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September 2018
Newsletter

Jeffersonmemorycare.com

Jefferson Memory Care
A happier life for everyone...



Administraton Corner

Ericka Goerlitz, MHCA

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The "Forget Me Not" is the flower for September, and it's fitting since September 9th through the 18th is National Assisted Living Week. As mentioned in the August Newsletter, all family members, friends, and public community members are always invited to come visit and remanence with our residents any time of the year, but are especially encouraged to stop by for a while during National Assisted Living Week to show our residents that they are remembered, cherished, and most certainly not forgotten. Our residents rarely ask for anything in return, and may not even remember your visit, but in the moments we spend with them each day, it is easy to see how much that companionship means to them. Our theme for the week is "Capture the Moments," and all residents interested in participating on the 11th are able to get all dressed up for a photoshoot, and the photos will be part of a future project that the Life Enrichment Department has planned.

Additionally, we are excited to announce that Jefferson Memory Care will be 4 years old in October, and to celebrate, we are hosting a Pig-Roast Dinner on October 13th, from 1pm-4pm. Everyone is welcome (including staff, children, residents, family members, and the public) to stop by for some Smoked Pork, Mac n' Cheese, Scalloped Potatoes, and Broccoli & Cauliflower Salad, in addition to Bountiful Relish Trays, Signature JMC Cookies, Lemonade, Water, Coffee/Cider, and \$1 Miller Lite & Bud Lite! While attendance to this event is free, there is a suggested donation of \$5/person for public community members. We anticipate a high attendance, so don't be late! The majority of our residents will be celebrating the event inside the JMC community in our Bistro; however, if family members would like to join us and bring their loved ones out for the outside festivities, they are more than welcome, and we would love the company. We hope to see you there!

SHINING STAR SEPTEMBER

Kathy Luengas, RCC

Septembers' Star employee of the month is Kathy L. She has the most beautiful baby, Leia who visits our loving residents frequently and puts a smile on all our faces! Kathy goes above and beyond on a weekly basis, picking up without even having to be asked. She loves our residents and treats them all in such a way that none of us can explain. She connects on a level of compassion and respect that is truly hard to find. We appreciate you, Kathy for all that you do! Congrats Kathy, well over due!



Resident Health Services, Tabitha Martin, RN

With summer winding down and the weather becoming cooler, we are encouraging you all to seize opportunities to enjoy activities with your loved ones outdoors. According to the Alzheimer's Association, outdoor or memory based activities can stimulate positive moods, positive memory recall and enrich interactions with individuals affected by memory loss. These activities can include but are not limited to: outdoor walks with discussions of local flowers and plants, reading a newspaper together in the courtyards, flying a kite together, viewing photos together or cutting photos from a magazine that relate to the current season or weather, filling a bird feeder and observing birds, or taking a short trip to Frostie Freeze for an end of summer ice cream cone. These activities can stimulate positive discussions regarding activities that your loved one may have enjoyed in the past and may overall brighten your day as well as theirs. Play music that may stimulate positive memories or energy for them, sing together. Singing and recalling familiar lyrics or music can be therapeutic and wonderful memory training! While dementia is a challenging and difficult path to walk for families and residents, taking time to appreciate the little things and play a little is good medicine for everyone!! Thank you for all the love and support you provide for your loved ones here at JMC and for allowing us the privilege of caring for them each and every day.

Notes From Dietary

Shareen Kinateder, Nutritional Services
Coordinator

It's time to reap the rewards from the gardens! Even if you don't have your own, there is plenty to be had at the store and farmer's market!

Also, a chance to pull out the cookbooks with the elders and young ones in the family, and let the reminiscing begin! A dog eared and stained cookbook is a family friend.

Personal notes, handwritten along the columns, favorite recipes, sometimes even a four leaf clover can be found pressed in the pages!

Making a dish together or smelling a familiar cake or main dish is a bonding experience for all. Don't miss the chance to can those goodies you grew up with! We are going to be featuring our residents favorites in our upcoming newsletters, and everyone is encouraged to share their favorites!

Enviromental Services,

Bruce Fuller, Enviromental Services
Coordinator

As the ninth month of the year, September marks the beginning of autumn in the northern hemisphere (and the start of spring in the southern). Traditionally considered the month that marks transitions between seasons, it often has some of the greatest daily temperature swings from the AM to PM hours.

Days we celebrate in the month of September:

- **Labor Day** is the most well-known holiday in September. It is observed every year on the first Monday in September.
- **Native American Day** is always celebrated on the 4th Friday of September.
- **Grandparent's Day** is observed in the United States on the first Sunday after Labor Day.
- **Constitution Day**, celebrating the ratification of the governing document of the United States, is observed on the 17th.
- **The autumn equinox**, which is the traditional transition from summer into fall, takes place on or around September 22nd, depending on the year.

RESIDENT OF THE MONTH

Our Resident of the Month for September is Connie Messmer! Connie has been with Jefferson Memory Care for nearly 2 years now and we enjoy her more and more each day! Always walking down the halls with a big smile on her face and a friendly hello just makes our day! She loves spending time with her loving family and looking over photos. She enjoys some good ol' country music and playing card games as well. We love having you with us, Connie! Congrats!



PDF Reducer Demo

Staff Birthdays in September



- *Debra B- 9/1
- *Alex F- 9/14
- *Sam M.- 9/15
- *Melissa S.- 9/21
- *Sam P.- 9/24

PDF Reducer Demo

RESIDENT BIRTHDAYS IN SEPTEMBER



***9/25- BOB MERCER**

New Staff, Welcome!

- *Heather K., RCC3
- *Chloe A., CSR
- *Alexis B., RCC

IN LOVING MEMORY.....

- ROSEMARY O.



Upcoming Events!

- *9/4- Music by: Gemini Ent.
- *9/6- Music by: Bill & Bonnie Stevens
- *9/8- Alzheimer's Walk
- *9/11- Picture Perfect Moments
- *9/12- Sassy Steppers!
- *9/13- Pet Therapy
- *9/18- Music by: Bahama Bob
- *9/20- Music by: Randy Kiel
- *9/25- Music by: Jerry Zelm
- *9/26- Luncheon & Resident Council
- *9/27- Music by: Bill Webb
- *9/28- Music by: Mike Grueber

Picture Perfect

Photoshoot!

When: Tuesday, Sept. 11th

Time: 9-11:30am

Where: Bistro

*Please join us to capture the moments of our lovely residents! We will be dolling everyone up for a fun photoshoot to Capture the Moments for National Assisted Living Week!
