

February 2020

NHC Desloge

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

Tasha Hollock
Rehab & Therapy Director

Janet Addis
Transportation Coordinator

February is the month for love and all things heart related. So why wouldn't February also be the month designated as the American Heart Month? The annual celebration began in 1963 to encourage American's to join the battle against heart disease.

Heart disease kills an estimated 630,000 Americans each year; this is approximately 1 in 4 deaths that are caused by heart disease. It is the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and in some cases, medication.

Signs and Symptoms of Heart Attack:

- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw, or back. Nausea, indigestion, heartburn or abdominal pain. Shortness of breath.

Heart Disease Prevention:

- Control Blood Pressure
- Keep cholesterol and triglyceride levels under control
 - Lifestyle changes and medication can lower your cholesterol.
- Stay at a healthy weight
- Eat a healthy diet
 - DASH diet
 - Limit saturated fats, foods high in sodium, and added sugars. Eat plenty of fresh fruits, vegetables, and whole grains.
- Regular exercise
 - Strengthens your heart and improves circulation. Can help you maintain a healthy weight and lower cholesterol and blood pressure.
- Limit alcohol
- Don't smoke
- Manage stress
 - Exercise, listening to music, focus on something calm or peaceful, and meditating.
- Manage diabetes
 - Diabetes doubles your risk of heart disease. Over time, high blood sugar can damage your blood vessels and the nerves that control your heart and blood vessels.
- Get enough sleep (7-9 hours)



Jennifer Becker MSN, APRN, FNP-BC, MOQI



This year, NHC is giving you an opportunity to send a Valentine to your loved one and friends! You can purchase a Valentine for a Resident, Partner, your "Sweetie," your kids, your friends, or anyone you feel deserves this special treat.

Each package is only \$5 and includes:

- Box of chocolate candy
- Small stuffed animal
- Rose

You may include a personal message along with your gift

Orders must be turned in and paid for by Wednesday, February 12th. You may order from Mindy at the front office, or from the Wellness Department (Thera, Judy, and Janet).

Valentines will be delivered to the Residents and Partners by the Wellness Department on

♥ Valentine's Day, February

14th ♥

Call (573)431-0223 to order

Partner Anniversaries



Barbara Couch	2/4/2008
Crystal Willett	2/12/2014
Meagan Dashley	2/09/2016
Kendra Lynch	2/19/2019
Luis Rotiz	2/19/2019
Alisha Halleck	2/27/2019

We appreciate our hard - working partners

Partner Birthdays



Alicia Woodruff	2/05
Robin Roberts	2/07
Alicia Halleck	2/12

Flu Season ... December, 2019 - May, 2020



(573) 705-3475



www.preferredhospice.com

(573) 756-9800



www.safeharborhospice.com

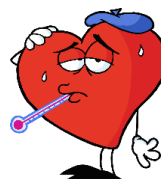
877-404-7478



(573) 756-7066



(573) 431-0162



The Flu is caused by the influenza viruses and is spread mainly by coughing, sneezing, and close contact. Symptoms come on suddenly and may last for several days (approximately 5-7 days).

Symptoms include: fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), and some people may have diarrhea, though this is more common in children than adults.

Best prevention of influenza and complications is the flu vaccination.

- The flu shot takes 2 weeks for protection to develop after receiving vaccination.
- Protection last for several months to a year.
- December and January is when the flu usually peaks.
- Once the virus is at peak, you and your family are much more likely to get sick from the virus.

PLEASE GET YOUR FLU SHOT IF YOU HAVE NOT ALREADY TO PROTECT YOURSELF AND YOUR LOVED ONES!

If you are developing symptoms listed above or think you may be developing the flu, please get checked out by a medical professional BEFORE visiting your loved one in the nursing home. You do not want to spread the influenza virus to them or others.

When visiting your family or friends please remember to **wash your hands** and use the hand sanitizer that is available on the walls of the home.

Flu can make some people much sicker than others. The people who seem to get the sickest from the flu are children, **people 65 and older**, pregnant women, and people with certain health conditions - such as heart, lung, or kidney disease, nervous system disorders, or a weakened immune system. **FLU vaccine is especially important for this population and anyone in close contact with them.**

FLU can lead to pneumonia or can make an existing medical condition worse.

NHC Desloge
801 Brim Street
Desloge, MO 63601

Postage
Information



Resident Birthdays



Donna Neal 2/04

Terri Farley 2/24

Bev Dace 2/25

Delores Lindell 2/26

John McDonald 2/26



We are seeking volunteers to lead resident activities

If you are interested in volunteering at our center, please give us a call!



Contact **Thera Barton** (*Wellness Director*)
for details! (573) 431-0223