

Jefferson Memory Care

"A happier life for everyone"

Feb 2015



ALOHA!

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.

Jefferson Memory Care

Winter Luau

Jefferson Memory Care held a Winter Luau on January 20th.



Music by Bahama Bob



**Family
Friends
And Fun!**



Jefferson Memory Care

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Resident of the Month

January's Resident of the Month was Kathleen Groskoph. Kathleen is a native of Jefferson WI and is best known for being one of the area's most respected real estate agent and a former Gemuetlichkeit Queen!



February's Resident of the Month was Arnold (Bud) Strege. Bud comes from Watertown, WI and was a well-known business owner, and was very involved in his church and community sports.



Shining Star Award Tammy Buchli



Tammy provides exceptional care and compassion for our residents along with being an extraordinary team player. Tammy is a hard worker who arrives each day with a positive attitude and is always willing to help out by picking up open shifts to help cover our quickly growing population.

Thank-you Tammy for everything you do!

Helping the person with Alzheimer's with Anxiety and Agitation

A person with Alzheimer's may feel anxious or agitated. He or she may become restless, causing a need to move around or pace, or become upset in certain places or when focused on specific details.

Tips to help prevent agitation

Create a calm environment.

Remove stressors. This may involve moving the person to a safer or quieter place, or offering a security object, rest or privacy. Try soothing rituals and limiting caffeine use.

Avoid environmental triggers.

Noise, glare and background distraction (such as having the television on) can act as triggers.

Monitor personal comfort.

Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation. Make sure the room is at a comfortable temperature. Be sensitive to fears, misperceived threats and frustration with expressing what is wanted.

Simplify tasks and routines.

Provide an opportunity for exercise and activities.

Go for a walk. Garden together. Put on music and dance.

Find out what may be causing the agitation, and try to understand.

Use calming phrases such as: "You're safe here;" "I'm sorry that you are upset;" and "I will stay until you feel better." Let the person know you are there.

Try using art, music or other activities to help engage the person and divert attention away from the anxiety.

Find outlets for the person's energy.

Check yourself.

Do not raise your voice, show alarm or offense, or corner, crowd, restrain, criticize, ignore or argue with the person. Take care not to make sudden movements out of the person's view.

See the doctor.

See the person with dementia's primary care physician to rule out any physical causes or medication-related side effects.

Share your experience with others

Administration Corner

Some exciting news from Jefferson Memory Care! We were currently honored at the annual Jefferson Chamber of Commerce dinner with two awards. The first award was the 2014 Beautification Award that certifies that we have contributed greatly to the beautification of the City of Jefferson. The second award of the night was the 2014 Betterment Award certifying that Jefferson Memory Care has contributed greatly to the betterment of the City of Jefferson. I personally am very proud of the impact we are making in the community. It was apparent at the dinner that JMC is becoming well known throughout the community and will continue to serve the memory care population of Jefferson and the surrounding areas for many years to come.

I would also like to thank all of my dedicated staff members who have been putting in long hours and picking up shifts to help our growing census become manageable. Your compassion and love for our residents always shines through on everything you do and this has not gone unnoticed by residents family members, and myself included.


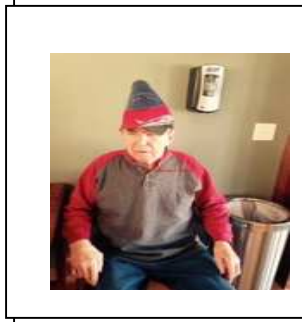
Hillary Holman, MBA
Community Relations/Administration



Notes From Resident Health Services

Please welcome our new RN, Rachel Westermeyer. Rachel and her husband, Josh, live in Watertown and have a son, Gavin.

Welcome Rachel!!



ELVIS is Coming to JMC!

When:
Saturday, March 21, 2015 at 1:30pm

Where:
JMC Bistro

Who:
All Residents, Family, Friends and Staff

Cost: Free

JMC will be hosting ELVIS and hope you all can join us for an afternoon of authentic food, fun and music by **Elvis impersonator, Alan Graveen**

Notes from Dietary

Happy February to all!

By now winter is officially half over. Groundhog Day is approaching and seed catalogs are arriving in the mail. Living in Wisconsin, we all realize that winter is done when it's ready to be. However it doesn't stop us from thoughts of Spring! We'll be celebrating Valentine's Day with activities by Kelly and a special dessert to top off our meal that day. And we're also looking forward to planning spring gardening in our courtyards. We plan to incorporate what is grown into the daily menu as much as possible. Fun and exciting adventures await us! As Always, if you have a favorite recipe or meal please let us know. We would love to add these into the menu as well.

Khris Perks, Nutritional Services Coordinator

Environmental Services

Things are going very well for us in the Environmental Service Part. Been busy getting another Wing going as we just opened our C Wing this past week. Looking ahead as Spring is only a little ways away, thinking of the flower and raised gardens beds I want to put out in the courtyards for our residents and their families to enjoy. Also families as warmer weather is coming you will be able to get those shepherd hooks for bird feeders and plants in the ground soon. If you need any help please feel free to ask me as I would Love to be able to help with anything you all need. Let's all think Spring 😊

Sally Cali

Environmental Services Coordinator



Feb/March Events and Activities

Every Monday Afternoon: For the Love of Music-Music Therapy

Every Thursday Afternoon: Music by JayMix (formerly Opals)

2/3 Music by Dick Larson

2/6 Memory Care Social

2/11 Monthly Birthday Party

2/14 Valentines Party

2/17 Mardi Gras Party: Music by Bill Hill

2/20 Music with Michael Gruber

2/24 Music by Bahama Bob

3/10 Music by Steven Doyle

3/17 St. Patrick's Day Party

3/18 Monthly Birthday Party

3/21 Music by Elvis

3/24 Music by Bahama Bob

Welcome New Staff:

Cady Breitreutz RCC3

Shannon Fuchs RCC3

Kori Gainey RCC3

Brandon Kellogg, RCC3

Jennifer Lischka RCC3

Michael Lischka RCC3

Nancy Longoria RCC1

Tonya Rebigier RCC3

Welcome new Residents:

Ed Neumann

Jean Schlieve

Erik Cederberg

Herbert Schroedl

Margaret Schroedl

Margaret Claussen

Lorraine Mills

Irene Mussotter

Resident Birthdays



No Birthdays in Feb/March

Staff Birthdays

3/14 Savannah B.

3/24 Sally C

