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Newsletter

Jeffersonmemorycare.com

Jefferson Memory Care  
A happier life for everyone...



## Administraton Corner

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July has sure been a hot one, and I'm sure August is going to be even hotter! With that in mind, it's important for all families, residents, caregivers, and visitors to remember our Nurse's previous notation about the importance of liberal sun screen use, sitting in the shade, limiting sun exposure, and most importantly, staying hydrated! The days are only going to get warmer!

Speaking of staying hydrated, the flowers in the front of our building and in our courtyards are looking fantastic as a result of getting plenty of water and tender care from our Environmental Services Coordinator, Bruce Fuller. Not only can Bruce be seen throughout our community keeping it clean, but he can also be found outside making sure our residents always have a pleasant view when looking out our windows and meandering through our lush courtyards. Thank you, Bruce, for doing such a great job in this warm weather!

With the upcoming weather likely being equally warm, or warmer, we are still planning some great activities for our residents to enjoy; however, we'll probably try to stay inside a little more to ensure everyone's safety and comfort.

One of the upcoming events that we are rather excited about is celebrating National Senior Citizen Day on August 21st! Some of our residents do not have the benefit of having family and friends close by to come visit them, so we are encouraging all guests and local community members to come to Jefferson Memory Care and visit with our residents; not just on this day, but every day! If you are interested, or if you know anyone interested, in volunteering some time to visit with our residents, allowing you to learn about their journey through life, we would love to make those introductions, and we know our residents would greatly enjoy it too! For anyone interested in spending time with our residents, you can call our main number and speak to Sam Prisk, our Life Enrichment Coordinator.

### SHINING STAR AUGUST

#### Ashley Sanchez, RCC3

Augusts' Star employee of the month is Ashley S. Beyond a dedicated worker, Ashley is well over due for employee recognition. She's reliable, empathetic, and one of the best RCC3's we could ever ask for! Ashley has a beautiful little girl who is her world and she's one of the best moms around. She treats every single resident as if they were her own family member and everyone just adores her. We cannot give her enough kudos for all she does here at Jefferson Memory Care! Thank you, Ashley, for all your hard work and help; we couldn't do it without you! Congrats, Ashley!

## Resident Health Services, Tabitha Martin, RN

The month of August is national immunization awareness month. This is an opportunity for us to be reminded of the importance of providing and monitoring immunizations within our community here at JMC. The elderly population is at a much higher risk of traumatic and long-term infections due to a natural decline in immune response as they age. It is imperative that we gain the knowledge and put into practice the important task of completing immunizations for the wellbeing of our residents. These can include, but are not limited to, vaccinations for pneumonia, influenza, hepatitis, and other diseases.

While there is no guarantee that this year's influenza immunization will be 100% effective against this year's strains of the virus, the CDC states that some protection is better than none. With last year's influenza epidemic fresh in our minds, we can, and should, take a moment of gratitude that JMC did not see any major impact from the epidemic in the community at large and that our residents remained safe. This was a group effort between immunizations given and families being cognizant and aware of not exposing their loved ones to illnesses and staff being aware as well. Influenza and other immunizations can save lives and prevent suffering for those we care for. Unfortunately, our residents are at a higher risk of infection and spreading a viral illness than their loved ones.

It is through immunizations that, as a nation, we have been able to eradicate certain illnesses such as polio and other illnesses that were common when some of our residents were young. An ounce of prevention is worth a pound of cure.

Thank you for your efforts to make sure your loved ones are up-to-date on their immunizations and for not sharing any viruses or illnesses you may encounter with our community.

### Notes From Dietary

#### Shareen Kinatader, Nutritional Services Coordinator

No new major announcements in the Nutritional Services Department besides some new amazing staff joining our team! So here's a fun summer side recipe our resident's loved!

### **BROCCOLI SALAD**

*Submitted by Doris Clayton of Knoxville*

#### **RECIPE:**

1 head broccoli flowers - cut small  
small amount cauliflower-cut small  
1 red onion

Dressing: 1 cup mayonnaise  
2 tablespoons vinegar

1/2 cup sugar • 1/2 cup raisins

1/2 jar bacon bits (hormel)

Cashews - all you want!!



Mix the first 5 ingredients ahead of time, cover and refrigerate. Make dressing up at same time and refrigerate. Just before serving - pour on dressing and add cashews.

### Enviromental Services, Bruce Fuller, Enviornmental Services Coordinator

Hello residents, family, and staff! We are very pleased to announce that Barb has joined the JMC Team by filling the role as Housekeeper. She will be working with Bruce to make sure our residents home is always clean, safe, and "homey" feeling. Barb is a great communicator and a hard worker. Barb and her husband worked at Harley for a number of years, and upon retiring from Harley, they moved down to Georgia where Barb became a sheriff. In 2015, Barb retired from her career as a sheriff and moved back to Jefferson the following year and we are sure glad she did! We are very pleased to have her, so don't hesitate to introduce yourself and make her feel welcomed!!

## RESIDENT OF THE MONTH

Our Resident of the Month for August is Jodean G. Jodean is the definition of a sweetheart! She loves to play dice and card games and almost always wins! Young at heart and in spirit. She loves to talk about her family and past life experiences. We're honored to have Jodean with us! Congratulations, Jodean!



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## Staff Birthdays in August



- \*8/1- Tanya B.
- \*8/15- Heather S.
- \*8/16- Brittany F.

PDF Reducer Demo

## RESIDENT BIRTHDAYS IN

### AUGUST



- \*8/4- SANDY R.
- \*8/10- KAREN D.
- \*8/14- ROSEMARY O.
- \*8/23- JOHN Y.
- \*8/25- STEVE S.
- \*8/26- MARY S.

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## *New Staff, Welcome!*

- \*Tanya B.,-RCC3
- \*Jayson L.,-RCC3
- \*Barb - Housekeeping
- \*Tierra D.,-RCC3
- \*Betty R.,-RCC

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## IN LOVING MEMORY.....

- GERRY G.



## Upcoming Events!

- \*August 2<sup>nd</sup>- Bill Webb Music
- \*August 9<sup>th</sup>- Cowboy Bob Music
- \*August 9<sup>th</sup>- Pet Therapy Group
- \*August 10<sup>th</sup>- S'mores Fun!
- \*August 14<sup>th</sup>- Patricia Stone Music
- \*August 16<sup>th</sup>- Jessie Walker Music
- \*August 21<sup>st</sup>- Resident Council
- \*August 21<sup>st</sup>- National Senior Citizen Day!
- \*August 22<sup>nd</sup>- Luau Party!
- \*August 23<sup>rd</sup>- Randy Kiel Music
- \*August 24<sup>th</sup>- Frostie Freeze Outing
- \*August 28<sup>th</sup>- Denny Diamond Music
- \*August 29<sup>th</sup>- Meal of Month Lunch
- \*August 30<sup>th</sup>- Al Anderson Music

## National S'mores Day!

**When: Friday, August 10th**

**Time: 1:30pm**

**Where: Bistro/Courtyard**

\*Please join us for a fun little get together and s'mores makin'! It's that time of year to enjoy a sweet treat tradition!