

September 2016

Heart of the Home



Lakeland Health Care Center

Staff

Administrator
Bernadette Janiszewski

Director of Nursing
Pamela Scott

**Staffing & Support
Services Manager**
Sharon Annen

Admissions Coordinator
Stephanie Stern

**Customer Service
Coordinator**
Emily Leisure

**Therapeutic Recreation
Coordinator**
Lynette Kasper

Nurse Managers
Sabra Weyrough (Medical)
Vicki Ford (Memory)
Sara Beran
(Restorative/Transitional)

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

Certified Nursing Assistant Ladder Program

Our CNAs work hard to fulfill basic quality of life needs. While working directly with the residents, they gather important medical information to share with the nurses. They assist with daily routines such as dressing, eating and personal care. They help reposition those in wheelchairs according to a schedule that promotes healing and comfort. Because of their desire to help people, they are often a source of emotional support for our residents. Over the last several years our management staff has learned the value of including the CNAs in planning and decision making.

Certified Nursing Assistants attend our quality assurance and performance improvement meetings. Their expertise and knowledge help the interdisciplinary team develop well thought out care plans that list specific individual goals for each resident. Because of our continual desire to empower employees, we've created a number of positions that not only help CNAs develop different interests, they also improve life for our residents and family members. Our Customer Service Coordinator serves as a member of our Behavior Management Team and works hard to promote the "About Me" campaign. Our House-wide Enrichment Facilitator assists staff when a resident is exhibiting stressful behaviors and works with the Director of Nursing to help train new employees. Our newest step in our "ladder program" is the creation of CNA Coaches.

The coaches serve as a resource of information for CNA staff. They coordinate evening resident activities in individual neighborhoods and assist the Restorative Therapy Aide in developing appropriate, individual step down programs for residents. In many ways they are the right hand man for our nurses. These unique positions hold exactly what we need to ready ourselves for some of the changes in the federal nursing home code. For me, it's rewarding when excited employees try something new. I'm grateful that our CNAs who have gone to school to become nurses are able to stay at LHCC because of our in-house staffing pool. In the past, if we had no open positions, a new RN or LPN left LHCC in order to become employed as nurse.

A major focus in 2017 will be fostering the programs we've started in 2016. We will work to improve employee training programs and develop semi-annual competency testing. We will continue to encourage CNAs to become coaches and certified medication assistants. One of the greatest rewards of the "ladder" program is watching employees bring their innovative ideas to the table. One of the biggest challenges is getting more people involved. So far, those who have stepped up a rung of the ladder have had some great successes.



Walk to End ALZHEIMER'S

It's that time of year again to get out your walking shoes and sport your purple. Here at Lakeland we are sure going to!



Lake Geneva will host the annual
Walk to End Alzheimer's on

**Saturday,
September 17, 2016
8:30 am**

Please take the time to donate and join our team to support Alzheimer's Awareness. To do this, simply go to:

www.alz.org

Walk to End Alzheimers
Teams

Friends and Family Teams

Search for Lakeland Health Care Center

Click on our team to Join!

From here you can join our team and donate.

Brewers™

vs. Cardinals

Some of our residents enjoyed an afternoon of fun at Miller Park.



Donations Needed

We are looking for donations of wrapped candy for Halloween. Please bring your donation to the Recreation

Department before our **October 29th** party at **2:00 pm.**



The Dinner Table—Safe Food Handling

There is nothing pleasant about a case of foodborne illness to spoil your dinner party. Safe food handling is just as important at home as it is in the food service industry. Here are a few things to remember:

- Wash your hands before handling food and in between tasks such as preparing raw meat then preparing fresh fruits or vegetables.
- Never use the same cutting board for meat and vegetables.
- Never thaw meats at room temperature.
- Never use the same dish used for raw meat for cooked meat— always use a clean dish.
- Cook meats to the appropriate temperature—Beef 145 F, Chicken 165 F, Hamburgers 155 F, Pork 145 F
- Always keep cold foods cold and hot foods hot.
- Promptly store leftovers in the refrigerator.

Bon Appetit!

Christine Paczkowski Food & Nutrition Services



How to be a good visitor!

Visiting a friend or family member in a healthcare facility? Take these five steps make sure you don't spread infections.

1. **Sanitize hands before and after visiting.** The soap and soon the hand sanitizer in resident rooms are for everyone. Wash or sanitize your hands when entering and leaving the room of the person you are visiting to avoid bringing in and carrying out germs. Insist that healthcare providers do the same before caring for your loved one. Clean your hands after sneezing, coughing, touching your eyes, nose, or mouth, after using the restroom, and before and after eating or drinking. Cover your cough or sneeze with your sleeve, and do not sit on resident beds or handle their equipment. Read and follow any instructions posted outside the resident's room. Remember to wash your hands (not sanitize) when resident is on contact precaution plus.
2. **Stay home if you are sick.** Do not visit the hospital if you are sick or have had any ill symptoms within the last three days –including nausea, vomiting, diarrhea, fever (or feeling feverish), an uncontrolled cough, or a rash. Sick children should be encouraged not to visit due to they are less conscious of infection control.
3. **Check first before you bring food, send flowers, or bring the kids.** While flowers, young visitors, and home-baked goodies spread cheer, they may not be allowed. Always check first with the nurse on duty.
4. **Follow special precautions, if necessary.** If the person you are visiting is on "isolation precautions," talk to the nurse before entering the room to find out what steps you will have to take, such as wearing a mask or other protective clothing.
5. **Don't contribute to the clutter.** Limit the resident's personal items. Less clutter eases the critical job of cleaning their rooms. Keep resident items off the floor and away from waste containers.



Clean your hands and make sure everyone around you does too.

And don't forget that infection prevention continues after the patient has left the healthcare setting. Follow discharge instructions and eliminate germs from the patient's environment by using disinfectants, such as sprays and wipes, to clean hard surfaces often.

<http://consumers.site.apic.org/infection-prevention-basics/how-to-be-a-good-visitor/>



Lakeland Health Care Center
presents

AN AFTERNOON

of

HEALING

CHAIR YOGA

AROMATHERAPY

MEDITATION and DHARMA TALK

from Bhante Sumana, Blue Lotus Buddhist Temple

THURSDAY, NOVEMBER 03

From 3:35 – 5:00 p.m.

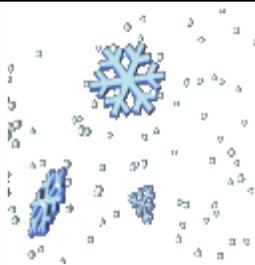
The Dinner Table

By Christine Paczkowski
Food & Nutrition Services



A Great Beginning to the Day!

On September 12, 2016, we are introducing a new dining experience for our rehabilitation residents on D West. An á la carte breakfast will be served from 7:00am to 9:00am. The á la carte breakfast will be similar to a continental breakfast with cold and self-serve foods. The only difference is we will be offering a few hot foods and alternate



KEEPING IT COOL AT LHCC

By: Josh Enderle – Maintenance Coordinator

What is a chiller you may ask? A chiller is like your condensing AC unit (the part of your AC that is outside) at home but just on steroids. Our chiller is an air cooled screw compressor made by Daikin. Why do we need two chillers? A few years ago during the hottest part of the year, our chiller failed and it took over a week to get parts for it. We had to hook up a temporary chiller shipped up from the south just to keep the building cool. To prevent an event like this from happening again, and due to the age of our old one, it was best thought to get a redundant chiller. The way it works is every 3 days around midnight, when it will be least noticed, the two chillers hand off to each other. This is to prevent one piece of equipment from getting too many run hours, sharing the load during the cooling season. A chiller is a building's vital piece of equipment during the summertime and our new chiller will provide us many years of comfort!





Memory Care Connector Project

MaGill Construction, a local firm, was awarded

the bid to complete our Memory Care Connector and A/B door relocation project. This is a 757 square-foot addition that will connect A-West and A-East. The estimated completion time is 4 months. The doors that are at the end of the units that are alarmed will be removed. This will allow our residents with dementia to walk without being stopped by doors. People with dementia often have the urge to walk about. Some may refer to it as “wandering” but usually those with dementia that are walking do have a purpose, however due to memory loss forget what they were going to do. Possible reasons for residents to walk about are:

- ◆ continuing a habit or interest
- ◆ relieving boredom
- ◆ lack of physical activity
- ◆ relieving pain and discomfort
- ◆ responding to anxiety and relieving stress
- ◆ feeling lost (especially in a new environment)
- ◆ restlessness (as a symptom of dementia or a side effect of medication)
- ◆ memory loss
- ◆ searching for the past or seeking a sense of fulfillment
- ◆ confusion about the time.

Our facility strives to be the best in the community as dementia care specialists and we feel that adding this to our facility will greatly help our residents.



Resident Council	September 8	11:00 AM
Pet Therapy Visits	September 9	10:00 AM
Shopping at Wal-Mart	September 14	2:00 PM
Fundraiser Luncheon	September 15	10:30 AM
Open Gym Night	September 15	6:00 PM
Walk to End Alzheimer's	September 17	8:80 AM
Bonnie and Bill		
Music Program	September 19	2:00 PM
Goodwill Shopping	September 21	10:00 AM
World Alzheimer's Day	September 21	ALL DAY
Craft Club	September 24	10:00 AM
UW-Whitewater Visit Program	September 28	3:30 PM
Open Gym Night	September 29	6:00 PM
Memory Café	October 8	10:00 AM
Fundraiser Luncheon	October 20	10:30 AM
Craft Club	October 22	10:00 AM
Trick or Treat	October 29	2:00 PM
A Time for Healing	November 3	3:45 PM
Memory Café	December 10	10:00 AM

Register to Vote

VOTE 2016

Mobile polling will come to LHCC this October to assist registered residents in placing their vote. Residents must register with Stephanie S. or Emily K. to be eligible to vote. Look for more information on the dining tables in the weeks to come.





10 Year Anniversary Party A Huge Success!

All week long we had special events, games, entertainment and snacks. Everyone did a little extra to make the week a wonderful celebration. Some of our themed activity days included Neverland, Prom, Barnyard Fun and a 50's Theme.



Our Resident Benefit Fund gained from the money raised by the Raffle Basket fundraiser and will be used to expand our "Go to the Gym" restorative therapy program. Turn the page to learn more about our Open Gym for residents.



Raffle Basket Winners

- Welcome Baby—Cody Brugger
- Margarita Time—Emily Erke
- Have a Ball—Sharon Annen
- Garden Box—Nancy Venema
- Farm Fresh—Este Scholtz
- Vera Bradley—Glenda Shulka
- Mountain View—Cherise Beck
- Cooking Made Easy—Emily Erke
- Ice Cream Social—Elisabeth Rice
- Cowabunga—Bernie Janiszewski
- Picnic Fun—Gwendlyn Gajewski
- Lottery Ticket Bouquet—Julie Lazzeroni
- Summer Grilling—Dorothy Pepple
- Taste the Rainbow—Jaime Falbo
- Time for Relaxation—Nancy Lightfield



Thank you for making a difference! To everyone who attended, volunteered, and donated to our celebration recognizing ten years in our building!

SPONSORS

- Steinbrinks
- KPH Healthcare Services
- Halverson Carpet Center Ltd.
- Band Box Cleaners & Laundry
- Elkhorn Chemical & Packaging
- WIPFLi
- PATS Services
- Rhyme
- Mobilex
- RehabCare Group
- Specialized Medical Services
- Angus-Young Associates, Inc.



- HealthDirect Pharmacy Services
- Law Offices of Seymour, Kremer, Koch, Lochowicz & Duquette





Alzheimer's Diseases: Tips for Better Communication

Source: Alzheimer's Association

Communication gets harder for a person with memory disease. They might struggle to find a way to express them, or forget the meaning of words and phrases. They might start to rely on gestures, especially as their verbal skills decline.

How you communicate with your loved one will be different than it used to be, but there are a few ways you can make it easier for both of you:

- **Get their attention.** Make sure you have your loved one's attention before you start talking. Approach them from the front, identify yourself, and call them by name.
- **Be attentive.** Show that you're listening and trying to understand what they are saying. Keep eye contact as you talk. Use a gentle, relaxed tone of voice and friendly facial expressions.
- **Hands away.** Try to keep your hands away from your face when you're talking. Also, avoid mumbling or talking with food in your mouth.
- **Mind your words.** Speak distinctly, but don't shout. Try not to talk too fast or too slow. Use pauses to give the person time to process what you're saying. Use short, simple, and familiar words.
- **Keep it simple.** Give one-step directions. Ask one question at a time. Call people and things by name instead of "she," "they," or "it."
- **Be positive.** Instead of saying, "Don't do that," say, "Let's try this."
- **Treat them with respect.** Don't talk down to them or speak to others as if they are not there or doesn't understand you.
- **Rephrase rather than repeat.** If the listener has a hard time understanding what you're saying, find a different way to say it. If they didn't understand the words the first time, they probably won't get them a second time.
- **Adapt to your listener.** Try to understand the words and gestures your loved one is using to communicate. Don't force them to try to understand your way of conversing.
- **Reduce background noise.** Noise from the TV or radio makes it harder to hear and it competes with you for the listener's attention. Cut down on any sounds that will distract him.
- **Be patient.** Encourage them to keep expressing their thoughts, even if they are having trouble getting them across. Be careful not to interrupt. Try not to criticize, correct, or argue with them.

Please remember that non-verbal communication is important for a person with memory disease. Your presence, touch, gestures, and attention can remind them of your acceptance, reassurance, and love.

www.webmd.com/alzheimers/guide/improving-communication

OPEN GYM

Come and join Kim and Jolene in the therapy room for a fun night of fitness!!!

THURSDAYS
September 15
&
September 29th
from 6-8 pm.

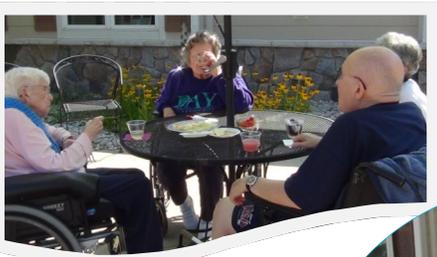


We
have
many
pieces of fitness
equipment available
for various levels
of activity.



Beverages and a
healthy snack
will be provid-

Resident Events at LHCC



Patio Parties

Milkshakes



Convertibles



GAMES



MUSIC



PETS

