

Our House

NHC Maryland Heights Monthly Publication

April 2020

Care Is Our Business

Happy April to everyone!

Just when you think you have experienced more than you ever imagined in life...life sends you new challenges and experiences. In March we were confronted with the worldwide issue of the coronavirus. It certainly changed our “normal” life at NHC Maryland Heights. It was amazing to see how our little world community jumped into action to meet the challenge. Everyone pulled together. This time of concern made me appreciate all of the patient cooperation and staff professionalism and family caring that came in response to this health issue. It put us all in the same boat together, for sure!

Going forward, when we are able to lift our current lockdown practices, getting back to a “new normal” will take time, perhaps months. We are learning all we can, doing all we know to do, and waiting to hear from the CDC and CMS as we implement next steps and best practices.

To be clear, for now, there is no visiting unless I have approved you for extremely special circumstances. When we return to families and friends in the building, continue (always) to wash your hands—error on the side of caution—soap and water are much less expensive than getting sick. Please don’t come see us or your loved one if you are “under the weather.” When you can visit,

please just use good common sense about your interactions with everyone in the building, handling of food or other items for the person you are visiting...and wash your hands with soap and water. This could just be a warm-up for next fall, according to CDC experts, know one knows for sure. Every day we are implementing stronger measures to protect the people in our building. This could be a journey of months. Better for all of us to observe the health practices here to keep us more protected from the current national health crisis and future possibilities of viruses and infections. It is the world we live in!

‘Til next time...

Susan Taylor—Administrator
Administrator

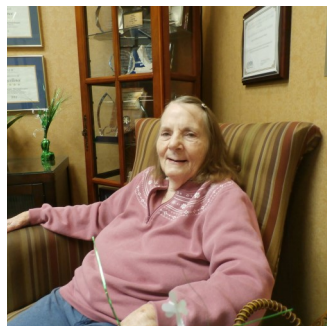


Resident of the Month

Phyllis Copeland is born and raised “St. Louis and still here!” as she says. The growing up happened in St. Ann and Maryland Heights. She lost her father while he was serving in the military. So she and her mom moved in with other family, her uncle and aunt. As it turns out, living with her aunt for a couple years was a wonderful influence in her life. After she finished high school she went to work at a canning company in the payroll department. She left after about 5 years, raised a family of two girls and a boy and was married 51 years to Ray. As she sits for this interview, she receives numerous happy interjections and greetings from partners passing by. Congratulations Phyllis! This honor for you appears to have plenty of endorsements! Phyllis is a true delight.

Although Phyllis is low-key about her life story, it’s full of interesting details. Her Aunt Clara’s house was on about 5 acres of land and they had animals—goats, chickens, rabbits, and a horse. So when Phyllis had her kids, no surprise, she says, “They were always bringing something home.” One day they brought her a white mouse to go with the horse, dog, cats, and whatever else they had at the time. Phyllis said the mouse didn’t last long and “I hated to tell the kids their present died.” Of course this did not deter the kids, they brought her another mouse (which she passed on to a neighbor). They also brought her a pigeon which she eventually released back into the woods. She says, “They would have brought me a dinosaur if they could have found one.” Her little dog, Stew was her favorite. But, as she says, “I loved all my animals.” And she says, “They brought people home, too.” So the house was a hopping place, full of all kinds of life. The street they lived on also became a family affair. Her three kids all had houses on either side of the family home! The family also loved trailer camping, floating Missouri rivers and eating homemade soups.

So it only makes sense that Phyllis says one of her favorite things here at NHC is going on the bus outings with the activities department. She says, “Most everybody is pretty nice.” She points out that her nurse, Alex, who stops in during this interview “has been good to me.” Phyllis, you do make people smile.



Coco and Friends

Spring has sprung! WINNNEEEHHEEE!!! Or however you want to translate the happy sounds it brings out of me. My friends and I are loving this weather...even the April showers part. The chickens have an extra happy speed to their runs across the courtyard. The goats are relishing all the new things they are finding to eat (they will eat almost anything), and I am just going cross-eyed looking at all the luscious green grass finding its way up through that hard hard earth...how does it even do that??? And the people are so happy to be outside, getting windows and doors open, letting the sunshine work on their faces and souls! Oh, spring is glorious, isn't it?? So when visits are okay again, come outside and visit with us, hang out with us, soak up the peace and beauty and fun of our little paradise. As you can see in the photo below, we are pretty good about “social distancing” but we will welcome you and anticipate lots of wonderful time spent together. Remember, my goat friends and I will be looking forward to some juicy apples and crunchy carrots...always love the goodies. When it’s allowed, come see us. We’ll be patient and wait for you. Then we can celebrate and enjoy our little piece of paradise together!



Web Page Newsletter

Look for the monthly “Our House” newsletter at the NHC website: www.nhcmarylandheights.com. Photos will be in color and the activities calendar will be posted as well.

Coronavirus Update From Nursing

The world pandemic, coronavirus (COVID-19) has become our highest priority. We moved to lockdown measures beginning the first week in March and have continued to do all we can during this difficult time to keep our residents and partners safe. Thanks to all families and friends for your support during this constantly changing time. We continue to update our best practices to make sure they are in line with direction from the CDC and CMS. If you have any nursing questions, please feel free to call Sarah Roberts, RN, 314-291-0121 x245

Activities News

Well, this April is a time like we've never seen in our world with the coronavirus. With all the changes it can feel scary, confusing and frustrating. We truly miss visiting with all the families, friends and volunteers. We know you miss your loved one. We have become more creative in our programming, observing "social distancing" and staying committed to meeting all the wellness needs of our residents. You may wonder how you can stay connected despite the distance.

Skype or Facetime video chats are being offered for residents with family and friends. If interested, please call Luke Bucher to set up a time that works best for everyone. Other partners may help facilitate those calls. You can also send a brief note to your loved one at phil.barker@nhccare.com. Phil will see the note is delivered to the resident. Please put your loved one's name in the subject line.

"Like" the NHC Maryland Heights Facebook page to see photos of joy and for updates regarding visiting opportunities. As needed, please contact the Activities Department to update the consent form to allow us to share your resident's moments on the NHC Facebook site, website, and in our monthly hard copy newsletter. We can do the update by phone.

As the weather warms up you can also hang and fill bird feeders, even place flower pots outside their window to fill their outside view with some love. Remember, our programming includes room visits, passing out coloring pages and puzzle books, simple art projects, hand massages, hallway dance parties and car races! We've set up individual stations, appropriately spaced, for residents to have the opportunity to do activities outside of their room as able. Chaplain Phil is supporting the residents spiritual needs with Bible study, Hymn singing and study, and prayer. We appreciate your patience and understanding during this time that is constantly changing. We are truly in this together and thank you for your support. Church services are also being streamed online.

We will continue to "share the love!" We appreciate your patience and understanding during this challenging time. Truly, we are in this together and your support means so much to all of us at NHC Maryland Heights.

NHC wishes to express our deepest sympathies for the family and friends of the residents who have recently passed.

Partner of the Month

She has been a CNA at NHC Maryland Heights for just over a year, but a CNA for many years in different states around the country. She says in so many words that the work and the people she cares for are still her passion. She says without hesitation, "having Christ in my life" is what motivates her in this work. She says, "I'm always working for people." Her excellent work has caught the attention of partners and residents. She definitely thinks of them as "family." Congratulations to you, Loretta Moore! You are the Partner of the Month.

Loretta was born in Chicago and raised in Kennett, Missouri...down in the bootheel. The fifth of six children, she graduated from high school in Arkansas...not far over the border from Kennett. Her three grown daughters all earned college degrees and are working. "A leader, not a follower" and "a risk taker," she wants to hike/climb a mountain not far from the California Napa Valley area in the next year or whenever she gets there. Driving is a thing for her (and driving a little fast at times) while listening to gospel music, "always gospel music." One favorite is "You Will Win" sung by Jacklyn Carr.

It's easy to see how her happy and energetic spirit is engaging for the residents. Loretta says of the work, "I'm doing it for the convenience of the residents. I don't do shortcuts!" She says she receives positive feedback and prayer from the residents. That says a lot. Keep up the good work, Loretta.

Oh, there is one more thing. Loretta says meatloaf and lasagna were two favorite meals she would make for her daughters. However, she says her favorite food is "ketchup." Now that is food for thought!



NHC

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Non-Discrimination Policy

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-615-890-2020 (TTY: 7-1-1)

Resident Birthdays

Wanza Borgmeyer	04/05
Miriam Craig	04/07
Maxine Johnson	04/08
Geneva Philbrick	04/16
Ronald Myers	04/17
Arthur Kelley	04/18
Sandra Moushey	04/22
Jan Joslin	04/23
Joan Wagner	04/24
Geraldine Barco	04/25
Billie Eimer	04/25
Donna Gryder	04/26
David Carlisle	04/28
Earline Hemphill	04/30

Partner Birthdays

Tiffany Williams	04/04
Shannon Broomfield	04/08
Anastasia Gavrilets	04/14
Felisha Simms	04/14
Glo Gray	04/17
Terry McPherson	04/19
Spring Clark	04/20
Janitta Williams	04/27
Marlo Lee-Taylor	04/28

Partner Anniversaries

Nancy Maurer	17 years
Deanna Wineland	12 years
Tiffany Taylor	7 years
Nicole Layton	5 years
Courtney Wisa	3 years
Dominic Anderson	2 years
Karen Robinson	2 years
Geanetta McCombs	1 year
Serawork Birhanu	1 year
Jeffrey Fair Jr.	1 year
Tamika Jones	1 year





Thoughts and Information

Thanks for Listening...It Helps

Most of us realize that stress is a normal part of life. It is created by changes in our lives that require adjustments and responses to balance our physical, mental, emotional and spiritual well-being.

Currently in our country and in the world, we are all confronted with the coronavirus disrupting health and many other things in our lives. Kathleen V., a retired RN/Phd, living here, points out, "Stress can be a motivator...essential to survival." She also adds, "Stress helps the body prepare to face danger...short term stress can be helpful." Not the usual way we think about stress, but as Kathleen says, "How we react to a difficult situation will affect how stress affects our health...Developing some coping strategies before stress hits can help an individual manage new situations and maintain physical and mental health."

So, here at NHC Maryland Heights, as a community we had to do some of these very things in response to the oncoming coronavirus. Part of the purpose was definitely to manage the possibility of the disease coming to our doors. But truly the other really important aspect was to keep the stress level in the building manageable for everyone. So, being open to change is critical in response to a rapidly changing and evolving pandemic situation. For many it is a mindset of "go with the flow." And for many it is a faith journey that involves a spirit of giving back to God all things, especially the things we know we can't control. The culmination of not managing stress will lead inevitably to fear and panic. Fear and panic never help us to be at our best. Being mindful about managing our stress during challenging times like these will give a better opportunity for better responses and better outcomes for each one of us...this is personal and at the same time we are all becoming more aware of how connected we are and the community impact of our behavior. Thanks for listening, it helps in so many ways.

Kathleen V., RN & Phd
Phil Barker—Chaplain

Alzheimer's Association Support Group Meeting

April 16, 7-8:30pm at NHC

Multi-Purpose Room

The Alzheimer's Association Support Group meets monthly, led by Social Services Director, Maria McAllister. This group is open to all who are care-givers for someone with dementia.

Here is an opportunity to share and learn with other care-givers and to know that you are not alone in your journey.

Alzheimer's Association

Give yourself credit, not guilt!



1994—First World Alzheimer's Day

The first World Alzheimer's Day (WAD) launches on September 21 by Alzheimer's Disease International, the umbrella organization of Alzheimer's associations.

1995—First transgenic mouse model announced

Researchers announce the first transgenic mouse model that developed Alzheimer-like brain pathology. The mouse was developed by inserting one of the human APP genes linked to a rare, inherited form of Alzheimer's disease. The Alzheimer's Association first awarded a grant to develop a mouse model of a rare neurodegenerative disorder called Gerstmann-Straussler-Scheinker syndrome in 1989, laying the technical foundation for Alzheimer's mouse models.

1999— "Alzheimer's vaccine" successful in mice

The first in a series of reports is published showing that injecting transgenic "Alzheimer" mice with beta-amyloid prevents the animals from developing plaques and other Alzheimer-like brain changes.

Read more: www.alz.org