

Jefferson Memory Care

"A happier life for everyone"

Nov/Dec 2015



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.





Volunteer With Us!

Please contact Kelly Buss at 920-541-3520 email me at kbuss@jeffersonmemorycare.com if you are interested in volunteering at JMC.



Shining Star Awards

Shannon Houk RCC:



Shannon was chosen for the caring and compassionate care she provides our residents along with the team spirit she portrays with her co-workers. Her brilliant smile is always present to brighten the day of everyone she meets. Great Job Shannon and congratulations on being our Shining Star for October.

Kirstin Wellnitz RCC3:



Kirsten (Grace) Wellnitz was chosen as our Shining Star because of the kind and compassionate care she provides for our residents. We also love having her little dog "Jaxson" as a regular visitor at JMC, where he brightens the day of everyone he meets. Please Congratulate Kirsten on being an EXCELENT employee!



SLEEP ISSUES & SUNDOWNING

People with Alzheimer's and dementia may have problems sleeping or increases in behavioral problems that begin at dusk and last into the night (known as sundowning).

Causes

Some studies indicate as many as 20 percent of persons with Alzheimer's will experience increased confusion, anxiety and agitation beginning late in the day. Others may experience changes in their sleep schedule and restlessness during the night. This disruption in the body's sleep-wake cycle can lead to more behavioral problems.

Factors that may contribute to sundowning and sleep disturbances include:

- End-of-day exhaustion (both mental and physical)
- An upset in the "internal body clock," causing a biological mix-up between day and night
- Reduced lighting and increased shadows causing people with Alzheimer's to misinterpret what they see, and become confused and afraid
- Reactions to nonverbal cues of frustration from caregivers who are exhausted from their day
- Disorientation due to the inability to separate dreams from reality when sleeping
- Less need for sleep, which is common among older adults

Coping Strategies for Sleep issues and Sundowning

If the person is awake and upset:

- Approach him or her in a calm manner.
- Find out if there is something he or she needs.
- Gently remind him or her of the time.
- Avoid arguing.
- Offer reassurance that everything is all right.
- Don't use physical restraint. If the person needs to pace, allow this to continue under your supervision.
- Keep the home well lit in the evening.
- Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar.
- Make a comfortable and safe sleep environment.
- The person's sleeping area should be at a comfortable temperature. Provide nightlights and other ways to keep the person safe.
- Maintain a schedule.
- As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.
- Avoid stimulants and big dinners.
- Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours. Have a large meal at lunch and keep the evening meal simple.
- Plan more active days.

A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon.

Encourage regular daily exercise, but no later than four hours before bedtime

- Try to identify triggers.

Limit environmental distractions particularly during the evening hours

Residents of the Month

Our November Residents of the Month are **Paul and Shirley Thorstad**. The Thorstad's come from Cambridge WI. They have been married for 59 years and have three children. The couple are very proud of their Norwegian heritage. They enjoy attending parties, singing, listening to music and spending time with family and friends.



The December Resident of the Month is **Delores Breitzkreutz**. Delores is a "social butterfly" who enjoys playing games, socializing and spending time with family and her friends at JMC. Always the life of the party, Delores can be found sitting front row in the Bistro singing along to all the musical acts and entertainment. Congratulations to this beautiful lady on being our Resident of the Month for December!



JMC 1st Anniversary Open House



When:
Thursday, November 19
4:00-6:00pm

Where:
JMC Bistro

Who:
Open to the Community and all
JMC Residents, Family, Friends
and Staff

Music by:
Bahama Bob



Administration Corner

Hello everyone!



October and November are looking to be busy months at Jefferson Memory Care! November 17th will mark our first anniversary! We are so grateful to all of the residents, families and staff that make Jefferson Memory Care such a wonderful facility – We look forward to many more years to come! With fall beginning, we are also looking forward to our first Annual Trick-or-Treat event on October 29th! Who will win the best costume contest?! Make sure to stop by and place your vote 😊

Sincerely,
Rebekah Kellogg
Customer Service Representative



Notes From Resident Health Services

JMC is holding its first Blood Drive with the American Red Cross and St. Coletta. We will be having this on December 9th in our bistro. Time will be announced soon. Flyers will be sent out and posted closer to the time of the blood drive. Anyone is welcome to donate. For any questions, contact Amanda Halfmann, RHC



JMC Christmas Party



Featuring "Santa"
and
Music by
PDF Reducer Demo
"Bahama Bob"

When:
Wednesday, Dec 23d
At 1:00pm

Where:
JMC Bistro

Who:
All Residents, Family,
Friends and Staff

Notes from Nutritional Services

Just a quick reminder from the kitchen at Jefferson Memory Care. With the holidays approaching, please make sure if you are planning on dining with us, call or check in 3 hours prior to meal time so that the kitchen can prepare. We will accept cash and checks made out to Jefferson Memory Care. You are always welcome to bring in your own food as well and dine with your loved ones.

Meal Prices:

Breakfast - \$4.00 per person

Dinner - \$6.00 per person

Supper - \$5.00 per person

Thank you!

Notes From Environmental Services

Please help us welcome Dalton Black to the Environmental Services Department. Dalton grew up in Waukesha, WI. and has one son, Carter Bradley. His interests include hunting, fishing and anything outdoors



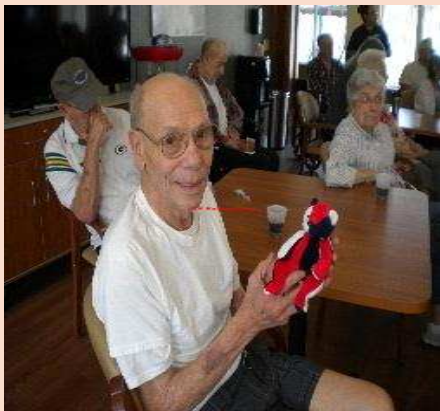
Veteran's Day Celebration
Wednesday Nov 11th
1:30pm



December Outing
Ride to View the Christmas
Lights
(Date to be Announced)

**Kick off the holiday season and
experience the lights and sounds of
this annual Jefferson area
tradition.**







Notes from Life Enrichment

September and October brought great parties, and events, interesting outings and a bounty of musical entertainment.

We celebrated the beginning of the apple harvest by visiting the Jelli's Farm and Orchard. Residents were treated to a wagon ride out to the orchard to pick apples, were able to meet the farm animals and enjoy a picnic lunch at the farm. Residents also went for a ride to view fall colors along with a visit to the Ebert's Fall Village and pumpkin patch.

Other highlights include a visit from the Jefferson County K9 unit, a Magic Show, Apple Harvest Party, Oktoberfest, Halloween Party, Karaoke with the King, Packer Parties and listening to performances by Gemini Entertainment, Randy Kiel, Steven Doyle, Cowboy Bob, Jerry Zehm, Dick Larson and Bahama Bob.

As always, Families and Friends are invited to attend all events. We hope everyone can attend our JMC 1st Anniversary **Open House** on November 19th from 4:30-6:30 and our **Christmas Party** on December 23^d featuring an afternoon of delicious treats, music and maybe even a visit from Santa Claus himself! The event starts at **1:30pm**.



November and December Activity Highlights

Every Wednesday Morning: For the Love of Music, Music Therapy 10:30am

Bingo Every Thursday at 1:30pm

Resident Council Every 4th Wednesday at 1:30pm

11/3 Elvis Christmas show featuring Alan Graveen 1:30pm

11/10 Music by Bill Hill 1:30pm

11/14 Music by Jerry Zelm 1:30pm

11/17 Music by Karen Wickham (Patsy Cline impersonator) 1:30pm

11/19 JMC 1st Anniversary Open House 4:00-6:00pm

11/24 Music by Gemini Entertainment 1:30pm

12/1 Music by Randy Kiel 1:30pm

12/8 Cowboy Bob and his Dog Buddy 1:30pm

12/15 Music by Steven James 1:30pm

12/23 JMC Christmas Party, featuring Santa and Music by Bahama Bob 1:00pm

12/30 Music by Tony Rocker (Elvis Impersonator) 1:30pm

Welcome New Staff:

Alyssa Boley RCC

Pamela Nordberg RCC

Michelle Holman DA

June Gill DA/Cook

Emily Alwin RCC

Cara Howard RCC

Nancy Quist DA/Cook

Dalton Black ESC

Welcome New Residents:

Stan Wermeling Marion Hedding

Barb Carlson Lorraine Voss

James Martin

Chuck Reed

Mary Kohn

Mary Strese

Margaret Erman



Resident Birthdays



11/5 Jon Parish

12/1 Lilla Breyer

11/7 Ed Neuman

12/7 Dolores Chlebik

11/21 Paul Thorstad

12/24 Merry Kohn

Staff Birthdays

11/5 Jessica S

12/5 Brandon K

11/8 Hillary H

12/12 Emily A

11/22 Michelle H

12/20 Alex L

11/24 Rebekah K

12/29 Tammy B

