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June 2018
Newsletter

Jeffersonmemorycare.com

Jefferson Memory Care
A happier life for everyone...



Administraton Corner

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Well, the April showers seemed to come into May, but the flowers still arrived! Jefferson Memory Care is full of color; the grass is a lush dark green, there are purple, white, and pink flowers out front, and there a ton of flowers in hanging baskets and in raised beds in the private courtyards. The few raised beds that remain are soon to be filled with vegetable plants that will be harvested by our Life Enrichment and Dining staff to share with our residents for snacks and meals. We've been thankful for the warmer weather, allowing us to spend time outside, and have windows open to let in the fresh, floral air!

Another thing we enjoyed in May was the Mother's Day Brunch. It was great seeing residents visiting with their loved ones, as well as also seeing members of the public community come to learn about the great care provided to the residents at Jefferson Memory Care. We received many compliments about the meal and décor of the Bistro, and we made sure to take note of what worked well so we can see about doing something for Father's Day as well.

To bring May to a close, we welcomed a new entertainer, Denny Diamond, whom put on a fantastic performance for our residents, and we also encouraged our residents to incorporate more exercise and healthful food choices into their daily routines as we celebrated National Senior Health and Fitness Day.

For June, we are excited to be doing our first resident outing of the year, and we're going to Frostie Freeze. We're also going to be celebrating warmer summer months with a Summer Break Party, and the Sassy Steppers entertainment group will be here to put on a show! All residents, families, and the public community are welcome to attend, and we hope to see you there!

SHINING STAR APRIL

Cindy Chapman, RCC3

Please help us congratulate Cindy on being May's Star Employee! Upon being one of the kindest people you could ever meet, she is compassionate and caring as well. Cindy is the definition of a team player and is always there when needed. She goes above and beyond every single day and is truly the missing piece that holds our team together! She's beautiful inside and out and loves each resident as if they're her own family! Thank you, Cindy!



Resident Health Services, Tabitha Martin, RN

This month in the nursing department we are continuing our efforts towards implementing resident specific interventions to help improve quality of life. These efforts include use of aromatherapy around the building at the corner of each quad to encourage peace and harmony, stress relief, and positive energy, opening the courtyards for outside visits and walks, activity items for personal use in the living rooms (cards, games, etc). In addition to the aromatherapy addition, we would like to encourage families to participate in this as well through activities and involvement with our community, utilizing and providing photo albums with labels of who is in the photos, when they were taken, and what events were occurring for residents to look at and share fond memories with staff and each other. The personal elements to care really do improve mood, can help residents recall and retrain their memory, and help them to make new friends throughout our community here at JMC.

Please also be aware that with the upcoming season, risk for dehydration and sun burns are all too real for our residents. When taking residents outside or on day trips, please be aware of these concerns and needs by providing shade, water, and sunscreen.

Notes From Dietary
Shareen Kinatader, Nutritional Services
Coordinator

Nutritional services is ready for Summer! We already broke out the grill for last month's Meal Of The Month, and it smelled and tasted great! There are more cookouts planned ahead. We are trying new flavors in our menu items.

We've cooked with Smoked Hungarian Paprika, Chicken Carnita, and most importantly, Strawberry Rhubarb and Lemon Bar ice cream. Also just delivered, No Sugar Added Peanut Butter Cup Fudge ice cream! We are looking forward to creating meals that have the flavors of Summer! We sure waited a long time for it to get here!

Enviromental Services,
Bruce Fuller, Enviromental Services
Coordinator

May has been a busy month in the Enviromental Services Department! Patio furniture is up in front of the building and in the courtyards. We also bought 4 extra planters that are filled with beautiful flowers and new hanging baskets to brighten everything up and welcome Summer in!



Let's all get outdoors and enjoy the much needed Vitamin B and sunshine! It's about time!

RESIDENT OF THE MONTH

Our Resident of the Month for May here at Jefferson Memory Care is Steven S. Besides loving to joke around with staff and fellow residents, Steve has one of the best sense of humors we've had the pleasure of enjoying. Gambling man to the bone, you can find him kicking everyone's butts in dice and card games in the Bistro. Or maybe you'll catch him sun bathing outside during the warm months. Always helping us put together bird houses, tables/chairs, planters, and anything else he can do! We're lucky to have him with us at Jefferson Memory Care! Congratulations, Steve!



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Staff Birthdays in June



***June 2nd - Ben V**

***June 6th - Stacy L.**

***June 9th - Emoni H.**

***June 16th - June G.**

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RESIDENT BIRTHDAYS IN JUNE



*** JUNE 6TH - BARB C.**

*** JUNE 14TH - VICKIE M.**

New Staff, Welcome!

***Valentino, Assistant Administrator**

***Theresa, RCC3**

***Abigail, RCC**

***JaVashia, RCC3**

***Zana, RCC3**

IN LOVING MEMORY.....



Upcoming Events!

June 5th: Gemini Entertainment

June 7th: Bill Webb Music

June 9th: Birthday Celebration

June 12th: Patricia Stone Music

June 14th: Jerry Zelm Music & Pet
Therapy

June 16th: Father's Day Party

June 19th: Bahama Bob Music

June 21st: Sassy Steppers

June 22nd: Frostie Freeze Outing

June 26th: Randy Kiel Music

June 27th: Luncheon

June 28th: Resident Council

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Summer Break Party!



When: Thursday, June 21st

Time: 1:30pm

Where: Bistro

*Please join us to celebrate the National 1st day of Summer with snacks, drinks, and a special performance by the Sassy Steppers!