

March/April 2017

Jefferson Memory Care

When a loved one encounters memory issues, unique challenges arise for the person affected and their family members. We at Jefferson Memory Care know the emotions they experience and the importance that human kindness plays in helping. We also believe that assuring the resident's personal dignity is the cornerstone of providing care.



Patsy Cline Show



Dell Shares His Woodworking Skills!



**Great Food,
Family
Friends
And Fun!**



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Resident of the Month

Clementine Wing:

Congratulations to Clementine, our Resident of the Month! She is such a joy to have here! Clementine is always ready to play a game of cards and listen to anyone who needs an ear. She is a big part of our activity department, and is always helpful to everyone around her! Make sure to say hi to her when you see her next!



SHINING STAR AWARD!

Alexa Kiekhaefer

Alexa is one of our newer employees and has been doing a fantastic job since her first day! She has goals of becoming a nurse and truly cares for the residents at Jefferson Memory Care – she is also one of the nicest young women you will meet! She recently completed her medication administration class, and will be becoming a medication passer soon! Watch for her on the med carts and tell her congratulations! We're proud of you, Alexa!



Myth 1: Memory loss is a natural part of aging

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades.

It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by other issues.

Myth 2: Alzheimer's disease is not fatal

Reality: Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

Myth 3: Only older people can get Alzheimer's

Reality: Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease

Myth 4: There are treatments available to stop the progression of Alzheimer's disease

Reality: At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months, on average, for about half of the individuals who take them.

Administration Corner

Hello everyone! It's been a great February with the hint of warm weather! We were even able to take the residents out in the courtyard, it was so nice! Hopefully we will be able to have the same warm weather soon in March! With the warm weather, also comes more time of sunshine! Remember to set your clocks on March 12th for Daylight Savings Time! Thanks everyone for all of your continued support – we are so lucky to have all of you in our lives!

**Noelle Wiebusch,
Administrator**

Notes From Resident Health Services

Please welcome Angela Jones. She started in the beginning of February as a full time RHC. Angela previously worked as a cook at Jefferson Memory Care. She will be taking over the D quad. We are pleased to have her bubbly personality in the office. As always, we are here to serve our residents with excellence and dignity. With the addition of Angela on our care team, we are able to bring another level of dedication to all of our residents.

**Rachel Westermeyer,
Registered Nurse**



JMC Saint Patrick's Day Party!

Tuesday, March 14th

Music by Steven Doyle

In the JMC Bistro

**Family and Friends are
Welcome**

**We hope to see you for our
party, snacks included!!**



Cooking Club Creations!!!

*Cowboy Bob and His
Dog Buddy!*



Dietary

Candy Olsen, Nutritional Services Coordinator

We have had a great time in the kitchen the past few months. It is such a joy to be able to serve good meals for the people of Jefferson Memory Care. As we approach Spring, we are excited to start adding some lighter choices to our menu. We will be having a St. Patrick's Day special menu; corned beef, cabbage, cooked carrots and potatoes, along with a secret dessert! As always, we are here to make sure that the resident's in our facility have a great time, and we in the kitchen believe it starts with a good meal.

Environmental Services

Dennis Wellnitz, Environmental Services Coordinator:

We have had a good start to the year here at Memory Care in Jefferson, it is a pleasure to be able to serve our residents by keeping our building neat, orderly and working at full capacity. We have had some more snow, make sure to take care when driving. If there are any conditions in the building needing maintenance, I would be happy to look into it for you.



March/April Events and Activities

Every Tuesday Morning: Bible Study
Every Thursday Morning: BINGO
Every 2nd Thursday Afternoon: Pet Therapy

March 7th: Elvis Show, Alan Graveen
 March 9th: Resident Council
 March 10th: Music with Jesse Walker
 March 14th: St. Patrick's Day Party with Steven Doyle
 March 16th: Music with Jerry Zelm
 March 21st: Pizza Party with Bahama Bob
 March 23rd: Piano Music with Bill Webb
 March 30th: Gemini Entertainment
 April 4th: Music with Dick Larson
 April 6th: Resident Council
 April 11th: Music with The Music Doctors
 April 17th: Music with Bahama Bob
 April 20th: Piano Music with Bill Webb
 April 25th: Patsy Cline Show, Karen Wickman
 April 27th: Gospel Music with Jeanette Crosswait

WELCOME NEW STAFF:

Catherine Carter, RCC
Alexa Kiekhaefer, RCC3
Sidney Butina, Dietary Aid
Shareen Kinateder, Cook
Alyssa Madrid, RCC3
Carly Wilke, RCC3
Taylor Eppler, RCC
Elaine Fritz, Dietary Aide
Violet McKnight, RCC3
Trisha Jobe, RCC3
Kimberli Buchanan, RCC3
Allie Miller, RCC3
Taylor Jordan, RCC3
Shannon Houk, RCC3

Resident Birthdays

March:

6th – Norma Snitchler
 23th – Donna Holmes
 24th – Anita Gitzlaff

April:

1st – Stan Wermling
 6th – Jaci Badding
 8th – Cami Wilke

Staff Birthdays

March:

12th – Trisha J.
 14th – Dennis W.
 19th – Jessica V.
 23rd – Rae O.
 25th – Brittany M.K.
 26th – Violet M.
 28th – Cara H.
 30th – Alyssa M.



April:

9th – Jake P.
 16th – Angela J.
 17th – Mary M.
 22nd – Nancy L.
 26th – Jazmin S.

In Loving Memory....



† Donald Nankervis

WELCOME NEW RESIDENTS:

Jodean Green Richard Provenzano
 Connie Messmer Char Shipman
 Joanne Provenzano Bernard Taube