

# Our House

*NHC Maryland Heights Monthly Publication*

## July 2018

### *Care Is Our Business*

Happy July to all!



At the end of May (seems not that long ago) we went through our state survey. We are pleased to report it was our best survey yet. One more time I want to thank everyone on the NHC team who made this possible. We know this confirms what we strive for every day...caring for our residents in a better way!

One of the challenges of the survey was the timing. It came later than we have ever experienced before. Sadly, this interfered with the annual two-day CNA event that celebrates the hard work of these critically important partners on our team. It was scheduled the same week that state arrived. But, in spite of that, we were thrilled to learn in the middle of our state survey week that our very own Tracy Smith had been selected as the CNA of the Year for our entire region. We went a little crazy (she led the way) celebrating. It was emotional! First time we've ever seen that from Tracy...not! As you see in the photo at the

end of this column, she joins Angela Watkins and Rickell Miller, winners of this same honor in previous years. That makes us the only center with three CNAs of the Year working together. I love the longevity of our staff. We are proud, proud, proud!

Here are a few highlights of Tracy's thoughts she shared with the selection panel about doing the work of a CNA:

"...Certified Nursing Aid has been my passion for 18 years, and not once have I ever wanted to do anything different..."

"When I walk through the doors of NHC, I think, 'How can I make a difference in the lives of my residents today?' I ask myself...who needs that extra touch, hug, smile, kind word and gentle care. My heart responds...they all do! So I carefully and willingly go through the corridors one by one, keeping each one clean, hydrated, fall free and most of all, feeling as if someone loves me."

"Believe me when I say the residents help me more than I help them. I will stay a CNA until I



can't do it anymore. I love, love, love my job!"

'Til next time!  
Susan Taylor  
Administrator

## Alzheimer's Association Support Group Meeting

July 19, 7-8:30pm at NHC

Multi-Purpose Room

The Alzheimer's Association Support Group meets monthly, led by Social Services Director, Maria McAllister. This group is open to all who are care-givers for someone with dementia. **Here is an opportunity to share and learn with other care-givers and to know that you are not alone in your journey.**

### Wise Eyes

Have you ever known someone,  
With eyes that are very wise?  
Though they might be faded,  
Still in them a sparkle lies.

You see in them a vision,  
Of a time long passed.  
You know they can  
See your soul. Wisdom is vast.

You never see hatred,  
Distain or judgement there.  
You know only in your heart,  
They are holding a silent prayer.

C Hollingsworth 1998

## Alzheimer's Association

*Give yourself credit, not guilt!*



Hallucinations are false perceptions of objects or events involving the senses. These false perceptions are caused by changes within the brain that result from Alzheimer's, usually in the later stages of the disease.

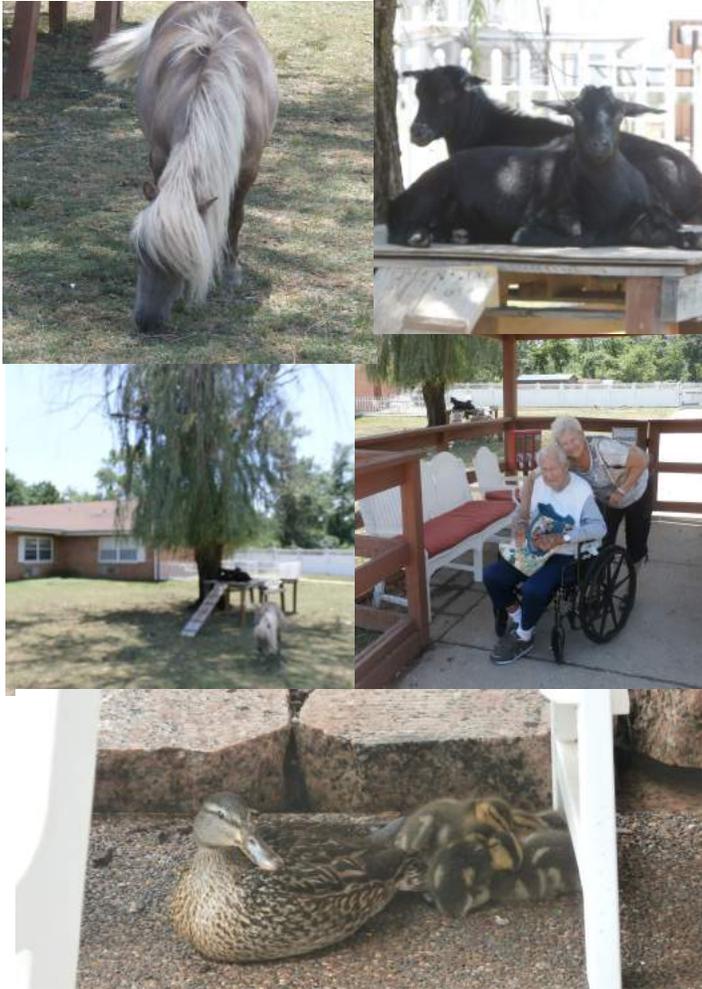
The person may see the face of a former friend in a curtain or may see insects crawling on his or her hand. In other cases, a person may hear someone talking and may even engage in conversation with the imagined person. Alzheimer's and other dementias are not the only cause of hallucinations. Other causes include: schizophrenia, physical problems, such as kidney or bladder infections, dehydration, intense pain, or alcohol or drug abuse, eyesight or hearing problems, medications.

For support and encouragement, join ALZ Connected, our online caregiver community.

Read more: [www.alz.org](http://www.alz.org)

### Coco and Friends

Horse snorts! Did you see all those kids here last month?! It was like someone let a bunch of young colts and fillies loose in the pasture...so much energy and heels being kicked up everyday and tails and heads being shook and manes tossed! Whew it still makes me tired and happy thinking about it. That was some rodeo. I don't know how Activities does it, but they bring this rodeo to our place every year and it is the best! Thanks to Activities for all the fun memories.



### Hot Summer Courtyard Safety

Yes, we are into St. Louis summer heat! So, for the safety of all our residents, we want to remind families and friends to only take your resident(s) outside on the patio area. We do not want residents getting accidentally stuck outside in the heat. If you have any concerns or questions about other residents wanting to go outside with your assistance, please do not hesitate to ask for help from our staff and we will all work together to keep our residents safe.

## *Activities Department News*

Well, this year is flying by. Seems like we were just knee deep in Kids Camp and everything else June! So far this summer, some of our people have been to a Cardinals ballgame, the Museum of Transportation, and handled large reptiles (Kids Camp entertainment) to name a few highlights. Now it's July 4th and the heart of summer. Hot idle days sitting out on the patios or front porch in the somewhat cooler hours can be such a nice unplanned activity. But we still continue with a full calendar of inside activities and special outings where possible. Hope to see lots of you at our 4th of July celebration on the evening of July 3rd! There will be music and fun food and hopefully a nice evening temperature so we can be out on the patio. Looking forward to a fun-filled July of activities.



### *Smoking Practice Update*

To ensure the safety of all of our residents there are some changes in our current smoking policy. Residents will have to be monitored by a staff member when they smoke on campus. We can no longer have families of residents monitor residents. Residents who smoke will use a smoking apron. This policy change is to protect all people within the building. Thanks for helping us enforce this policy. It is people's right to smoke, but it is our responsibility as staff at NHC to help everyone to remain safe.

### *Wi-Fi Network Update*

A new Wi-Fi guest network has been created for NHC Maryland Heights. Users will not have to login every 4 hours—connect once and you will stay connected. The old guest network will be removed on March 1st. New access information is as follows: Name — NHC-guestaccess

Password — nhcguest

Center owned devices are not to be operated on this new guest network.

*NHC wishes to express our deepest sympathies for the family and friends of the residents who have recently passed.*



### *Partner of the Month*

Tracy Smith has been a CNA at NHC for 18 years now. She worked as a CNA at other places for some years before making NHC Maryland Heights her work home. She comes from a family of three generations of CNAs—her mom, herself, and her daughter. Pretty amazing! As a child she went with her mom so many times to work. And she has great memories of time spent with her mom at Christmas time baking lots of Christmas cookies for the nursing home residents. She has carried on that tradition of making residents feel special...perhaps most noticeably with the women when she adds a little make-up and earrings, and does something special with their hair. She just makes the men smile and laugh. But none of that would matter if Tracy wasn't so consistent in taking care of the residents basic needs and routines. But as she says, "Being a CNA is more than a routine; it's passion, dedication and concern for another with the inclination to give aid or support." You can't be around Tracy and not pick up on her passion for people and this work. But she lets new CNAs know, "This is hard work, backbreaking." So congratulations to Tracy Smith on being chosen CNA of the Year for the entire region. Her award made her a deserving special selection for the July 2018 Partner of the Month.

Life away from NHC is filled up for Tracy with family life. Her grandson lives with her. She chuckles, "We have shared custody of 'Blue' my mom's dog"...her mom lives across the street from her. When there is time, Tracy loves to slow down and sit on her front porch, talking with her husband. She also enjoys shopping for clothes and jewelry. Someday, she and her husband hope to buy a new house and take a dream trip to Hawaii. But for now, they work and save and enjoy life. Congratulations Tracy! You are one of the best!

# NHC

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## People in the Know

Susan Taylor	Administrator	200
David Sauer	Administrator in Training	200
Jeff Loraine	Director of Nursing	220
Tom Gianino	Assistant Director of Nursing	221
Sheri Terry	Facility Rehab Coordinator	291
Phil Barker	Chaplain	244
Maria McAllister	Social Services	240
Ashlie Baker	Admissions Coordinator	241
Lori Thacker	Business Office Manager	250
Rebecca Goedeker	Recreation Director	290
Megan Jameson	Dietician	262
Nancy Maurer	Dietary Manager	260
Martin Barry	Dietary Manager	261
Mark Arroyo	Maintenance Director	299
Robin Sopshire	Dir. of Environment Services	270
LaVerne King-Gerals	Health Information	280

## Extensions

### Non-Discrimination Policy

As a recipient of federal financial assistance, NHC Maryland Heights does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, national origin, religion, sex, gender, or on the basis of disability or age in admission to, participation in, or receipt of their services and benefits of any of its programs and activities or in employment.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-615-890-2020 (TTY: 7-1-1)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-615-890-2020 (TTY: 7-1-1)

## Resident Birthdays

Doris Kuhn	07/02
Mary Adams	07/03
Clyde Flatt	07/03
Shirley Morgan	07/04
David Shrum	07/05
Stella Smith	07/06
Jane Watson	07/06
Audrey Gooch-Elliott	07/07
Dolores Hartwig	07/07
Wilhelmina Wintemberg	07/09
Delores Frisella	07/11
Joe Morgan	07/11
Willie Chambers	07/13
Edna Jackson	07/14
Dorothy Nolte	07/16
Deethel Saddler	07/16
Dorothy Burkard	07/17
Gwendolyn Adams	07/21
Magda Ibrahim	07/21
Shirley Grimes	07/27
Gwendolyn McCorkle	07/28
Lawrence Krekel	07/29

## Partner Birthdays

Demeka Taylor	07/01
Deandre Brooks	07/02
Sheri Terry	07/02
Edna Kingcade	07/04
Heather Stiff	07/05
Arlene Tonogbanua	07/05
Tevin Darris	07/09
Aretha Kirby	07/10
Tavida Baldwin	07/13
Jennifer Decker	07/15
Ebony Burt	07/16
Raven Edwards	07/16
Sarah Roberts	07/16
Vanessa Duke	07/17
Tigist Tefera	07/17
Colleen Cuenca	07/18
Gregory Perry	07/19
Mary Melau	07/20
Megan Jameson	07/27
Kennedy Phiri	07/28
Deanna Zurawski	07/28
Carolyn Schamel	07/31

## Partner Anniversaries

Diane Kell	18 years
Tracy Smith	18 years
Laura Sibley	16 years
Shacana Thomas	15 years
Martin Barry	10 years
Jennifer Decker	9 years
Megan Jameson	7 years
Tracy Donaldson	5 years
Francis Ogbevoen	4 years
Alexandria Pogue	4 years
Tina Smith	4 years
Sasha Williams	4 years
Gregory Perry	3 years
Tevin Darris	3 years
Xin Han	2 years
Karen Dobkins	2 years
James Muthini	1 year

And...Sheri Terry, 12 years last month.



Wisdom

This is a message to the young.  
 Don't throw old folks away.  
 Because, they do repeat themselves.  
 Doesn't mean they have nothing to say.

They have so many memories stored,  
 That they sometimes get in the way.  
 It's wise to use some patience,  
 And let them have their say.

The knowledge just from living  
 A long time is often quite enough.  
 They could advise and console.  
 When times for you get rough.

So, take a little time and give  
 Them your close attention,  
 For the lessons you will learn  
 Are too numerous to mention.

C Hollingsworth 1998



**Welcome to Ivy House**  
**June 2018**

**Welcome to Meadows**  
**June 2018**