

Our House

NHC Maryland Heights Monthly Publication

February 2020

Care Is Our Business

Happy February to everyone!!

Wow!! Here's February and maybe tulips and daffodils will be popping up to tell winter to go away and to beg spring to come and stay. Many of us are really happy when an early spring shows up and stays a long time. And we look forward to our very fun Valentine's Day festivities led by our activities department. I'm keeping my fingers crossed for early spring!

On a more serious note, you should know we practice for emergencies and disasters and hope to never use what we have learned. On December 20th we had a small contained fire on the back of Wing One during night shift. The source was a heating unit in one room. Our building has a full sprinkler system which was effective in extinguishing the fire. I am proud of how my partners in the building came together to take care of our residents. I, as well as many other partners not at work, came rushing here when we were contacted or heard the news. I am happy to report no one received a speeding ticket.

When I arrived at work, all of our residents were already moved to safe locations in other parts of the building per our fire training drills. The partners helped ensure all residents were safe and comfortable. My night shift was exhausted, but moved swiftly. We truly had some shining stars and great teamwork.

Our residents on the other wings were not affected. Many of them did not know what had happened until their family called to check on them. We have many areas within the building that are fire compartments sealed off by fire doors. Residents were safe in these non-involved areas.

I also wanted to remind people about our practice for notifying families of affected residents. We will always call the first responsible party for any resident affected. Any interruption of services will be posted on our website and Facebook page.

We will continue to drill our partners on fire, earthquake, tornado, and all emergency preparedness. Our annual Safety Fair, which is our emergency preparedness education event for all partners, will happen this summer. Keeping our residents and partners safe is a number one priority at NHC Maryland Heights.

And one last thought...everyone is involved in helping with safety here at NHC Maryland Heights. So I would ask that when you are visiting, if you see an item on a room heater or on a light, please remove that item and bring it to the attention of one of our partners working at that time. Obviously misplaced objects like those may cause a fire. We also do not want chairs or any items up against the room heating units. For that matter, please bring any safety concerns to our attention so we can respond to the issue immediately. Thank you for your help in keeping everyone safe!

'Til next time...
Susan Taylor
Administrator

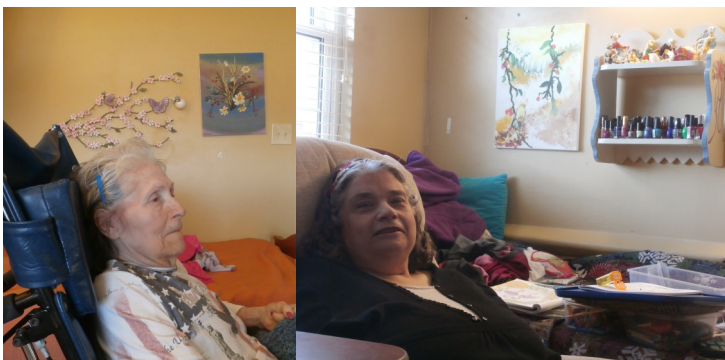
Resident of the Month

Dorothy and LeeAnne Dorey have more fun things to talk about than can possibly be squeezed into this article. They are mother and daughter living here at NHC Maryland Heights together. A glance around their room reveals two pretty hand painted canvasses and a decorative handmade shelf. LeeAnne is the artist and is especially proud of the shelf that she and her dad worked on not long before he passed away. And Dorothy really cherishes the canvas painting by LeeAnne that hangs near their door. It was LeeAnne's first painting on canvas. Together, Dorothy and LeeAnne are the residents of the month for February. Congratulations to them!

Dorothy was a Tamaroa, Illinois girl, born and raised in southern Illinois. She was one of eight children and then had four of her own with her husband, Art. Dorothy, who was an RN working at St. John's Hospital, got to know Art through letter writing...very romantic...he was fighting in Korea and needed someone to talk with. Art told Dorothy and others that some of his soldier buddies "had Marilyn Monroe pictures but I have Dorothy's!" They were married almost 40 years and Dorothy says, "We had a good life."

LeeAnne has some great stories about family vacations. Some favorite places were Colorado and Disney Land in California. But the time their Ford station wagon broke down in the desert is one you have to hear her tell. Speaking of stories, LeeAnne loves to write poetry, journals and stories. She also loves to cook and says that she does miss not being able to cook any more. She and her mom both say lasagna and all foods Italian is what they love most.

Both LeeAnne and Dorothy are nicely involved in life here at NHC Maryland Heights. LeeAnne is always interested in creative opportunities and projects. She and her mom are often out socializing in center court. Both of them get involved in a number of different activities, including going on some of the activity outings. But you can tell that they also really enjoy retreating to the quiet of their room.



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!



Coco and Friends

Do you love the things that change in your life? Like the weather here in St. Louis? St. Louis weather changes faster than my chicken friends run...so much so that I just can't get too worked up about it. In fact the ever-changing weather just teaches me and a lot of my friends to take change in stride and do one day at a time...which of course is all we can do...you might call it horse sense. Anyway, the older I get (and I'm getting up there), the more I realize how important it is to really enjoy today.

Coco's Ode to Today

Feel the cold and stand in some morning sun
Eat some green grass
Drink a little water
And watch those chickens run!
Then greet a couple of goats
And watch them eat strange things—for fun!
And watch those chickens run!
Before I know it night will come
And today will be done!

Well, we all look forward to good days with our friends. Here's hoping we see you soon!



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

Can we talk heart to heart? It is February and this is certainly one of the fun months for activities. Lots of people seem to enjoy February 14th in particular! Who will be the king and queen of the Valentine's Day celebration? And who will send out or receive the NHC famous balloon-grams? Check with activities and/or the front desk about buying those. The party is always fun with live entertainment and cake and whatever else is being served. LOVE and hearts will be in the air! Happy Valentine's Day to all (when it arrives)! And, of course, we will do our usual full calendar of activities throughout the month.



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

To date, this is Laura Letizia's first and only nursing job. She has been with NHC Maryland Heights for seven years. In that time she moved quickly from night shift charge nurse to being the unit manager for the Meadows, the RN Case Manager, and one of the two Minimum Data Set nurses. She is in charge of the assessments data for state and insurance reimbursements (a little different than the wrestling stats she kept in high school). Laura earned her BSN at Barnes Jewish nursing school. Apparently she was the only nurse in her class that wanted to work in geriatrics. Laura says, "I love what I do and love old people...they have good stories and I feel like they are forgotten about." Her interest in this work began (thanks to her late Aunt Rhonda Elliott, nurse for many years here) with Laura volunteering at another NHC facility. Laura still likes coming to work "because of the residents, partners, and the family environment."

Speaking of family environment, Laura has plenty of that going on at home. She is a mom of two boys, 14 and 5 years old, and three dogs, two are puppies...all are pit bulls! The family camps, vacations, loves motor sports and cars. Laura's dream car is a Shelby Mustang. She and her husband, Blake, are also busy keeping up with their oldest son's select soccer schedule. And she says her five year-old "thinks he wants to be a rock star!" He must have his mom's energy:~!

This is Laura's second time being recognized as partner of the month during her years here at NHC. Congratulations, Laura! Thanks for all the paperwork (or paperless work you do:) and everything else you do for NHC Maryland Heights residents and families.



NHC

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People in the Know

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Extensions

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

Phyllis Cooper	02/03
Blake Heida	02/04
George Chartand	02/06
Dorothy Dorey	02/10
Lucile Lane	02/12
Anna Furkin	02/16
Lula McDonald	02/16
Beau Rose	02/19
Peggy Belcher	02/21
Freddie Eason	02/22
Ronnie Odell	02/23
Ivory Rivers	02/24
Marietta Britt	02/26
Doris Rehm	02/27

Partner Birthdays

Raquel Adams	02/05
Joanne Kramer	02/09
Wanda Dalton-Devore	02/17
Courtney Wisa	02/17
Kristina Mohler	02/19
Jenna Murray	02/19
Jane Pakko	02/19
Lasonja Crate	02/21
Hawaii Elston	02/24
Lynn Kueker	02/28

Partner Anniversaries

Elaine Agee	18 years
Laverne King-Geralds	13 years
Michelle Kinard	10 years
Tabitha Bishop	7 years
Pamela Brown	6 years
Aigner Butler	5 years
Tatiana Sparks	3 years
Erica Parham	2 years
Alma Stephan	2 years
Trevon King	1 year
Eulsa Smith	1 year
Alexus Wells	1 year

Attention Families!



A clever, colorful wheelchair ID "license plate" has become soooooo popular at NHC. A minimum charitable donation of \$3.00 to Resident Council or Alzheimer's Association, buys your loved one their own license plate for their wheelchair or walker!

To order, please complete the form located at the front desk.



Thoughts and Information

Thanks for Listening...It Helps

You know, sometimes looking back can be a way to restore a vision for the future. Recently, I was looking over a list of "resident of the month" names from past years. It kicked off a lot of memories for me and other staff. Plenty of smiles and laughter were part of the conversation. It was like taking a moment to dig through a shoebox full of photos. These people and their families and friends come to NHC Maryland Heights to receive help and then they leave all of us, staff and neighbors, so much richer, because they become an important part of our lives.

So thinking about those people and the time spent with them is uniquely inspiring as to a worthy vision and purpose for the future. If the past is any measure, it would appear that the future is full of riches that will come in our door in the form of all God's children. Of course they are always accompanied by the joys and sorrows, the good days and bad days, of making this part of life's journey together. Spending time to listen to their stories and be part of their stories is truly an opportunity of a lifetime. Sharing their stories will help us all to build a better future here at NHC and wherever we go in life. Thanks for listening...it helps!

Phil Barker—Chaplain and Newsletter Guy



Alzheimer's Association Support Group Meeting

February 20, 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!



1987—First Alzheimer's drug trial—The Alzheimer's Association assists the NIA and Warner Lambert Pharmaceutical Company (now Pfizer) in launching and recruiting participants for clinical trials of tacrine, the first drug specifically targeting symptoms of Alzheimer's disease.

1987—First deterministic Alzheimer's gene identified—Researchers identify the first gene associated with rare, inherited forms of Alzheimer's disease. This gene on chromosome 21 codes amyloid precursor protein (APP), the parent molecule from which beta-amyloid is formed. Chromosome 21 is also the chromosome of which those with Down syndrome have three copies rather than two. Many individuals with Down syndrome develop Alzheimer's disease, often as young as their 30s and 40s.

1991—Federal clinical study consortium launched—The NIA established the Alzheimer's Disease Cooperative Study (ADCS), a nationwide Medical network to facilitate clinical research and conduct federally funded clinical trials.

Read more: www.alz.org