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Steps for Choosing a Nursing Home

Contributed by Andy Sutter, Village Manor Director

It's never easy to move into a nursing home, or help a loved one make the transition, but sometimes it may be the best option for getting the care and support you need. Here are some tips and useful resources to help you get started on how to choose a nursing home.

How do I find a nursing home in my area?

The first step in how to choose a nursing home starts with finding nursing homes in the most convenient area. In some cases, that may be near your home, but if family members are far away, you may want to consider a nursing home nearer to them.

Steps to consider according to Centers for Medicare and Medicaid Services:



Ask people you trust, like friends and neighbors, if they recommend a particular nursing home.

Find out which nursing homes, if any, your doctor routinely visits, so you can continue to be seen by him or her.

Ask your local Area Agency on Aging for information on nursing homes in your area.

If you're moving to a nursing home from the hospital, get your discharge team involved in the selection process.

Use the Nursing Home Compare tool on the Medicare website.

How do I find out about the quality of care at a nursing home I'm considering?

The next step in how to choose a nursing home involves making sure that the ones you like actually provide a high quality of care. Once you've narrowed down your choices, you can use Nursing Home Compare from Medicare to get a lot of useful information to help you make a decision. For example, you'll see:

- Star ratings, which are calculated by the Centers for Medicare and Medicaid Services (CMS) that give you a snapshot about how the nursing home performs on certain quality measures.
- Staffing information, which tells you the number of licensed and credentialed staff available to care for the residents and hours per day spent with each resident.

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- Health and fire safety inspections
- Quality of resident care including data on resident falls, urinary tract infections, and pressure ulcers
- Penalties, which list any areas where inspectors identified a problem that wasn't corrected in a timely manner.

You can also call the long-term care ombudsman in your area to get more detailed information about the nursing home you are considering.

Can I visit the nursing home before I decide?

A visit with any nursing home you are considering should be at the top of your “choosing a nursing home checklist.” Make an appointment before you go so you can meet with someone on the staff. It's also a good idea to visit once or twice without an appointment to get a general feel for the facility.

Some things to ask according to the Centers for Medicare and Medicaid Services (CMS):

Are social, religious, and recreational activities that are important to you available?

If your doctor doesn't visit, is there transportation available so you can continue to see the doctor of your choice?

What is the resident to staff ratio for certified nursing assistants and for licensed or registered nurses?

What types of therapy are available? Physical? Occupational? Speech and language? How often?

What is a typical menu like? Can you get snacks and drinks whenever you want them?

How is the preventive care and access to specialist care like eye doctors, dentists, and podiatrists?

What is the choosing a nursing home checklist?

This nursing home checklist can help you focus on things to observe during your visit says the Centers for Medicare and Medicaid Services (CMS). This list is not complete, but it gives you some things to consider:

If the nursing home is Medicare certified (passed inspection conducted by the state government agency). If there is licensed nursing staff available 24 hours a day. If the residents appear well groomed and well dressed for the season and time of day. The condition of resident's rooms (windows, TV and telephone, personal, secure storage space). If there are comfortable areas for visiting family and friends. The availability and condition of any outdoor spaces for residents to enjoy. Although there's no surefire best-method on how to choose a nursing home, these steps should definitely help you find one that meets your needs as much as possible.

What happens after I choose a nursing home?

The last step on your “choosing a nursing home checklist” is to make arrangements for admission to the nursing home of your choice. You should have the following information available when you visit the admissions staff:

Insurance and financial information. Note that if you have Medicare or Medicaid, you cannot be required to pay a deposit on admission, according to CMS. Medical information, including current medications, current health status, contact information for doctors who are treating you, and emergency family contact information. If you are being discharged from a hospital, your discharge staff will handle most of this for you. Any advance directives such as a living will or durable power of attorney. Money for a personal needs account, if one is available and you decide you want to open one.

The staff at Village Manor is happy to answer your questions. If you have any questions, or would like to schedule a visit, please call Village Manor at 785-263-1431.

Source: medicare.com



February



Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1	2
						9:30 St. Andrews Bingo 11:00 Noodle Ball 1:30 Exercise 3:00 Gift Cart 6:30 Dominoes	10:00 Noodle Ball 3:00 Puzzle Time 6:30 Halls Choice
3	4	5	6	7	8	9	
10:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	9:30 Resident Council 11:00 Noodle Ball 2:00 Resident Meeting 3:00 Singing w/ Joan 6:30 Coloring Fun	9:30 Exercise 11:00 Noodle Ball 3:00 Bible Study w/Beverly 6:30 Puzzle Time	10:00 Fingernails 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:30 Coffee for All w/Ken 11:00 Noodle Ball 1:30 Exercise 2:00 Wild Life 3:00 Gift Cart	10:00 Noodle Ball 3:00 Puzzle Time 6:30 Halls Choices	
10	11	12	13	14	15	16	
10:00 Noodle Ball 4:00 Church 6:30 Cinema Night	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	9:30 Exercise 11:00 Noodle Ball 2:00 Decorating Cookies 3:30 Library 6:30 Puzzle Time	9:30 Crafts & Such 11:00 Noodle Ball 2:30 Valentine's Day Party 6:30 Board Games	9:30 Coffee for All w/Ken 11:00 Noodle Ball 1:30 Exercise 3:00 Gift Cart 6:30 Dominoes	10:00 Noodle Ball 3:00 Puzzle Time 6:30 Halls Choice	
17	18	19	20	21	22	23	
10:00 Noodle Ball 4:00 Church 6:30 Cinema Night	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	9:30 Therapy Dog 11:00 Noodle Ball 2:00 Resident Meeting 3:00 Singing w/ Joan 6:30 Coloring Fun	9:30 Exercise 11:00 Noodle Ball 3:00 Bible Study w/ Beverly 6:30 Puzzle Time	7:30-9:00 AM Cafe 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:30 Exercise 11:00 Noodle Ball 3:00 MONTHLY BIRTHDAY PARTY 3:00 Gift Cart 6:30 Dominoes	10:00 Noodle Ball 3:00 Puzzle Time 6:30 Halls Choice	
24	25	26	27	28			
10:00 Noodle Ball 4:00 Church 6:30 Cinema Night	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	9:30 Exercise 11:00 Noodle Ball 3:00 Bible Study 6:30 Dominoes	9:30 Crafts & Such 11:00 Noodle Ball 3:00 What's for Dinner 6:30 Board Games			

Available Daily:
games, books,
cards, puzzles,
movies, pool
table, manicures,
and more.

One-to-Ones Daily
*Activities Subject to
Change

Resident Birthdays

Emy Peterson	Feb. 3
Sylvia Walker	Feb. 14
Paul Smythia	Feb. 22
Dorlene Brown	Feb. 27



Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

James 'Jim' Guilfoyle
Carol Rutz

In Memory

Carrol Funston
Leland 'Lee' Garver
Vern Walker
Carl Fengel
Allie Cairns

Discharges

Hazel Walker
Dean Robson
Nina Borgstadter

Staff Birthdays

Jullesa Elledge	Feb. 7
Amber Mascareno	Feb. 8
Amanda Furrow	Feb. 13
Cindee EntriKin	Feb. 13
Britney Chapman	Feb. 15
Kylie Riffel	Feb. 18
Tamara Doyle	Feb. 18
Jessica Caffrey	Feb. 21
Cindy Whittington	Feb. 22
Kailee Wallace	Feb. 22
Sierrah Neal	Feb. 23
Olivia Baugh	
Feb. 25	



Welcome to our Team!

Sarah Windholz	R.N.
Jeri Downum	C.N.A.
Bailey Farris	C.N.A.
Ashton Graf	C.N.A.
Mickaela Monroe	C.N.A.
Megan Morris	C.N.A.
Nataya Leister	Homemaker
Melissa Patterson	Homemaker

VOLUNTEER CORPS DONATES LAP ROBES



The Memorial Health System Volunteer Corps (MHSVC) Craft Committee recently donated 75 handmade lap robes to the residents at Village Manor in Abilene for Christmas. The group also donated lap robes to patients in the ROSE Unit at Memorial Hospital.



The Memorial Health System Volunteer Corps (MHSVC) recently donated \$1200 to the Memorial Health Foundation to go towards the fund which supports the Village Manor Resident Fund. The Village Manor Resident Development Committee will direct how the money in the fund is used for Village Manor. Shown (from left) are Delphine Holston, MHSVC volunteer; Andy Sutter, Village Manor Director; Ryan Crist, Village Manor Maintenance Manager; Joe Sanfilippo, MHSVC Treasurer; and Michelle McClanahan, MHS Director of Volunteer Services.

Long-Term Activities Planning: It's More Than Just Bingo

Contributed by Andy Sutter, Village Manor Director

A common philosophy currently practiced within the long-term care environment is known as “the six aspects or areas of wellness”. These six aspects include a resident’s physical, spiritual, social, emotional, intellectual, and vocational/occupational well-being. By focusing on these specific areas, the long-term care facility can address a multitude of resident needs. Staff members assigned to plan and monitor the activities of residents would do well to set specific goals to address these needs. A well planned activities program will touch on each of these areas while simultaneously touching on the inner needs of each resident.

Different facilities will address these requirements in different ways based on staffing, funding, physical plant, as well as the composition of the resident population, but in order to effectively address the well-being of the residents, a good activities program must be in place.

Facility staff should work closely with residents to develop an interesting and enjoyable calendar of events. The activities program should generate ways in which residents and staff can connect, including support groups, intergenerational gatherings as well as special interest opportunities. Aquatic and fitness programs can improve the physical well being of residents and individualized fitness and lifestyle programs can all be significant aspects of promoting good physical health. Minds are a terrible thing to waste as one commercial notes and it is no less true with the minds of residents. A stimulated mind will pay high dividends in overall health benefits to both residents and staff. Even though most long-term care residents are either retired or unable to work full time jobs, volunteer work, both within the facility as well as in the larger community, has been proven to satisfy the needs of many residents.



Humans have always needed activities, in part, to allow them to be fulfilled as individuals. From the first rattle that a baby shakes to the electronic gadgets that amuse young people to more sophisticated theatrical presentations, a variety of activities keep minds occupied, imaginations soaring and bodies conditioned. Whether the activity is a sport such as baseball or shuffleboard, an extension course at a local college or participation in a local musical group, activities serve to enrich lives.

While technology allows for a greater choice of venues to be offered to residents, it is often the time-less treasures such as chess or bridge that magically transform boredom into a pleasure. The ideal activity will transform the present into a loving memory of the past or just allow a brief respite from the present. Activities can be an escape from reality and a ticket to adventure. The physical needs of residents are usually quite adequately addressed by nursing, dining, housekeeping and other clinical and support staff, but a solid activities program can serve to truly transform lives.... it's that important. In order to create a great... not just a good... activities program, the facility must, like any worthwhile endeavor, truly commit to making it reality. An evaluation of the resources available to the facility including, as mentioned, staff, equipment, funds, and basic facility layout, should be conducted and recorded. It is important to not just consider the obvious. Take advantage, as an example, of staff member who, in his or her non-work time, plays in a small jazz band. Think of the cook who is a volunteer fireman or the secretary that volunteers with her church childcare program. Ask staff, family and especially residents for ideas and possible activities that might be available based on these additional resources. Utilize every possible attribute of the physical environment of the facility including stairwells, hallways, gathering areas as well as external walkways and grounds. Be innovative!

Continued on Page 6-see "Activities"

VILLAGE MANOR VALENTINE'S DAY PARTY

THURSDAY, FEBRUARY 14, 2:30 P.M.

Entertainment: Jackie Bailey singing
Family members are welcome

Refreshments served

Village Manor Residents Recently Recognized These Staff Members for Doing Great Things



Marie Morton



Amber Mathern &
Autumn Shomper

WAYS TO SAY 'THANK YOU' AT VILLAGE MANOR

There are many ways to say thank you to those who care for your loved ones. Naming Village Manor as the recipient of memorials and donations allow families and residents to express their appreciation for the care their loved one received. Just last year, we were able to purchase equipment and renovate our main lobby - now known as the Village Manor Pub. It is a place where residents enjoy gathering for refreshments and snacks, and they like watching movies on the new large screen TV. A current resident and his family recently showed their appreciation by making a donation that allowed us to purchase another patient lift system. And coming soon, is a pergola for the garden that will make the area a little more attractive for those who want to step outside. All of these things happened because of families who made donations or named Village Manor as the recipient of their loved one's memorials. Donations are made to Village Manor through a fund with the Memorial Health Foundation, which is the philanthropic branch of Memorial Health System. All donations made to the Memorial Health Foundation benefit the community by providing enhancements to the services provided by affiliates (such as Village Manor) of Memorial Health System. If you are interested in making a donation to help make Village Manor a better place, please contact Andy Sutter, Executive Director of Village Manor. He will be happy to visit with you about your thoughts and wishes. Village Manor does have a committee comprised of residents who provide input about what is needed to make Village Manor a better place to live.

"Activites"- continued from Page 5

A word on nomenclature. Traditionally the programs that will be discussed in this text are known as activities and many facilities therefore have an "Activities Department" or an "Activities Coordinator" to focus and coordinate these special events and activities. Within the last few years, many facilities have elected to rename this organizational function as "Enrichment Programs" or "Resident Wellness" or other similar terms in order to more fully encompass the scope and breadth of the work. At Village Manor, it is the "Life Enhancement Coordinator", who is LaDonna Shaffer. Whatever the nomenclature, these programs serve to better the lives of residents and help fulfill the tremendous challenge of aiding in the overall wellness of residents.

Source: nurseslearning.com