

May 2016

Heart of the Home



Lakeland Health Care Center

Staff

Administrator

Bernadette Janiszewski

Interim Director of Nursing

Jessica Behlke

Quality Operations Mgr.

Barbara Kropacek

Staff & Support Services Manager

Seth Rehbaum

Admissions Coordinator

Stephanie Stern

Customer Service Coordinator

Emily Erke

Therapeutic Recreation Coordinator

Lynette Kasper

Technology Support

Sharon Annen

Nurse Managers

Sabra Weyrough (Medical)
Jeanette Grischow (Memory)
Sara Beran (Rehab/Transitional)

Assistant Nurse Managers

Vicki Ford (2nd Shift)
Julie Beix (3rd shift)

MDS Coordinator

Jeanette Grischow

Behavior Management Specialist & Infection Preventionist

Heather Siemers

Social Workers

Emily Kominiak (Medical)
Rebecca Rausch (Memory)

Maintenance Coordinator

Josh Enderle

The person I am with has dementia.
Your help and understanding
is appreciated.



Thank you

Administrator's Corner

By: Bernadette Janiszewski

Defend in Place

I've recently been asked why some staff do not respond during a fire drill. "Why aren't those folks helping? Why aren't we evacuating?" Actually, all on duty employees do respond in an emergency. Sometimes, their assigned response is to carry on as usual in their neighborhood.

During a fire emergency, we use the *Defend in Place* strategy whereby residents are moved to a safe location rather than being evacuated. Our building is designed with five smoke compartments, separated by fire walls that are designed to limit the transfer of smoke and restrict the spread of fire from one side to the other. The first person discovering the fire, or simulated fire, will remove any residents from immediate danger. This person will pull the fire alarm station nearest the fire scene. These pull stations are wired to the main fire panel. The alarm system is connected to a monitoring company who contacts the Walworth County Sheriff's dispatcher. The location of the fire is automatically sent to annunciator panels throughout the building. Once the pull station is pulled, the fire alarm horns sound and strobes flash.

The Director of Nursing/Charge Nurse, maintenance staff, managers and social workers immediately report to the fire scene. They grab a fire extinguisher on the way. All remaining staff remains in their neighborhood, prepared to respond, if notified. The person who located the fire is in charge until relieved by someone of greater authority. The person in charge directs personnel to take actions necessary to ensure the safety of residents, staff and guests. It's important to control the fire and smoke by closing off the area. Direct care staff will close all doors in the fire scene after verifying the room is vacant. All fire evacuations will be beyond the smoke barrier doors to another household. One of the most important duties of all employees during any emergency is to help residents remain calm. Although ancillary staff is ready to respond, they remain in their area unless notified to assist. Fire drills are performed on a regular basis. These drills test our facility's fire safety/evacuation plans as well as staff training programs.

We use similar principles for all non-fire emergencies. The location of the incident will affect the actions needed to stay safe. For example, staff understands that during a tornado, hallways act as a wind tunnel. They know that the decisions on how to protect residents, staff and visitors to a more secure area during a violence situation will be made by incident commander. Ongoing training is the best way to prepare for an emergency. Please feel free to review our *Emergency Management Plan* at any time by contacting our Quality Operations Manager, Barb Kropacek.

Lakeland Health Care Center 10-YEARS



This year marks our tenth anniversary in our beautiful building!

“Come celebrate with us” on this special occasion with games, prizes, music, raffles and a cookout!

Saturday July 30, 2016

**11:30 - BBQ Pork Lunch with all the Fixin's
\$8.00 in advance
or \$10.00 at the door**

**12:00 - Games & Musical Entertainment Begin
Caribbean Steal Drum Player
Todd Donnelly**

**2pm - Games, Raffles, Raffle Baskets
and a Silent Auction**

***Tickets can be purchased at the front office*
Any Questions Please Call (262) 741-3600**

**The celebration will take place right here at LHCC
1922 County Road NN Elkhorn, WI**

(All fund raising money will be deposited in the Resident Benefit Fund and be used to expand our “Go to the Gym” restorative/therapy program)

It's Basket Raffle Time

Big or Small, We Appreciate Them All.

A picnic basket with gourmet foods, *A romantic theme basket with candles & wine*, Board games or Baby Baskets, *A Designer purse filled with goodies*, A Book bag filled with your favorite Novels, **A Movie Lovers Basket in a Popcorn Tin**, A beach tote with Summer Fun items, A Scrapbook with tickets to local events.

Let your imagination run wild and help us have another successful basket raffle fundraiser.

Please have your basket assembled ASAP. Tags will be available on the Therapeutic Recreation Office door and at the reception desk. Baskets will be displayed in the core area at the Lakeland Health Care Center for visitors, residents and staff to view.

We encourage family members to participate. We challenge employees to work together - or in competition.

The residents enjoy this event - Start now.....what is your theme?

Purchase your raffle tickets at the reception desk and drop your ticket in the container placed by the raffle basket you'd like to win. The drawings for the baskets will begin at 2 p.m. at the LHCC 10-Year Anniversary Celebration on July 30th. You do not need to be present to win.

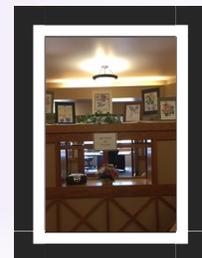
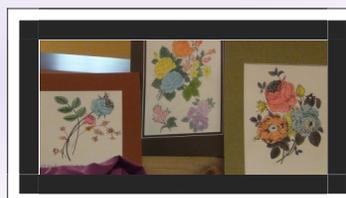
No time to put a basket together, cash donations for baskets are also accepted.

If you have any questions, please contact the business office at 262-741-3604.

**Thank You for Supporting
Lakeland Health Care Center**



ART WORK BY EVELYN





WHERE: ACTIVITY CENTER

SNACKS WILL BE PROVIDED



Dementia Care for Families

JOIN US ON
TUESDAY JUNE 7, 2016
FROM 2-5:00 PM
TO LEARN ABOUT THE
CARES® APPROACH TO
DEMENTIA CARE

OPEN TO ALL FAMILIES
IMPACTED BY DEMENTIA

By: Barb Kropacek — Quality Operations Manager

Are you concerned about the possibility of memory loss? Or, are you caring for a loved one with memory loss, Alzheimer's disease, or dementia and would like to learn more about the disease and caregiving techniques?

If you answered “yes” to either of those 2 questions, we invite you to attend our CARES® program -Dementia Care for Families (See Flyer for details). It is a requirement of all employees of LHCC to be certified in the CARES® Approach to dementia care and the CARES® family program is designed around that same concept. This way everyone (staff and families) have a common understanding and language around the CARES® Approach and dementia care. CARES® Dementia Care for Families™ was funded in part by a grant from the National Institute on Aging and was developed in conjunction with the Alzheimer's Association and a national [team of experts](#).

The program will focus on 3 modules:

- 1. Understanding Memory Loss**
- 2. Living with Dementia**
- 3. Using the CARES® Approach**

The CARES® Approach you will learn in this program stands for:

- C** - Connect with the Person
- A** - Assess Behavior
- R** - Respond Appropriately
- E** - Evaluate What Works
- S** - Share with Others

The online program is rich with activities and video interviews of family caregivers, people with dementia, and dementia experts. You'll learn the basics about dementia, how dementia affects thinking skills, your new role as a “caregiver,” and effective ways to respond to changes in the behavior of your loved one. Our goal is to help create a better life for your loved one with memory loss or dementia while regaining control of your own life. We hope to see you there.



R

ECREATIONAL THERAPY INTERN

Hi my name is Gabby and I am a recreation intern here at LHCC. I am here for the summer to complete my senior internship. I attended Illinois State University in Normal, Illinois but I currently live in Antioch, Illinois. I am very excited to begin this experience as I have never worked in a clinical setting before.

I am a Bears, Cubs, Blackhawks and Bulls fan. When I am not here at LHCC, I love to be outside with friends doing various summer activities such as riding my bike, swimming, and going on hikes. I have two dogs, they are both Shih Tzu's; one is named Maggie and the other is Layla.

NEW FLOORING AT LHCC

By: Josh Enderle—Maintenance Coordinator

As we approach our ten year anniversary ,we have begun to replace flooring in the living rooms, sunrooms and common areas.

Color choices and patterns are extremely important decisions in long term care facilities, not because of fashion and trends, but in how it affects residents with dementia. We have to avoid flooring that is shiny and reflective because residents with dementia may think it is wet and will have troubles walking over it. Contrasting colors on the walls and floors can give the person with dementia a sense of depth and perspective in a room.



Another thing to avoid is using carpeting with dark spots which may be perceived as a holes and pits and may cause residents to trip or make them hesitant to walk across. People with dementia can often be slow or unsteady on their feet and you need to make sure that the flooring is free from any potential hazards that could cause them to fall.

Although we as care givers may not “like” the choice of carpeting a lot of thought and discussion from memory care specialists went into the selection of it. We at Lakeland Health Care Center provide high quality care that our residents need while still trying to balance the “home like” environment.

IF

I Get Dementia

Submitted By: Jaime Falbo—Therapeutic Recreation

- ◆ If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- ◆ If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
- ◆ If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me to find a way to exercise, read and visit with my friends.
- ◆ If I get dementia, ask me to tell you a story from my past.
- ◆ If I get dementia, and I become agitated, take the time to figure out what is bothering me.
- ◆ If I get dementia, treat me the way that you would want to be treated.
- ◆ If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
- ◆ If I get dementia, don't talk about me as if I'm not in the room.
- ◆ If I get dementia, don't feel guilty if you cannot care for me 24-hours a day, 7-days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- ◆ If I get dementia, and I live in a dementia care community, please visit me often.
- ◆ If I get dementia, don't act frustrated if I mix up names, events or places. Take a deep breath. It's not my fault.
- ◆ If I get dementia, make sure I always have my favorite music playing within earshot.
- ◆ If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.
- ◆ If I get dementia, don't exclude me from parties and family gatherings.
- ◆ If I get dementia, know that I still like receiving hugs or handshakes.
- ◆ If I get dementia, remember that I am still the person you know and love.



Lakeland Health Care Center

10 YEAR ANNIVERSARY!

This year marks our tenth anniversary in our beautiful building. We still remember how excited, yet nervous we were on moving day. We remember everyone coming together to help - our residents and family members, volunteers, employees and our vendors. Although everything was so different from the old building, it didn't take long before everyone felt right at home. Our home is comfortable. Our home is where memories are made.

During the week of July 25th through July 30th we will be celebrating memories from the past ten years. All fund raising money will be deposited in the Resident Benefit Fund and used to expand our "Go to the Gym" restorative/therapy program. A great restorative program helps residents live as independently and safely as possible.

Themed Activity Days Throughout the Week:

<u>Monday</u>	7/25	50's Theme
<u>Tuesday</u>	7/26	Never Grow Up/Neverland
<u>Wednesday</u>	7/27	History of LHCC
<u>Thursday</u>	7/28	Barnyard Fun
<u>Friday</u>	7/29	Prom
<u>Saturday</u>	7/30	Luau/Tropical and BBQ Pulled Pork Lunch with all the Fixin's,



RESIDENT COUNCIL

Ice Cream Social



HERE'S
THE
SCOOP!



OPEN GYM

Come and join Kim and Jolene 2 Thursdays per month in the therapy room for OPEN GYM!!

Jolene and I are very excited about our new restorative opportunity for our residents! We will have the therapy gym all to ourselves 2 Thursdays per month from 6pm-8pm. Dates will be announced on the monthly activity calendar.

We hosted our first OPEN GYM on April 7, 2016 and it was a HUGE success! We had 10 residents come in and use various apparatus!

Our goal is to assist our residents in attaining their optimum level of fitness. We have numerous pieces of equipment at our disposal:

- OMNICYCLE
- TRICEPS PRESS
- STAIR-STEPPER
- WEIGHTS
- STANDING/BALANCE GAMES
- BEAN- BAG BASEBALL
- PARALLEL BARS
- AND MUCH, MUCH MORE!!! •

So come and join us for our next OPEN GYM on Thursday, June 9, 2016 at 6pm for a fun night of physical fitness!!

Beverages and a healthy snack will be provided!



Black Point Presentations Taking Place at LHCC:

<u>DATE</u>	<u>TOPIC</u>	<u>PRESENTER</u>
April 18th	Camps of Geneva Lake	Jill Westberg
May 23rd	Beer Barons on Geneva Lake	Jill Westberg
June 20th	1888 The Year in Review	Dave Desimone
July 18th	Remarkable Women of Geneva Lake	Jill Westberg
August 18th	Pull Up a Chair...Let's Take a Walk	Michael Rehberg

Black Point, one of the oldest mansions on Geneva Lake, was built in 1888 as a summer home for its owner, Conrad Seipp, a beer tycoon from Chicago, and his large family. The stately home includes 13 bedrooms and a four-story tower that can be seen from many points on the lake. Come join us to learn more about this great piece of history in Walworth County!



UPCOMING EVENTS



Singing with FRANK & BILL	May	5th	2:00pm
UW-Whitewater Students	May	5th	3:00pm
AARP BINGO	May	6th	2:00pm
Catholic Daughter's BINGO	May	7th	2:00pm
Mother's Day	May	8th	
National Nursing Home Week	May	9th-14th	
Bonnie & Bill Music	May	9th	2:00pm
Shopping at Wal*Mart	May	11th	2:00pm
Resident Council	May	12th	11:00am
Ice Cream Social			
Singing with FRANK & BILL	May	12th	2:00pm
Open Gym	May	12th	6:00pm
Under the Big Top Carnival	May	13th	2:00pm
Penny Pitch	May	14th	2:00pm
VIP BINGO	May	16th	10:00am
Lakeland School "LS Brew Crew" Coffee Shop	May	16th	10:30am
Lutheran Service	May	17th	2:00pm
Shopping	May	18th	2:00pm
Game Night	May	18th	6:30pm
Lakeland School Music Concert	May	19th	9:30am
Music Doctors Entertainment	May	20th	2:00pm
Cookie of the Month	May	21st	10:00am
Black Point Speaker	May	23rd	2:00pm
Beer Barons on Geneva Lake			
T-Ball Outing	May	25th	6:00pm
Therapy Dogs Visit	May	26th	11:00am
Singing with FRANK & BILL	May	26th	2:00pm
Open Gym	May	26th	6:00pm
Crafty Clubbers Craft Group	May	28th	10:00am
Wine & Cheese	May	29th	2:00pm
Hymn Sing	June	5th	2:00pm
VIP BINGO	June	6th	9:30am
Music with Bradley	June	6th	2:00pm
Shopping	June	8th	2:00pm
Open Gym	June	9th	6:00pm
Memory Café	June	11th	10:00am
VIP BINGO	June	13th	10:00am
Shopping	June	15th	2:00pm
Game Night	June	15th	6:30pm
Calvary String Band	June	17th	2:00pm
Black Point Speaker	June	20th	2:00pm
Yard Sale	June	23 & 24	All Day
Crafty Clubbers Craft Group	June	25th	10:00am

Heartfelt 
THANKS
TO OUR VOLUNTEERS!



Lakeland School

V.I.P.



Rummage SALE

Are you spring cleaning????

We are looking for items for the
LHCC ANNUAL RUMMAGE SALE.....

June 23rd and June 24th

Drop off your items in the Recreation Office
(Please no clothes)

WISCONSIN FARM TECHNOLOGY DAYS

Sign-Up Deadline is Friday, July 1st



Lakeland Health Care Center is very excited that we have been selected as one of the non-profit groups to participate in the Food and Beverage sales during the 2016 Wisconsin Farm Technology Days, to be held in Walworth County,

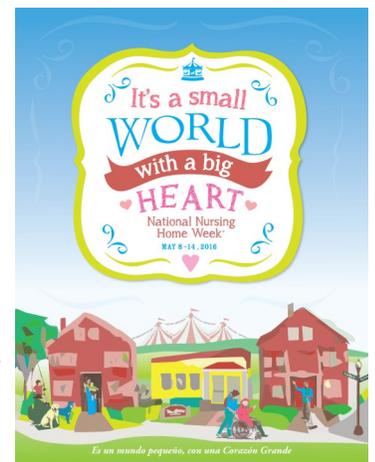
July 19-21st, 2016.

The Wisconsin Farm Technology Days is the largest agricultural show in Wisconsin. The three-day outdoor event showcases the latest in agriculture. Each year it is held in a different Wisconsin county on a different host farm. This year the host family is the Snudden Farms located in the town of Linn.

Please help LHCC by volunteering to work in a food tent! All profits will go towards the Resident Benefit Fund. Persons must be 16-years of age or older to volunteer and physically able to stand. Each volunteer must attend an one (1) hour session of food safety on either June 23rd, June 30th or July 7th. Those running a cash register must receive training prior to the event as well, dates to be announced Your entrance to the event will be free and you will receive a t-shirt to wear during your shifts.

If you have further questions or would like to sign up as a volunteer contact Kay Yurk in the Recreation Department (741-3677). You may send your electronic application to kyurk@co.walworth.wi.us

National Nursing Home Week



Every skilled nursing care center is a small, vibrant world. Care centers are sharing, welcoming communities that encourage everyone to interact with the wonderful folks who populate them.

Once a year, always beginning on Mother's Day, care centers nationwide take pride in publicly honoring the indomitable spirit of residents and recognizing staff who face each day with a sense of purpose and compassion.

During National Nursing Home Week, May 8 to 14, 2016, skilled nursing care centers coalesced under the theme, "It's a Small World, with a Big Heart." This theme underscores the bond between staff, older adults, and individuals receiving therapies or with developmental disabilities. Staff and residents view each other in the spirit of family. For staff, this reality is often a calling to a special mission and a life's work.

This year we recognized our staff throughout the week with a variety of special treats. We also recognized our staff during our quarterly reception on Wednesday, May 11th in the craft room with awards presented at 2:30pm. Everyone who participated enjoyed the activities and treats!

Activities

SUNDAY, May 8th

Mother's Day Luncheon

MONDAY, May 9th at 2:00p.m.

Bonnie & Bill Music Entertainment

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

Worlds Fair Trivia & Random Acts of Kindness

WEDNESDAY, May 11th at 2:30p.m.

Quarterly Employee Recognition

THURSDAY, May 12th at 11:00a.m.

Resident Council Sponsored Ice Cream Social

FRIDAY, May 13th at 1:30p.m.

Under the Big Top Carnival

Music
is the voice of the soul

**Singing with Frank & Bill
And A Classical Music
Duet**



**Master Gardener's
Spring Fling Kick-Off!**



**Emily's Baby Shower
given by Chestnut Court
Residents**



**Mike on
Chestnut
Court
supplied
all the
fixings for
an
amazing
Prime Rib
dinner to
share with
his friends!**



**The "NON-WINNER" from
our trip to
Potawatomi Casino was.....**



**All the "WINNERS" are
incognito.....!**

**Celebration of Life
Memorial Service**



Sponsored by:

**LHCC Staff, Aurora VNA, Season's Hospice
and St. Croix Hospice**

April 26, 2016

At 4:00 PM

**In the LHCC
CHAPEL**



Resident Events at LHCC