

August 2019

NHC Desloge

NHC FIVE STAR FACILITY ** 801 Brim Street Desloge, Missouri 63601 (573) 431-0223



Zach Anderson
Administrator

Tim Francis
Director of Nursing

Bev Hampton
Office Manager

Jodi Knowles
Marketing & Admissions Director

Natalie Mucci
Social Services Director

Ryan Young
Health Information Manager

Thera Barton
Wellness Director

Jeff Lind
Food Service Manager

Scott Forsythe
Maintenance Manager

Brandon Klinsbeck
Environmental Services Director

Dr. Taylor Dittmann
Rehab & Therapy Director

Gary Bennett
House Supervisor

Janet Addis
Transportation Coordinator



Hand Hygiene:

It's important for EVERYONE to wash their hands.

Your hands spread germs. One of the best ways to reduce the chance of spreading infection is with hand hygiene. Residents, family members, and staff should be performing proper hand hygiene frequently throughout the day.

You should wash your hands:

- Before preparing or eating food
- Before touching your eyes, nose or mouth
- Before and after any contact with other family members
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching surfaces in public (door handles, pens, countertops)

Do you know the proper way to wash your hands?

You have two choices for hand hygiene: 1) alcohol-based hand sanitizer or 2) washing with soap and water. Either can be effective but if you can see something on your hands, you should use soap and water. Here's what to do!

Hand Sanitizer:

- Hand sanitizer is as effective as soap and water. Alcohol-based hand sanitizer kills most of the bad germs that make you sick and it does not create antibiotic-resistant superbugs.
- When using hand sanitizer, you should rub your hands together as if washing your hands, covering all areas of your hand (including back of hand) with the sanitizer, until your hands feel dry.

Soap and Water:

- When washing your hand with soap and water, use warm water, a quarter-sized amount of soap, and wash all surfaces of your hand, including between your fingers, for at least 15 seconds (hum "Happy Birthday" twice).
- Dry your hands well with paper towels. After drying your hands, use the paper towel to turn off the faucet and to open the bathroom door.

We would like to keep the residents, and you, safe and illness free! Please practice proper hand hygiene frequently to help us prevent illness within our center. Hand sanitizer can be found at the front desk and at each nursing station. Resource:

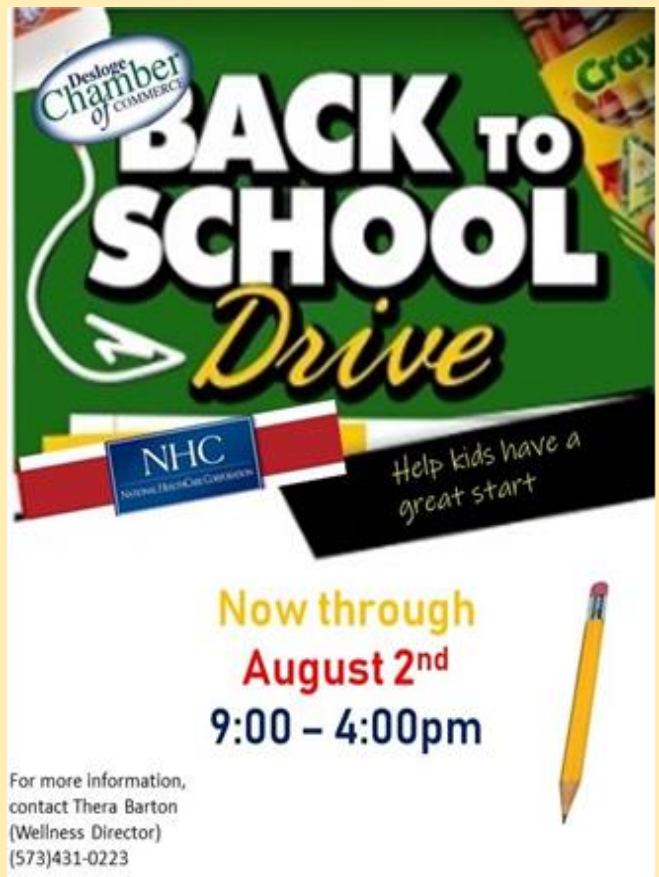
<https://www.cdc.gov/handhygiene/index.html>

Kindred Hospice
Our Care Matters
(573) 705-3475

Preferred HOSPICE
www.preferredhospice.com
(573) 756-9800

SAFE HARBOR HOSPICE
www.safeharborhospice.com
877-404-7478

Heart & Soul
HOSPICE
(573) 756-7066



Desloge Chamber of Commerce
BACK TO SCHOOL Drive
NHC
Now through August 2nd
9:00 - 4:00pm
Help kids have a great start
For more information, contact Thera Barton (Wellness Director) (573)431-0223

From the Administrator:

Summer has almost come and gone. We are approaching the beginning of the school year, and it is important to establish healthy habits going ins. Mornings get even more hectic once school starts back, but don't let anyone forget breakfast. Breakfast will help everyone concentrate better during the day and maintain a healthier weight. Everyone also needs a good night's sleep. This will improve cognition and overall mood for the following day. Try to set a specific bed time and stick with it. Once your body gets acclimated to going to bed at the specific time it will become a habit. We are hosting a school supply drive at the center! You will notice a large colorful box at the front. If you have any extra school supplies or you are feeling generous please donate! I hope everyone has a great August! Thank you,



Partner Spotlight:

Whitney Latchison

Certified Nurses Aide



Whitney is a CNA at NHC Desloge. Her caring personality and warm heart gives us all something to strive to imitate. Great job, Whitney!



Activities Activities Activities!



Pictured above, Martha is really enjoying the Wellness Department's painting class and Barb smiles as she enjoys "Spa Time"



JOIN THE FIGHT AGAINST ALZHEIMER'S

Farmington Walk to End Alzheimer's
-Saturday, September 14th
-Farmington High School | 9am

Please call **Jodi Knowles** at **(573) 431-0223** to join the NHC Desloge team!!



NHC Desloge
801 Brim Street
Desloge, MO 63601

Postage
Information

NHC

NATIONAL HEALTHCARE CORPORATION



8/2 Reginald Windom
8/6 Dana Armstrong
8/7 Bobby Rainwater
8/14 Joel Daniels
8/15 Theodore Bernard
8/19 Carl Keckley
8/19 Theresa Jones
8/20 Charles Patey
8/20 John Walters
8/25 Lisa Hammond
8/28 Michael Long

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends. Those born between August 23–31 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industrious efficiency makes them smart problem-solvers and fact-finders.

Maria Mitchell (astronomer) – August 1, 1818

Louis Armstrong (musician) – August 4, 1901

Neil Armstrong (astronaut) – August 5, 1930

Matthew Henson (explorer) – August 8, 1866

Alfred Hitchcock (director) – August 13, 1899

Davy Crockett (frontiersman) – August 17, 1786

H. P. Lovecraft (writer) – August 20, 1890

Dorothy Parker (writer) – August 22, 1893

Sean Connery (actor) – August 25, 1930

Charlie Parker (musician) – August 29, 1920

Frank Robinson (ballplayer) – August 31, 1935