

November 2016

Heart of the Home



Lakeland Health Care Center

Staff

Administrator

Bernadette Janiszewski

Assistant Administrator

Taya Walk

Director of Nursing

Karen Sautbine

Staffing & Support Services Manager

Sharon Annen

Admissions Coordinator

Stephanie Stern

Quality Operations Manager

Sara Jacobs

Customer Service Coordinator

Emily Leasure

Therapeutic Recreation Coordinator

Lynette Kasper

Transitional Care Coordinator

Sara Beran

MDS Coordinator

Peggy Bernhardt

Nurse Managers

Sabra Weyrough (Medical)

Vicki Ford (Memory)

Assistant Nurse Managers

Mary Donahue (2nd Shift)

Julie Beix (3rd shift)

Behavior Management Specialist & Infection Preventionist

Heather Siemers

Social Workers

Emily Kominiak (Medical)

Rebecca Rausch (Memory)

Maintenance Coordinator

Josh Enderle

Administrator's Corner

By: Bernadette Janiszewski

A Picture is Worth a Thousand Words

Although I enjoy being able to take pictures on my phone, I'm not sure how I feel about eliminating the need for boxes and boxes of family photos hidden in the closet. About every five years I enjoy pulling out a box and reminiscing. Sometimes I find five pictures that are exactly the same and for whatever reason, I continue to save each and every one. On the other hand, I've found pictures of myself that I don't find flattering and have torn the pictures into little pieces. That's the beauty of a picture versus an image on an electronic device.

Although one picture can take the place of many words, one picture can also demean or humiliate a person. This is why it's important that we do not take pictures of residents or employees without specifically obtaining their permission. Our residents have a right to personal privacy. Taking photographs or recordings of a resident or his/her private space without the resident's written consent, is a violation of the right to confidentiality. Therefore, Lakeland Health Care Center employees and guests are prohibited from taking photographs and recordings. This includes using any type of equipment (e.g. cameras, smart phones, and other electronic devices) to take, keep, distribute or use on social media. Our recreation department obtains written permission before publishing pictures in the *Heart of the Home*.

The *Heart of the Home* is a great way to reminisce. I enjoy looking at past publications and remembering some very special times. Please feel free to contact the business office if you are interested in pulling some old photos out of the back of the closet.

Presidential Voting at LHCC

By Stephanie Stern, Admissions Coordinator

Voting for the Presidential Election was a success! We had 7 additional residents register for this election. There were 43 residents in total that were registered to vote and all but 5 voted. Based on some of the feedback from past elections, we changed where we held the voting to help eliminate having to wait in line. For the Presidential Election, we held voting in each of the conference rooms on the Medical and Memory Unit.



The feedback from the residents was very positive and we are going to continue to do voting this way for upcoming elections.

The LHCC Resident Council is hosting a Thanksgiving Food Drive.



Thanksgiving Food Drive

We are encouraging family, friends and staff to please donate non-perishable food items starting now through Sunday, November 20th. The drop off basket will be located at the front door entrance. All donations will be given to the Elkhorn Food Pantry. Please share what you can, any donation is greatly appreciated.

Deciding about going to the hospital

by Sara Beran, RN, Transitional Care Coordinator

LHCC is our resident's home and we take pride in being able to manage most medical situations in-house rather than a potentially unnecessary transfer to the emergency department (ED). Unnecessary ED visits and re-hospitalizations may result in numerous diagnostic tests and interventions that may not be necessary, increased adverse events, and unnecessary financial strain. They may also cause physical and emotional distress for residents and their families.

There are many benefits of staying in the nursing home. In-house treatment allows residents continuity of care. This promotes comfort for the resident by providing caregivers they are familiar and comfortable with. It also decreases risk for potential error as the ED staff is not familiar with who comes through the door. Remaining in a familiar environment will promote comfort and be less traumatizing. Despite the perception that an ED visit provides fast results, LHCC has the capabilities to provide most all of the same services in-house STAT. There is always a chance that the wait in the emergency department may be longer than receiving the same tests, labs and procedures at LHCC.

When a situation arises to choose whether to go the hospital or stay at LHCC, there are many things to consider and actions the resident and family can take to help better guide the decision process. Participating in care planning meetings is beneficial to ensure you are making the right decision. Weighing out the risks vs. benefits of going to the hospital is something to keep in mind when making that decision. Does your loved one have an advanced directive in place? Have you been made aware or understand the available resources at LHCC and the cost difference to aid in making an informed decision?

If you would like further information or education on this topic, the Transitional Care Coordinator and nurse managers are great resources to obtain this knowledge. As a team it is our goal to keep your loved one here to treat when appropriate. We strive to provide the best quality of life and continuity of care for all our residents here at LHCC.



The Dinner Table

By Christine Paczkowski, Food & Nutrition Services

Update on Household Kitchen Floor Replacement

We are moving along. All of the medical unit kitchens have new ceramic tile. They look great! Last week we got the Buttercup West kitchen floor replaced and on November 7 Buttercup East began their kitchen floor replacement. Due to the Thanksgiving holiday there will be a brief break from floor replacement. Our goal is to start working on A West and A East the beginning of December. If things work out as planned, we should have this project wrapped up before the Christmas Holiday. Thank you for your patience and understanding during the de-construction and reconstruction.

Update on A la Carte Breakfast on Dogwood West

It has been six weeks since we implemented the open dining at breakfast on Dogwood West. With the open dining came an increased selection of menu items. Now the residents have more to choose from. We didn't do away with our regular breakfast menu; it continues to be an option. The residents like having a choice of what to eat and when they can eat. The change did come with some growing pains and we will continue to tweak and adjust as we go. Our hope is that in the future we can offer A la Carte Breakfast to all of our Medical side residents.



Holidays are Just Around the Corner

Wow! In a few weeks we will be celebrating Thanksgiving and four weeks later it will be Christmas. Every year we put together special holiday menus for our residents. Typically the Thanksgiving dinner menu is a traditional one; with roast turkey, stuffing, mashed potatoes, vegetables, cranberry sauce and pumpkin pie with whipped cream. Christmas and New Year's menus are different each year. Our residents help us decide on what to have. Once we have decided on a menu, it is posted a week or two before the holiday. If you are interested in dining here during the holidays, we post the upcoming holiday menu in the front lobby. The cost of a meal voucher depends on the menu. We have a limited number of vouchers available, so please reserve yours early. If you are interested in reserving a room during the holidays, reserve one early for the best selection. Please contact our Therapeutic Recreation Department for room availability.



Holiday Craft Fair



When?

Friday,

November 18th, 2016

Time?

10:30 to 3 p.m.

Where?

**Lakeland Health
Care Center**

Admission is free!

Lunch & Snacks Available

**Over 30
tables of
craft and
baked
goods.**



Life Safety at LHCC

By Josh Enderle

In June of this year, the New Life Safety Code 101 2012 edition was adopted by (CMS) Center for Medicaid and Medicare services. On average every 10 years the CMS changes to a different edition. The need for the Life Safety Code (LSC) originated in the early 1920's and into the 40's when devastating fires took many people's lives due to inadequacies of life safety features in buildings. The purpose of the code is to establish minimum requirements that will provide a reasonable degree of safety from fire and similar emergencies in buildings and structures.



Every year, CMS partners with State Agencies to assess facilities for compliance with the LSC requirements. We have to conform to the LSC or have an acceptable Plan of Correction to be considered "in compliance." Although there are many rules regarding life safety, I would like to point out a common one.

General Rules for Extension Cords:

- Cannot be used as a substitute for permanent wiring, except for 90 days for construction or holiday decoration.
- Cords must be visually inspected for physical integrity.
- Cords must be periodically tested for polarity and grounding.
- Cannot be a trip hazard; cannot be daisy chained; cannot be walked on.
- Outlets must be grounded; 2-prong adapters are prohibited.



Thank you to those who participated in the 2016 Wisconsin Farm Technology show in July. \$1864.00 was raised to benefit Lakeland

Health Care Center's Resident Benefit Fund. Monthly T.V./ service, maintenance for the aviary and entertainment costs are just a few of the way this fund helps the residents. We hope to see more of you there in 2017!

Celebrating Veterans Day

On Friday November 11 we had a special guest speaker, Mr. John Giese, Former State of Wisconsin VFW Commander visit to honor veterans.



THE HOLIDAY SEASON IS THE PERFECT TIME TO REFLECT ON OUR BLESSINGS AND SEEK OUT WAYS TO MAKE LIFE BETTER FOR THOSE AROUND US.



LHCC SPA DAYS

By Emily Leasure, Customer Service Coordinator

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 come with a gentle application of one of our six scented or unscented lotions. You choose the scent and also the accompanying music for your experience. The LHCC spa is conveniently located in our beauty shop and will be available on Mondays from 9-4 pm. Appointments will last about an hour. To sign up for these services please see the front desk.

Flu Shots

By Heather Seimers,
RN, Infection
Control & Prevention
Officer



Welcome to the time of year when the flu season starts to peak!

All residents and staff that have consented to allow administration of the flu vaccine have received the vaccine. This year's vaccine is protective against two strains of the A flu strains and two strains of the B flu strains. All new staff or residents will be given the opportunity to be vaccinated as well.



Those staff that are either allergic or chose to decline the vaccination may be seen through May 1st, 2017, wearing a mask in our center.

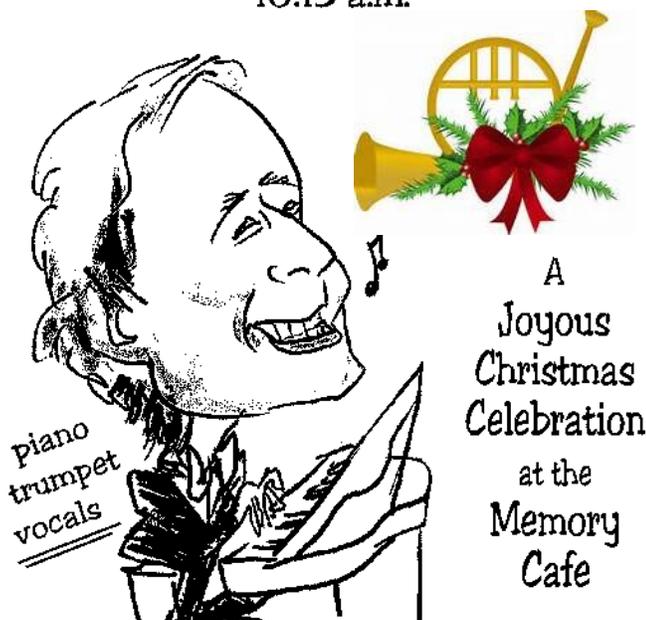
Remember if you are feeling ill, please refrain from visiting the facility due to our immune compromised population. If you feel it

necessary to visit, please ask for a mask and will gladly provide you with one.

LAKELAND HEALTHCARE *presents ...*

Tom Stanfield

Saturday, Dec. 10th
10:15 a.m.



Our residents enjoying Pet Therapy





The Walk to End Alzheimer’s is the nation’s largest event to raise awareness and funds for Alzheimer’s care, support and research. This year’s Walworth County Walk raised over \$143,300 and still counting and had over 700 participants. Thank you to those who were a part of the LHCC team that participated as well as those who donated to the LHCC team and other teams in the area.



Recognizing an Employee During the Holidays

By Emily Kominiak, Social Worker

As the holiday season approaches, we remind you that Lakeland Health Care Center

employees may not accept gifts from residents or family members. While we understand that our residents and resident families want to give a gift as a “thank you” or a way to honor our staff for their hard work and dedication, this policy is in place to maintain a necessary boundary between staff and residents. If you would like to honor a specific staff member or thank our staff for all of their hard work, you can donate money to our scholarship fund in honor of a staff member. This scholarship fund is designed to assist our staff members who are pursuing further education as it relates to nursing home operations. Another option for honoring a staff member with a gift is donating to the resident benefit fund. If you have any questions regarding this gift policy, please do not hesitate to contact your unit social worker.

UPCOMING Events

Game Night	November 16	6:30 PM
Frank & Bill – music	November 17	2:00 PM
Thirsty Thursday	November 17	2:00 PM
UW Whitewater visit	November 17	3:30 PM
Annual Craft Fair	November 18	10:00 AM
Fundraiser Luncheon	November 18	10:00 AM
Early Childhood Visits	November 21	10:00 AM
Black Point Speaker	November 21	2:00 PM
Thanksgiving Day Dinner	November 24	12:00 PM
Broken Bone Trombones	November 26	10:00 AM
Brookfield Shopping	November 28	10:00 AM
Lakeland School Coffee Shop	November 30	10:00 AM
Thirsty Thursday	December 1	2:00 PM
Frank & Bill – Music	December 1	2:00 PM
AARP Bingo	December 2	2:00 PM
Early Childhood visits	December 5	10:00 AM
UW Whitewater Visits	December 5	3:30 PM
Frank & Bill Music	December 8	2:00 PM
Thirsty Thursday	December 8	2:00 PM
Memory Café	December 10	10:00 AM
Dance Recital	December 10	2:00 PM
Breakfast with Santa	December 11	8:30 AM



**LAKELAND
HEALTH CARE
CENTER
WEBSITE!**

Our website has several sections that might be of interest to you. It is the easiest place to learn of upcoming events!

Visit www.co.walworth.wi.us and click on Lakeland Health Care Center



Gifts for those with Dementia

by Rebecca Rausch, Memory Unit Social Worker



As the holiday season approaches and people exchange gifts, many ask, "What should I get for my loved one with dementia?" Here are some great gift ideas for those with middle to late stage dementia.

- Music: Many studies have shown playing music for people with dementia reduces the anxiety, agitation, and behaviors associated with dementia. Music from someone's young adult years has been shown to have the strongest effect on them.
- A Twiddlemuff: This is an item that offers sensory stimulation. It is a muff that goes on a person's lap and provides residents something to do with their hands. It offers physical activity for hand dexterity and is a great gift for those who are fidgety or used to be very hands-on in their daily life. The pictures to the right are examples of a Twiddlemuff.
- Memory Books: Put photos from your loved one's life going back to childhood (if possible) into a book for them to look at. This can provide great opportunities for conversation during your visits. Some bookstores have options for your voice to be recorded as well.
- Money: You can deposit money into their resident trust fund for the beauty salon and therapeutic recreation outings.



Some additional ideas: Lotions and hygiene products, snacks and beverages that are favorites of the resident and anything to make their room a more home-like environment; gift cards to Culver's or Goodwill (make a copy and leave original with social worker for safe keeping), and sweaters that have a zipper or buttons.

Breakfast with Santa



**All You Can Eat
Pancake & Sausage**

Sunday, December

**Adults \$6 Children 4-11 \$4
Children 3 and under free**



HOLIDAY

Safety Tips

As you and your family prepare to decorate for the holidays, please remember the many life safety regulation LHCC must follow.

- ◆ Live evergreens and ferns are not permitted.
- ◆ We are not allowed to use door hangers for decorations.
- ◆ Only one strand of lights is allowed on a tree (we cannot daisy chain Christmas lights).
- ◆ The use of one electrical extension cord and power strip plug is acceptable during the nine-day period surrounding Christmas day.

Although rules seem cumbersome, we want to follow all fire guidelines in order to keep residents, guests, and employees safe. If you have questions regarding what is and what is not permissible in our long-term care environment, please contact Bernie.

Resident Events at LHCC

Happy Halloween



Residents and Staff got into the Halloween spirit, dressing up and passing out candy to visitors. Thank you to all who donated candy.

TRICK OR TREAT

Therapists



Business Office

