

Our House

NHC Maryland Heights Monthly Publication

March 2020

Care Is Our Business

Happy March to all!!

It's time for a little Blarney Bingo and celebrating things that are green and the end of winter! Soon our trees and tulips will be budding up all over our grounds. Many of the residents enjoy our landscapes from the front porch views, to looking out bedroom windows, to gazing at the flowers and animals found on our side patios. And, of course, they enjoy Coco and friends. Plenty of good old fashioned entertainment provided by Mother Nature! This year, the last few days of March top it off with the Cardinals opening their baseball season in March. It all sounds good!! Time for warmer weather!!

So, with Blarney Bingo set to go off on Friday, March 13th, we had better hope everybody is feeling lucky. The night will start at 6:30 and end around 8pm. It's normally a packed dining room and one of the really fun all-generation nights here at NHC Maryland Heights. Join the fun and help raise money for The Foundation for Geriatric Education (TFGE). This Foundation provides scholarships to help worthy individuals, currently working at NHC Maryland Heights, to further their education in the field of geriatrics.

I want to let everyone know, Nancy Knapp, is our new activities director. She is our most experienced activities partner and has prepared for this opportunity for years. Besides having done every activity imaginable with residents/patients...she is also good at keeping things organized and creating ways to solve problems on the run...everything doesn't always go as planned:)! I'm so glad for Nancy and for NHC Maryland Heights residents, because I think activities will continue to thrive under her leadership.

It seems like the seasons fly by so fast and I am always talking about seasonal clothing changes for our residents. So, it is not too early to start thinking about switching out some of your loved one's heavier clothing for more appropriate springtime wear. As always make sure to label with first initial and last name. Please use a permanent black marker. I know this is a time consuming process, but it really helps the quality of life for our residents. Many of us make a point of complimenting residents on their clothes...we do notice and it really makes them feel good!

'Til next time...

Susan Taylor
Administrator



Resident of the Month

Sandy Moushey is our featured resident this March, 2020. She says “Moushey” is a French name, but then identifies some English, Irish and Cherokee in her family bloodlines. She is also the oldest of three siblings with a younger sister and youngest brother. Dad was a Dolly Madison cakes salesman while her mom ran the home front. Sandy, Saint Louis born and raised, graduated from Cleveland High School and from UMSL. Political science was her major and she went on to work for thirty years as a public administrator for the city of Saint Louis. Sandy is enthusiastic about a number of interests in life.

Sandy was married for almost 20 years before her husband passed. She and her husband, William, were real Cardinals fans. He had season tickets. Sandy’s favorite player is still Hall of Fame pitcher, Bob Gibson. Sandy was an athlete in her high school days, playing basketball and softball. She was even into the NBA St.Louis Hawks before they left town. Bob Pettit and Zelmo Beaty were her favorite players. She still excitedly calls Zelmo, “the big Z!” She says, “I loved defense and had a killer hook-shot!” She and her husband had as many as 10 cats, her favorite breed being a “Maine Coon,” a very large house cat!



She is quotable for sure! She says, “My favorite color is green...it’s renewable, it’s the future, it’s all good stuff!” And, “The money we spent at Ted Drewe’s could have put a kid through college.” Very humbly she says, “I’m a serviceable cook, not great.”

Music is another strong interest for Sandy. She said, as an alto, she could hide in a choir...and she says, “I loved to dance...now William, bless his heart, could not!” Sandy, you are fun.

Coco and Friends

You know the weather is always changing in our neck of the woods. But usually March is the month that really brings the winds of change more than any other time of year. Over the years I have been an interested observer and tried my best to learn what to expect so I’m prepared to take cover or move to one of my favorite spots in the courtyard (like next to the brick wall warmed by the early morning sun...feels so good!). That’s life...you’ve got to know when to take cover and when to move to a favorite spot, because you sure don’t have a vote on the weather. From my limited horse-sense point of view, I just try to stay focused on grass, water, a nice brushing, friendly pats on the nose, head, side and backside from all my visitor friends (grandkids to grandparents and everyone in-between)! I’ve got a great gig here at NHC Maryland Heights. Me and my friends are looking forward to your visits!



NHC Maryland Heights Customer Service Survey

Customers will receive a customer service survey (CSS) at admission, discharge and annually. We strive for excellence and want you to score us “excellent!” If you can’t give an excellent score, please let any member of the team know you think we can improve what we do. Comments are helpful in letting us know what to keep doing and what to improve on. If a staff member’s name is lifted up in the survey, for recognition and reward they get to pick a gift card and be mentioned in our staff meeting. This really makes the partners smile!

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.

Flu and Pneumonia Immunizations

If you have consented and returned your immunization consent sheets, your family member has received their vaccination. If you have not, it is not too late to get that in. Please send in your form or call so we can get your family member vaccinated. **Also, we ask visitors (adults and children) showing signs of being under the weather to please, please postpone your visit until you feel better.** Residents and staff thank you for caring and helping in this matter! We want everyone to stay well. If you have any questions, please feel free to call. Sarah Roberts, RN, 314-291-0121 ext.245

Activities News

March's changing winds seem to have arrived in the activities department. Early in February, Nancy Knapp, became the new director and Melanie Scorfina the new assistant director. Nancy will be bringing her years of experience to lead the department in new and interesting directions as well as continuing to play the hits!! Melanie is putting her artistic and decorating skills on display throughout the building for all the special days and change of seasons. Other partners will be acting as supporting cast so the residents will get their full daily dose of activities. And don't forget, Blarney Bingo will be happening the evening of Friday, March 13th!



Smoking Practice Update

To ensure the safety of all of our residents there are some changes in our current smoking policy. Residents will have to be monitored by a staff member when they smoke on campus. We can no longer have families of residents monitor residents. Residents who smoke will use a smoking apron. This policy change is to protect all people within the building. Thanks for helping us enforce this policy. It is people's right to smoke, but it is our responsibility as staff at NHC to help everyone to remain safe.

Wi-Fi Network

A Wi-Fi guest network has been created for NHC Maryland Heights. Connect once and you will stay connected. New access information is as follows:
Name — NHC-guestaccess
Password — nhcguest
Center owned devices are not to be operated on this new guest network.

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

Partner of the Month

Born six of seven children in Benin City, Nigeria only to lose his father at three years old and be raised with his brothers and sisters by his mom as a single parent, Francis Ogbveen, knows about life challenges and points to his mother's example of how to make it through. He has been at NHC Maryland Heights for 5 years and is the overnight nursing supervisor. He is also very deserving as the July Partner of the Month. Just imagine earning a degree in microbiology and then deciding it would be best to leave your country, start a nursing career as a CNA to get exposure and experience in the field. What a switch, what a challenge. But Francis says, "Working with people is what I like to do...it is my passion!" The people interaction and satisfaction reward factor is what anchors his commitment to nursing. And it shows by the leadership and professional presence he contributes to the overnight team. His leadership skills and professionalism were challenged by the fire emergency he had to deal with in December 2019. This has been noticed and the partners endorsed his selection with enthusiasm in their voting. He states clearly that "patient care done right" is at the top of his priority list and this includes anticipating and meeting the patient's needs in an empathic manner. Building relationships with the staff and residents is a strong second on his list. And, of course, he has to deal with staff schedule and performance issues. It is clear that Francis enjoys the work even as it presents the challenges of working overnights while being married and raising a family.



Francis is into soccer, following a team from Nigeria and teams from the USA. Francis is into food! There is a Chinese buffet that serves salmon and broccoli he loves. Francis is into "old school" country and R&B music that would come on the radio in Nigeria at 12 and 2pm and is known as lunchtime music!!:) And Francis is into action movies...anything with Sam Jackson, Denzel Washington, and Bruce Willis...and he can definitely watch them more than once. He and his wife hope to travel to Germany in the future.

Francis also would like to have some hands on involvement in the future with organizations like the Red Cross or a local food pantry, to give back to the community. His faith as a lifetime Catholic informs all of these interests even more. Francis, thanks again for your work and congratulations on this honor for the 2nd time in the last eight months!

NHC

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Non-Discrimination Policy

As a recipient of federal financial assistance, NHC Maryland Heights does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, national origin, religion, sex, gender, or on the basis of disability or age in admission to, participation in, or receipt of their services and benefits of any of its programs and activities or in employment.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 1-615-890-2020 (TTY: 7-1-1)

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

Judith Osseck	03/10
Dolores Anthony	03/11
Betty Scott	03/17
Gerald Vaughn	03/17
Arnetta Gordon	03/19
Thomas Stevens	03/20
Russel Hicks	03/21
Phyllis Copeland	03/24
Fred Rosenthal	03/24
Paula Anderson	03/25
Kathleen Vaughn	03/25
Shirley Harrison	03/26
Gwendolyn Terrell	03/26
Mary Nobs	03/30
Virginia Fischer	03/31
Julia Sexton	03/31

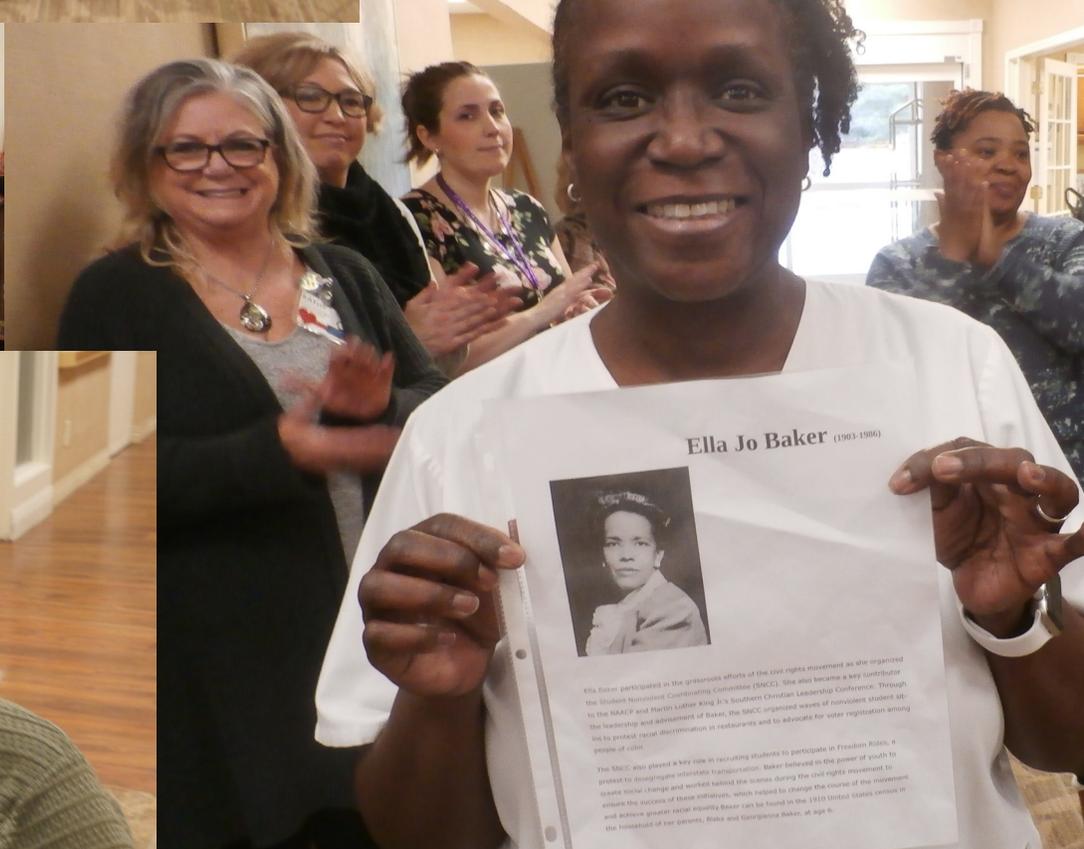
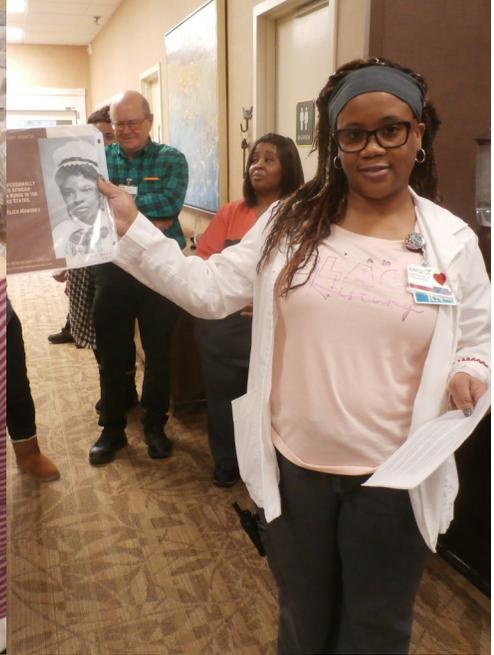
Partner Birthdays

Tyshiah Pearl	03/02
Morgan Banks	03/04
Lisa Davis	03/04
Nancy Maurer	03/04
Janet Chavis	03/06
Tiffany Taylor	03/10
Ashlie Baker	03/15
Lala Kamanda	03/17
Danielle Lovett	03/17
Tracy Smith	03/20
Xin Han	03/21
Anne Kamau	03/26
Philip Barker	03/29
Michelle Webb	03/30
Cynthia Johnson	03/31

Partner Anniversaries

Nancy Knapp	23 years
Jackie Mooring	19 years
Lasonja Crate	17 years
Angela Bennett	15 years
Dorothy Sweet	15 years
Sarah Roberts	11 years
Angel Pierce	6 years
Lynn Kueker	6 years
Geraldine Hines	5 years
Lauren Strong	4 years
Paula Bailey	2 years
Lakenya Daniels	2 years
Tanedria Lewis	1 year
Danielle Lovett	1 year
Cynthia Dimicelli	1 year





Thoughts and Information

Thanks for Listening...It Helps

Do you ever worry about losing things? Just think about it...losing tangible, physical, material things...your wallet, purse, glasses, keys, money, teeth, favorite shirt, pants, blanket, you name it and you can worry about losing it. Because, let's face it, we have all been through losing a thing that we valued...and it hurt when we lost it. Losing things is not just something that happens at NHC Maryland Heights, it happens to all of us everywhere in life. Oh, and a societal favorite is the mobile phone. They are aptly named, because mobile phones do seem to travel—get lost—frequently.

But just think, lots of people worry about the loss of stuff more important than material things. We see things happen to family, friends, people we work with, and to ourselves. We see people lose their memory, patience, energy, skills, health, job, relationships, purpose, sanity, faith, hope, love. And the list can go on and on...

All of which brings us to one of those important life lessons we all have to deal with all the time on many levels. How do we choose to deal with loss in life? Books have been written on that question, so I won't try here. But, for all of us who may have become "tough" working with so many levels of loss every day while caring for family, friends, residents, patients...maybe we can encourage each other to have compassion and care more deeply by remembering this thought, "If it was happening to me, it would be a big deal!" Thanks for listening...it always helps.

Phil Barker—Chaplain and Newsletter Guy

Alzheimer's Association Support Group Meeting

March 19, 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!



1993—First Alzheimer's risk factor gene identified—Researchers identify APOE-e4, a form of the apolipoprotein-E (APOE) gene on chromosome 19, as the first gene that raises risk for Alzheimer's but does not determine that a person who has it will develop the disease.

1993—First Alzheimer's drug approved by FDA—The Food and Drug Administration (FDA) Approves tacrine (Cognex) as the first drug specifically targeting Alzheimer's memory and thinking symptoms. Four additional drugs are approved over the next 10 years.

1994—President Reagan's diagnosis announced—Former U.S. President Ronald Reagan shares with the American people that he has been diagnosed with Alzheimer's disease. In an open letter to the American people about his decision to share his diagnosis, President Reagan wrote, "In opening our hearts, we hope this might promote greater awareness of this condition. Perhaps it will encourage a clearer understanding of the individuals and families who are affected by it."

Read more: www.alz.org