

# Jefferson Memory Care

“A happier life for everyone”

January/February 2018

## 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



**Ronan The Lion!**

Great Food,  
Family  
Friends  
And Fun!



Jefferson Memory Care  
414 County Hwy Y  
Jefferson, WI 53549  
[www.jeffersonmemorycare.com](http://www.jeffersonmemorycare.com)  
E: [bkellogg@jeffersonmemorycare.com](mailto:bkellogg@jeffersonmemorycare.com)  
P: 920-541-3520

## Alzheimer's Myths

### 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 treatments. 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 another condition.

### 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.

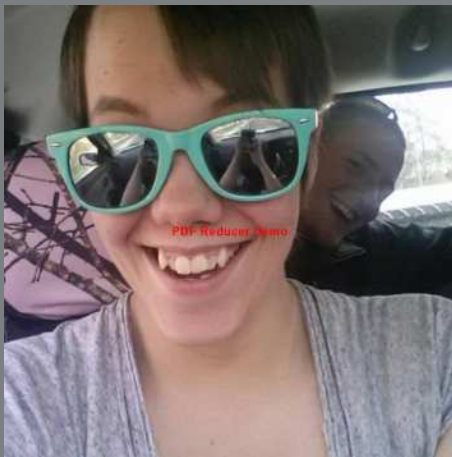
### Myth 4: There are treatments available to stop the progression of Alzheimer's disease

**Reality:** Currently, 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



Our **Resident of the Month** is Erline Eggert! Erline loves to talk to just about everybody! Erline has a lot of passion for children and giving good motherly advice. Her favorite activities are listening to live music and reminiscing about the good old days! Congratulations Erline!

## Star Award Wendy Haugom



Our Shining Star for January is Wendy Haugom. Wendy is a hardworking and dedicated caregiver on the JMC team. Staff, residents and management alike can always rely on Wendy to be there to help others with any problem. Wendy is a natural leader and her good attitude is infectious. Way to go, Wendy!

## Administration Corner

The Jefferson Memory Care management team has been working tirelessly to make JMC the happiest place to be! Our commitment to our residents drives our passion to be the best facility that we can be at providing care, not just for our loved residents, but their families as well. I encourage anybody and everybody to stop by and talk to me if there is any ideas or concerns that you would like to talk to me about. Let's go into the new year with a bang! Happy 2018 everyone!

Sincerely,  
Ericka Goerlitz, Administrator

### Notes from Resident Health Services

This month's focus is infection control. As I am sure you are all aware, influenza season is upon us! The CDC is predicting a high number of cases as recent numbers nationwide have come in higher than originally expected. According to the data, there is a strain of influenza A that seems to be impacting elderly populations despite the vaccine. There have also been warnings about gastrointestinal viruses as well. Even the common cold can have a drastic impact on our already compromised individuals here at JMC.

Our residents are at high risk for complications secondary to these viruses and this is something that we are taking very seriously. To help prevent spread of illness and increase infection control efforts, hand sanitizer has been dispensed in higher numbers and more locations throughout the building. Staff has been educated as well on the importance of protecting our residents with diligent hand hygiene practices as well.

We understand that the health and wellbeing of your loved ones is of the utmost importance to you as it is to us. While we love to see families come to visit and interact with our residents, we ask that while you are here you practice use of hand sanitizer upon entering and exiting the building. According to the CDC 80% of viral illnesses are spread by our hands, hand washing and appropriate hand hygiene practices can go a long way in protecting everyone from illness. If you are sick, you have a runny nose, cough, have been running a fever or are feeling nauseous we ask that you please refrain from visiting until you are symptom free for 24 hours. If you are unable to do so, please practice good hand hygiene while here and ask the staff for a mask to reduce the potential of spreading illness.

Thank you in advance for all your efforts, your care and your attention to this important matter. Please do not hesitate to call or reach out to staff here at JMC with any concerns or questions that you may have.

Tabitha Martin, Registered Nurse



## JMC HOLIDAY PARTY!

Friday, January 5<sup>h</sup>, 2018  
1:30pm

In the JMC Bistro

Staff, Residents, Family and  
Friends are Welcome

We hope you all can join us for an  
afternoon of music, snacks, and games.

## Notes from Dietary

With the cold weather here to stay, at least for a few months it's time to bring on the soups and stews. There's nothing like a warm bowl of your favorite soup to stop the chills. Another warmer upper is a hearty stew.

The Nutritional Services Department cooks will be adding the above items to the menu to get us through the cold months.

The Nutrition Services Department wishes you a Happy New Year.

Sincerely,  
Candy Olson, Nutritional Services Coordinator

## Environmental Services

As your Environmental Services Team, Maria and I work very hard to maintain a clean, safe, and infection-free environment throughout resident rooms, office areas and all common areas. This is a team effort that does extend to the entire staff and is especially critical during this time of year. Your Environmental Services Team is also responsible for seasonal maintenance, as well as snow removal in our parking lot and all pavement. Our goal is ensuring that our residents, visitors, and staff are provided with safe and an aesthetically pleasing environment. We are stronger together so please feel free to come forward with your suggestions or ideas.

Bruce Fuller, Environmental Services Coordinator

### Staff Birthdays:

Jan 9 <sup>th</sup> – Tabitha M.	Feb 5 <sup>th</sup> – Ashley R.
Jan 26 <sup>th</sup> – Nancy Q.	Feb 5 <sup>th</sup> – Pricilla H.
Jan 28 <sup>th</sup> – Catherine C.	Feb 8 <sup>th</sup> – Ashley S.
	Feb 12 <sup>th</sup> – Bev J.
	Feb 17 <sup>th</sup> – Kathryn L.
	Feb 22 <sup>nd</sup> – Kayla P.
	Feb 25 <sup>th</sup> – Bailee L.

### Resident Birthdays:

Jan 11 <sup>th</sup> : Diane R.	Feb 7 <sup>th</sup> : Shirley E.
Jan 13 <sup>th</sup> : Richard P.	Feb 8 <sup>th</sup> : Jodean G
Jan 20 <sup>th</sup> : Donna B.	Feb 16 <sup>th</sup> : Elaine C.
Jan 20 <sup>th</sup> : Connie M.	Feb 20 <sup>th</sup> : Walter S.
Jan 22 <sup>nd</sup> : David M.	Feb 21 <sup>st</sup> : Marjorie T.
Jan 24 <sup>th</sup> : Erline E.	Feb 25 <sup>th</sup> : Shirley W.
	Feb 28 <sup>th</sup> : Jean H.

## Upcoming Events in January:

Bible Study: Every Tuesday @ 10:30AM  
Pet Therapy: Every 2<sup>nd</sup> Thursday @ 2:30PM  
Cooking Club: Every Tuesday @ 9AM

Jan. 5<sup>th</sup>: JMC HOLIDAY PARTY!

Jan. 9<sup>th</sup>: Music Doctors

Jan. 11<sup>th</sup>: Steven Doyle

Jan. 11<sup>th</sup>: Pet Therapy

Jan. 16<sup>th</sup>: Bahama Bob

Jan. 18<sup>th</sup>: Resident Council

Jan. 23<sup>rd</sup>: Jessie Walker

Jan. 25<sup>th</sup>: Randy Kiel

Jan. 30<sup>th</sup>: Bill Webb

Feb. 1<sup>st</sup>: Al Anderson

Feb 6<sup>th</sup>: Alan Graveen Elvis

Feb 8<sup>th</sup>: Cowboy Bob

Feb 13<sup>th</sup>: Patricia Stone

Feb 19<sup>th</sup>: Bahama Bob

Feb 27<sup>th</sup>: Randy Kiel

### New Staff:

- Nicolas Hoover
- Melissa Schwefel
- Tabitha Martin
- Alexis Borchardt
- Bailee Loeder
- Kathryn Luengas
- Harlie Jones
- Rosalinda Hernandez

*In Loving Memory.....*

❖ *Doris Zimmerman*