Village Manor
of Heritage Village, CCRC

Village Vine

September 2020

Monthly Newsletter of Village Manor

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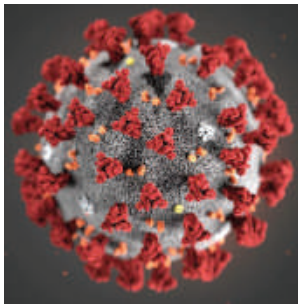
An affiliate of Memorial Health System

Is it a Cold or the Flu...or COVID-19???

Contributed by Cindy Vermillion, Director, Heartland Health Care Clinic

Just a few months ago we heard the word for the first time…COVID-19. It has turned the world upside down with controversy and fear. To complicate matters even further, we are moving toward influenza season in the very near future. This will make it difficult to determine which illness you may be suffering from if you should develop a fever, cough, chills, body aches, and many other symptoms.



While there is a treatment for influenza if caught in the very early stages (within 48 hours of start of symptoms), there is no real treatment for COVID-19. If started with the first 48 hours of symptom onset for influenza, several medications can help alleviate symptoms and/or shorten the duration of illness. At this time, there is no such help for COVID-19. And since the symptoms can be the same for both illnesses, unfortunately, there is no way to know which illness you have unless tested for one or the other or both. Further, since there is no treatment for COVID-19, the recommended treatment is to stay home and take care of yourself with over-the-counter medications and rest, and to avoid spreading the illness to others. If you become short of breath or have trouble breathing, you should immediately go the nearest Emergency Department.

Heartland Health Care Clinic is here to provide care and treatment for all your needs, but we do recommend calling the clinic before coming in to discuss your symptoms, and to be scheduled for the appropriate type of visit. This may include a "telemedicine" visit, in which you will be able to see and speak to a health care provider on your computer, smart phone, or tablet from the comfort and safety of your home.

As always, prevention is the most important step in protecting yourself and your loved ones from illness. The best prevention is frequent and thorough hand washing, especially after touching surfaces that other people may have touched (door handles, shopping carts, light switches). Hand sanitizer is also effective. Wearing a mask is proven to offer protection to yourself and others. And always stay home if you aren't feeling well or if you have a fever.

CONT. ON PAGE 2 -- See "COVID-19"

"COVID-19"- continued from Page 1

FROM CDC.gov:

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

When to seek emergency medical attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

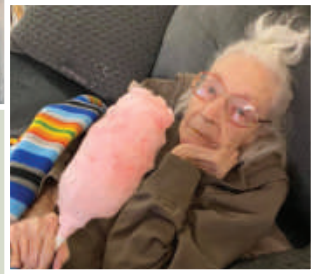
*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

For more information on COVID-19 and Influenza, visit CDC.gov.

Source: cdc.gov

As part of "No Fair, Fare Week", residents and staff enjoyed cotton candy and watermelon!



SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Resident Council 10:45 Balloon Toss 3:00 Singing 6:30 Coloring	**2** 8:30 Dr. Holmes on Radio 10:00 Jason Kohler 3:00 Piano 6:30 Coloring Fun	**3** 9:30 News Time 11:00 Outside 3:00 Piano Time 6:30 Board Games	**4** 9:30 News Time 11:00 **CRAFT** 3:00 Delivery Shopping 6:30 Puzzle Time	**5** 11:00 Movie 3:00 Puzzle Time 6:30 Hall Choice
6 11:00 Movie 4:00 On line church 6:30 Coloring Fun	**7** 9:30 Travel Bingo 9:45 News 10:00 Trivia 11:00 Outside Time 2:00 Snack time 6:30 Hall Choice	**8** 9:00 News **10:00 Resident Meeting** 2:00 Treats for all 6:30 Puzzle Time	**9** 8:30 Dr. Holmes on Radio 10:00 Jason Kohler 3:00 Piano 6:30 Coloring Fun	**10** 9:30 News Time **10:00 Fingernails** 11:00 Balloon Toss 3:00 Piano Time 6:30 Board Games	**11** 9:30 News Time 11:00 Balloon Toss 2:00 Treats for all **3:00 Delivery shopping** 6:30 Puzzles	**12** 11:00 Movie 3:00 Puzzle Time 6:30 Cinema Night
13 11:00 Movie 4:00 On line church 6:30 Coloring Fun **Grandparents Day**	**14** 9:30 Travel Bingo 9:45 News 10:00 Trivia 11 :15 Casino 2:00 Ice Cream Social 6:30 Board Games	**15** 9:30 News Time 11:00 Balloon Toss 3:00 Singing 6:30 Puzzles	**16** 8:30 Dr. Holmes on Radio 10:00 Jason Kohler 3:00 Piano 6:30 Coloring Fun	**17** **7:30-9:00 AM Cafe** 11:00 Balloom Toss 3:00 Piano Time 6:30 Board Games	**18** 9:30 News Time 11:00 Balloon Toss **3:00 Delivery shopping** 6:30 Puzzle Time	**19** 11:00 Movie 3:00 Puzzle Time 6:30 Hall Choice
20 11:00 Movie 4:00 On line church 6:30 Coloring Fun	**21** 9:30 Travel Bingo 9:45 News 10:00 Trivia 11 :00 Balloon Toss 6:30 Movie	**22** 9:30 Memorial Service 11:00 Balloon Toss 3:00 Singing 6:30 Puzzle Time	**23** 8:30 Dr. Holmes on Radio 10:00 Jason Kohler 3:00 Piano 6:30 Coloring Fun	**24** 9:30 Travel Bingo 9:45 News 10:00 Trivia 11:00 Balloon Toss 6:30 Board Games	**25** 9:30 News Time 2:00 Treats **3:00 Birthday Party** 3:00 Delivery Shopping 6:30 Puzzles	**26** 11:00 Movie 3:00 Puzzle Time 6:30 Cinema Night
27 11:00 Movie 4:00 On line church 6:30 Coloring Fun	**28** 9:30 Travel Bingo 10:00 Trivia 11:00 Balloon Toss 2:00 Outside Time 6:30 Puzzles	**29** 9:30 News Time 11:00 Balloon Toss 3:00 Singing 6:30 Puzzles	**30** 8:30 Dr. Holmes on Radio 10:00 Jason Kohler 3:00 Piano 6:30 Coloring Fun			
			Available Daily: games, books, cards, puzzles, movies, pool table, manicures, and more.		*One-to-Ones Daily* **Activities Subject to Change*	

Resident Birthdays

James Guilfoyle	Sep. 1
Dennis Roberts	Sep. 3
Lou Manning	Sep. 7
Marvin Schneider	Sep. 20
Lily Martin	Sep. 24
Reva Smith	Sep. 27
Joseph Foltz	Sep. 29

Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Lily Martin
Dale Pulkrabek
Georgia Phillips
Dwight Meuli
John Coup

In Memory

Ruth Foster
Beatrice Cole
Nancy Thompson

Discharges

Joe Clemence
Virginia Taylor

Staff Birthdays

Ramona Perez	Sep. 1
Brenda Esteban	Sep. 2
Lana Serbanich	Sep. 2
Courtney Hendrix	Sep. 11
Maleah Meyer	Sep. 14
Carla Richardson	Sep. 17
Kyla Hasselman	Sep. 19
Chelsey Picking	Sep. 22
Samantha Emig	Sep. 24
Madelin Schmitz	Sep. 24
Alexis McCoy	Sep. 25
Ann Winters	Sep. 27
Madison Carpenter Sep. 28	
Cody Meyer	Sep. 28

Welcome to our Team!

Angelic Breunig	C.N.A.
Tasha Burton	C.N.A.
Kennedy Davis	C.N.A.
Kimberly Davis	C.N.A.
Melody Haile	C.N.A.
Alice Hasenbank	C.N.A.
Madelin Schmitz	Homemaker
Tabbatha Levin	Room Attendant

BLIZZARDS ROLL THROUGH VILLAGE MANOR

We would like to greatly say a Big Thank You to Greg Huston & Terry Swearingen for donating the DQ Blizzard Machine to us! We have already tried it out and everybody loves it!

REMINDER...

SEASONAL ITEMS & CLOTHING

Autumn is just about here, and winter and colder weather are right around the corner. Now is a good time for families to have us take a look at residents' closets and make sure that proper clothing and other seasonal items are on-hand. Though some warm temperatures can, and probably will still occur, cold temperatures will be here to stay for a while before you know. Please plan accordingly.

Autumn

Contributed by Melissa Bradford, Village Manor Clinical Manager

It's coming soon, September 22nd to be exact! It is many people's favorite time of year, autumn. What is your favorite thing when you think of autumn? Is it the cooler weather, the holidays, the beautiful color changes in nature? Or maybe you're a football fanatic?

It's almost time to throw on a sweater and enjoy the cool breeze. The heat of summer is ending, which means no more humid, hot, sweaty, and bug infested air. Cozy nights wrapped up in a blanket by the fire, with a cup of hot chocolate. Not to mention rainy days in autumn, when you have a good book to dive into, top any 100 degree summer day.

Family time is the best time, and Thanksgiving is the perfect time for that. Our lives can get hectic at times, it's nice to have this time of year when everyone gets together and catches up.

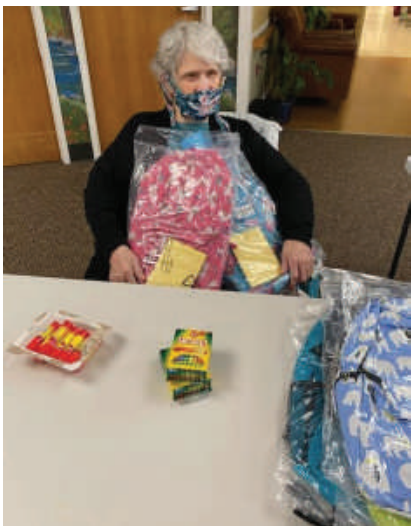
Autumn is so beautiful. The colors of the leaves as they fall to the ground are mesmerizing. The crisp air flowing through the trees and the orange hues at sunset are truly the most stunning sight.

There is also something to be said about getting that grill going and having family and friends over to enjoy the football game.

We always enjoy decorating the halls, carving pumpkins, and frosting those delicious sugar cookies here at Village Manor. What is your favorite part of this wonderful season?

NEW ICE CREAM FREEZER HAS "GRAND OPENING"

Enjoying haircuts and packing up school supplies for our employees' children. Also enjoyed some time outdoors - before the rain came.



Thank you to Mr. K's Farmhouse Restaurant in Abilene for donating a paddle to carry on their tradition