Village Manor
of Heritage Village, CCRC

Village Vine

July 2019

Monthly Newsletter of Village Manor

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Memorial Health System

Courtyard at Village Manor Receives New Pergola

The Maintenance Department at Village Manor recently assembled and erected a new pergola for the courtyard area at Village Manor. Thank you to Maintenance Manager Ryan Crist and Maintenance Assistant Gregg Biggs. Village Manor resident Orville Kickhaefer can be seen helping out. Funds for the pergola were provided by donations made to Village Manor through the Memorial Health Foundation.

Be Prepared for Patients to Ask About CBD

Contributed by Jim Cram, Village Manor Pharmacy Consultant

Cannabidiol (CBD) products are moving into some pharmacies and mainstream retailers...not just smoke shops, dispensaries, etc.

CBD and THC are cannabinoids found in two varieties of the cannabis plant...marijuana and hemp. But CBD doesn't cause a "high" like THC.

Hemp with 0.3% THC or less is no longer a federally controlled substance and is a legal source of CBD...after last year's Farm Bill.

But cannabis STATE laws vary. For example, cannabis is fully legal in California...but all forms are illegal in Idaho.

FDA regulations add to the confusion. They say CBD can't be sold as a supplement...since it was first approved as an Rx drug (Epidiolex). But CBD is allowed in hemp-derived "cosmetics"...creams, lotions, etc.

This leaves a lot of murkiness with CBD...especially with orals, tinctures, foods, etc...and enforcement is spotty.

So far, the most conclusive evidence is with Epidiolex...a purified CBD solution approved for two rare and severe seizure disorders.

Emphasize that there's not good evidence yet to support popular CBD claims...such as relieving chronic pain, anxiety, or insomnia.

And the variety of CBD products leaves many unknowns about their safety, quality, dosing, etc.

In general, recommend avoiding CBD in pregnant or breastfeeding women...and lean away from it in patients taking multiple meds.

Educate that CBD may cause drowsiness, diarrhea, etc...and using it with CNS depressants (benzos, opioids, etc) may worsen sedation.

Be aware of many potential interactions. For example, CBD inhibits CYP2C8, 2C9, and 2C19...and might raise levels of meds such as amitriptyline, valproic acid, and warfarin. Or CBD levels might be increased by CYP3A4 inhibitors, such as clarithromycin.

Plus high CBD doses are linked to elevated liver function tests.

Explain most urine drug tests check for THC...not CBD. But high CBD doses with trace amounts of THC...or impure products...could lead to a positive THC test.

If patients plan to try CBD, suggest checking the product for a "certificate of analysis" from an independent lab. This doesn't confirm safety or efficacy...but shows levels of CBD, THC, and contaminants.

Dive deeper with our chart, Comparison of Cannabinoids...and access our Natural Medicines for more on efficacy, safety, and interactions.

Source: Article, Be Prepared for Patients to Ask About CBD, Pharmacist's Letter, June 2019

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Reminisce 10:45 Noodle Ball 3:00 Bingo 6:30 Board Games	**2** 9:30 Resident Council 10:45 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	**3** 9:45 Aerobic Instructor 10:45 Noodle Ball **12:00 BBQ** 3:00 Bible Study w/Bev 6:30 Puzzle Time **Evening Fireworks Show**	**4** 11:00 Noodle Ball 3:00 Cinema 6:30 Board Games **4th of July**	**5** 9:45 Aerobic Instructor 10:45 Noodle Ball 3:00 Gift Cart 6:30 Puzzle Time	**6** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Hall Choice
7 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	**8** 9:30 Reminisce 10:45 Noodle Ball 3:00 Bingo 6:30 Board Games	**9** 9:30 Memorial Service 10:45 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	**10** 9:00 Jonathan 10:45 Noodle Ball 3:00 Bible Study w/Karen **3:30 Library** 6:30 Puzzle Time	**11** **10:00 Fingernails** 10:45 Noodle Ball 3:00 Piano Time 6:30 Board Games	**12** 9:00 Ken King 9:45 Aerobic Instructor 10:45 Noodle Ball 3:00 Gift Cart 6:30 Puzzle Time	**13** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
14 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	**15** 9:30 Reminisce 10:45 Noodle Ball 3:00 Bingo 6:30 Board Games	**16** 9:30 Cinema 10:45 Noodle Ball **1:30 Resident Meeting** 3:00 Singing w/ Joan 6:30 Coloring Fun	**17** 9:45 Aerobic Instructor 10:45 Noodle Ball 3:00 Bible Study w/Bev 6:30 Puzzle Time	**18** **7:30-9:00 AM Cafe** 10:45 Noodle Ball 3:00 Piano Time 6:30 Board Games	**19** 9:45 Aerobic Instructor 10:45 Noodle Ball 3:00 Gift Cart 6:30 Puzzle Time	**20** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Hall Choice
21 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	**22** 9:30 Reminisce 10:45 Noodle Ball 3:00 Bingo 6:30 Board Games	**23** 9:30 Memorial Service 10:45 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	**24** 9:00 Jonathon 9:45 Aerobic Instructor 10:45 Noodle Ball 3:00 Bible Study 6:30 Puzzle Time	**25** 9:30 Crafts w/ Elaine 10:45 Noodle Ball **3:00 What's for Dinner?** 6:30 Board Games	**26** 9:45 Aerobic Instructor 10:45 Noodle Ball **3:00 Birthday Party** 3:00 Gift Cart 6:30 Puzzle Time	**27** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
28 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	**29** 9:30 Reminisce 10:45 Noodle Ball 3:00 Bingo 6:30 Board Games	**30** 9:30 Cinema 10:45 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	**31** 9:45 Aerobic Instructor 10:45 Noodle Ball 3:00 Trivia 6:30 Puzzle Time			

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

One-to-Ones Daily
*Activities Subject to Change

Resident Birthdays

Verna Cook	Jul. 11
Dwight Greenough	Jul. 14
Steve Henkle	Jul. 24
Joyce Kippenberger	Jul. 26

Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Judy Adee
Nancy Alt
Greta Gibbs
Lydia Leonard

In Memory

Bonnie Haslouer
Emy Peterson
Charles Ausherman
Jeanne Stadel

Discharges

Mary Keller
Reaves Armstrong
Bob Saucier
Ruth Foster
Kathryn Houlton

Staff Birthdays

Anna Tracy	Jul. 3
Hannah Burleson	Jul. 7
Carolyn Lawrence	Jul. 8
Kimberly Callahan	Jul. 10
Marie Morton	Jul. 11
Audrey Berkland	Jul. 11
Whittany Eisermann	Jul. 14
Gladys Albertson	Jul. 18
Kelly Mayden	Jul. 26
Micki Picking	Jul. 27
Kelly Cole	Jul. 27

Welcome to our Team!

Sarah Leuthiphanh	C.N.A.
Lana Serbanich	C.N.A.
Ofelia Lopez	C.N.A.
Kaitlin Towne	C.N.A.
Kelly Cole	C.N.A.
Breanna Reynolds	C.N.A.
Dillon Brooks	L.P.N.
Wendy Miller	L.P.N.
Maura Meyer	Dietary Aide
Nicole Avig	Homemaker
Redo Purnell	Homemaker

SNO-CONES POPULAR AT VILLAGE MANOR

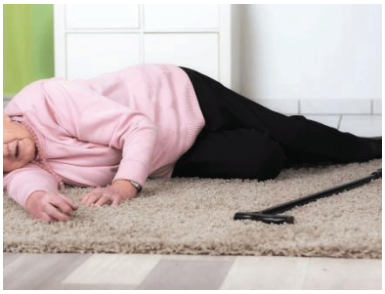
Though it wasn't officially Summer on the calendar quite yet, summer-like weather is sno-cone weather! Thank you to Little B's Tropical Sno for setting up at Village Manor in the middle of June. Everyone enjoyed the tasty treats!

Implementing Exercise Programs to Prevent Falls: Systematic Descriptive Review

Contributed by Amy Boyer, Village Manor Director of Nursing

Background

The United States Preventive Services Task Force recommends exercise to prevent falls in community-dwelling adults aged ≥ 65 years at increased fall risk. However, little is known about how best to implement exercise programs in routine care when a patient's need for exercise is identified within the health care system.



Methods

Using a qualitative approach, we reviewed the literature to determine how exercise programs to prevent falls are implemented from the vantage point of a health care setting. We synthesized descriptive information about each program with data on program features and implementation difficulties and facilitators.

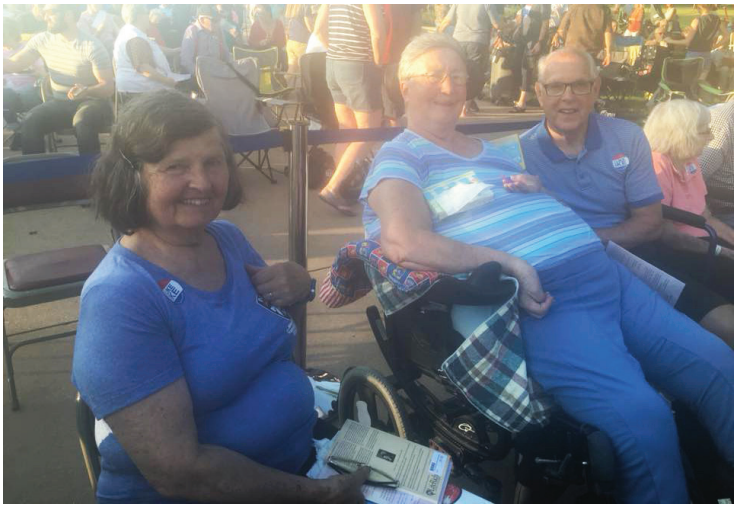
Results

We found that programs sponsored by primary care providers (PCPs) or specialists may help with recruitment into exercise programs. PCPs have the opportunity to identify people at risk and promote participation since most older adults regularly visit, and inquire about exercise from, their physicians. In terms of referral options, both home-based and group-based exercise programs have been shown effective in preventing falls; however, each approach carries strengths and limitations. Home-based programs can include participants who are reluctant or unable to attend group classes and can be individually tailored, but provide less opportunity for supervision and socialization than classes. Adherence to programs can be encouraged, and attrition minimized, through positive reinforcement. Successful programs ranged in expense for exercise sessions: a weekly class combined with exercises at home cost < $2 per participant per week, while frequent individual sessions cost > $100 per participant per week.

Conclusions

With increasing attention to population-based health management in the United States, clinicians and health system leaders need a deeper understanding of how to link patients in their health care systems with appropriate community programs. This review identifies key characteristics of successful fall prevention exercise programs that can be used to determine which local options conform to clinical evidence. In addition, we highlight tradeoffs between program options, such as home versus group exercise programs, to allow referrals to be tailored to local conditions and patient preferences. Finally, our work highlights the key role of the PCP in recruiting patients to participate in exercise programs, and identifies options, such as registries, to support referrals to the community.

Source: ncbi.nlm.nih.gov

Read our newsletter online at www.villagemanor.org or call (785) 263-1431 to be added to our E-newsletter list!

RESIDENTS ENJOY THE SYMPHONY AT SUNSET ON THE GROUNDS OF THE EISENHOWER PRESIDENTIAL LIBRARY AND MUSEUM JUNE 1st