

Jefferson Memory Care

“A happier life for everyone”

March 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 residents personal dignity is the cornerstone of providing care.



**Hot Toddie the
Therapy Kitty!**

Always a
fun time
with
friends!



PDF Reducer Demo



We sure love our amazing
Residents!



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Our **Resident of the Month** is Karen Drager! Karen has an infectious smile you can't help but to catch every time she comes around. She loves her family, animals, and socializing more than life itself. We are honored to have her with us! Congratulations Karen!

Star Award Bruce Fuller



Our Shining Star for March is Bruce Fuller. Bruce is always going out of his way to make sure the building is clean and up and running. He goes above and beyond every single day to make sure everything is perfect. He is always stopping to help fellow staff and residents feel special! Way to go, Bruce!

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

Administration Corner

January and February have been rather busy months. January brought in the New Year, which involved residents, families, and staff celebrating with a Holiday Party at the beginning of the month. The rest of January brought more changes for Jefferson Memory Care with Shareen Kinatader stepping into the Nutrition Services Coordinator position and Sam Prisk became the new Life Enrichment Coordinator! Shareen and Sam were both promoted from within for their new Coordinator roles, and are also bringing their educational experience with them. Shareen is certified through the Wisconsin Restaurant Association as a ServSafe Manager, and Sam has an Associate's Degree in Recreational Management. Shareen and Sam have jumped into their new roles, already made some great improvements, and we are excited to have each of them as the newest members of the Leadership Team!

The excitement continued into February, which was Heart Healthy Month! On Valentine's Day, residents and families celebrated with each other and staff while attending a Luncheon where the Heart-Healthy meal was planned by the residents in January. A couple days later, we held two Compassion and Empathy Workshops where residents, families, and caregivers heard from guest speakers and learned best practices for caring for residents and families in an empathetic and compassionate way. At the end of February, we hosted a Chili Cook-Off where staff, and even some residents cooked-up homemade (even secret!) recipes that were shared with attendees, participants, and judges! It was great to see everyone participate and have their delicious creations judged by Jefferson community members.

Lastly, all resident families are encouraged fill out the questionnaire that we recently sent out pertaining to services that they would like to see provided by Jefferson Memory Care. Some examples of services that we thought would be good are: Dementia Support Group, Family Support Dinner Night, Updates about public events, Alzheimer's Association updates, more frequent newsletters, etc. Please share with us your ideas about how we can provide more services to you while we care for your loved one. Sincerely,

Ericka Goerlitz, Administrator

Resident Health Services

This month in the nursing department we have been quite busy with many great changes here at JMC. As I am certain many of you know, this has been an unprecedented flu season with a state severity level of red. We greatly appreciate the measures you have all taken to help prevent the spread of influenza in our facility and among our residents. To be better prepared we have a protocol in place with Tamiflu and lab orders on standby to improve our reaction time in response to this epidemic.

On a brighter note, we have implemented a new program into our plans of care for helping our residents when anxious, agitated or depressed. We have purchased a "comfort kitty" and "comfort puppies" that are mechanical pets designed for the geriatric population. Our intention is to have these pets available throughout the day for our residents and to implement their use prior to using psychotropic medication. We have seen a tremendous response as many of our residents thoroughly enjoy interacting with these pets and look forward to having them nearby. We will continue to look for new opportunities to help our residents enhance their emotional wellbeing as it plays such a significant role in their overall wellbeing.

We are also looking for ideas and suggestions regarding how to best serve the families of those we care for, a questionnaire has been mailed to each family to gain better understanding of how we can support each of you as you experience the impacts that dementia and memory loss have on you as well as your loved one. Any suggestions or comments are welcome as we want to ensure we are doing our best.

-Tabitha Martin, Registered Nurse

Notes from Dietary

With the warmer weather on its way the next couple of months we are more than looking forward to it! Out with the soups and stews and in with the new fresher meals for springtime. Our newly improved menu will be not only providing more meal options but healthier ones at that!

The kitchen also got some new equipment such as a steamer and hot carts to make our department more efficient and run as smoothly as possible.

The Nutrition Services Department is looking forward to welcoming spring next month!

Sincerely,
Shareen Kinateder, Nutritional Services Coordinator

Environmental Services

JMC is very conscientious of the environment and the responsibility that we all share to be good stewards of the land. Through proper waste management and the use of ecofriendly products we are now using, JMC is more than committed to doing our part! Few interesting facts:

*It takes more than 500,000 trees to produce the newspapers Americans read each Sunday, yet only 30% of all newspapers are recycled.

*Plastics require 100 to 400 years to break down in a landfill. Solid waste disposal is the third largest municipal government expense after police protection and education.

*Glass never wears out- it can be recycled forever.

Bruce Fuller, Environmental Services Coordinator

Upcoming Events in March:

Pet Therapy: Every 2nd Thursday @ 2:30PM

Bible Study: Every Tuesday @11:00AM

March 1st: Randy Kiel

March 3rd: Employee Appreciation!

March 6th: Jesse Walker

March 6th: K9 Police Dog Presentation

March 8th: Pet Therapy

March 15th: Jerry Zelm

March 17th: St. Patrick's Day Party

March 20th: Bahama Bob

March 22nd: Resident Council

March 28th: Monthly Resident Lunch

March 29th: Gemini Entertainment

Spring Break Party!



When: Tuesday, March 20th

Time: 1:30 pm

Where: Bistro

Please join us for an afternoon of
Fun, Live Music, & Snacks!

Staff Birthdays:

March 15th- Laura S.

March 20th- Lakeyta S.

March 23rd- Madalyn B.

March 24th- Melissa H.

Resident Birthdays:

March 14th- Millie Meudt

March 23rd- Donna Holmes

March 24th- Anita Gitzlaff

New Staff:

Stacey Luedtke- RCC3

Melissa Horick- RCC3

Rebecca Tittler- RCC

Heydy Tovar- RCC3

Emoni Howard- RCC3

LavonJoe Johnson-RCC3

Sarah Williams- RCC3

Sierra Stevenson- RCC

In Loving Memory.....

❖ *Dolores Chlebik*