending on what happens, the supply issue could continue for 6 - 12 months or even longer. During this shortage it may become necessary to make adjustments to our menu. Thank you for your patience and understanding at this time.

PLEASE REMEMBER LHCC WHEN GROCERY SHOPPING!

Your continued effort is needed to support the Resident Benefit Fund.

- ◆ At Sentry Stores, get a "Funds for Friends" sticker on your receipt. Then bring in your receipt or mail it to us.
- ◆ At Frank's County Market in Elkhorn and East Troy, save your receipts and give them to us quarterly as Frank's only accepts the current quarter receipts, for example:
 - January/February/March receipts are due by April 1st,
 - April/May/June receipts are due by July 1st,
 - July/August/September receipts are due by October 1st,
 - October/November/December receipts are due by January 1st.



It's 1% of the total for Lakeland Health Care Center!

Donations are necessary to support the maintenance of the birds and television service. Any help you can give would be greatly appreciated. If you have any questions regarding the resident benefit fund, please contact the Therapeutic Recreation Department at 741-3677.

National Nursing Home Week Celebration of Cultures May 10th - May 15th

Many special events took place at LHCC during this week of celebration!

SUNDAY, May 10th at 2:00p.m.

Mother's Day celebration with Music of Bill Stephens

MONDAY, May 11th at 2:00p.m.

Western Cowboy Show with KG and the Rangers

TUESDAY, May 12th at 2:00p.m.

American Barn Stories as seen on PBS presented by: Tom E. Laughlin

WEDNESDAY, May 13th at 10:00a.m.

Taste of France Hosted by our own Carmen Del Castillo

THURSDAY, May 14th at 2:00p.m.

Sing-a-Long with Frank and Bill

FRIDAY, May 15th at 10:00a.m.

Inspirational Music of Bradley McClellan

FRIDAY, May 15th at 1:30p.m.

Cumbia Dance with Carmen, followed by Happy Hour



CALENDAR OF EVENTS

Spa Opening Day at LHCC	June	1st	
Couples Cocktail Hour & John Puleo Music	June	1st	6:00pm
Music & Magic Show	June	8th	2:00pm
Memory Café	June	11th	3-5pm
St. John's Silvertone's Game Night	June	17th	11:00am
Fundraiser Luncheon	June	18th	11am-1pm
Dairy Day Expo	June	19th	
Happy Father's Day Patsy Cline Tribute	June	21st	2:00pm
Tichigan Two Show	June	23rd	
LHCC Yard Sale	June	25th & 26th	
Happy Hour	June	26th	4:00pm
Independence Day	July	4th	
Bradley McClellan Sing-a-long	July	6th	2:00pm
Resident Council in the Activity Room	July	9th	11:00am
Flower Talk with Bob	July	15th	2:00pm
Christmas in July Happy Hour	July	31st	2:00pm

MARK YOUR CALENDARS

LHCC Annual Golf Outing Fundraiser
At Evergreen Golf Club **August 1st**



11AM CHECK-IN

12:00PM SHOTGUN START/SCRAMBLE
And RAFFLE DRAWINGS

5:30PM DINNER & SILENT AUCTION



SAVE THE DATE

THURSDAY

JUNE 11th

3:00 p.m. to 5:00 p.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.

Proceeds From This Year's Golf Outing Baskets Will Be Used as Follows:



Theme Rooms

Aroma Therapy

Tactile Boards

Technology-Toilets, Lap Tops, iPods

Full Spectrum Lighting

Connector from East to West in the Aster Avenue Neighborhood

To Benefit Those Living on the Memory Care Unit

WALWORTH COUNTY
LAKELAND HEALTH CARE CENTER

GOLF OUTING

SATURDAY, AUGUST 1st, 2015

Evergreen Golf Club – N6246 US Hwy. 12, Elkhorn, WI

11 AM CHECK-IN : 12:00 PM SHOTGUN START/SCRAMBLE : 5:30 PM DINNER/SILENT AUCTION/RAFFLE DRAWINGS

* **\$75 INDIVIDUAL GOLFER**

Includes cart, green fee and dinner

Name _____

Phone _____

Other golfers in my group (if applicable)

NOT A GOLFER? Please consider showing your support for Lakeland Health Care Center by joining us for the dinner and get in on the raffle prizes and silent auction.

* **\$25 DINNER ONLY**

Name _____

Phone _____

AMOUNT ENCLOSED _____

Advance payment is required. The deadline for registration is Friday, July 24th, 2015.

SPONSORSHIPS

* **\$400 GOLD MEDAL SPONSORS**

Includes foursome, dinner for four and Signage on the course

* **\$200 SILVER MEDAL SPONSORS**

Includes signage on the course

* **\$100 BRONZE MEDAL SPONSORS**

Includes signage on the course

Please return this reservation form with a check made payable to LHCC-Golf Outing, 1922 County Road NN, Elkhorn, WI 53121.

If you have any questions or concerns, please call 262-741-3600 and ask for Kay.

