

Faith
Lutheran
Home
Campus

FLH Newsletter

May 2018

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Special Invitation Inside!

The Fabulous Vegas
Guys: A Las Vegas
Styled Variety Show

**July 14—Dinner
served 5:30—7PM;
Show begins at
7PM!**

Proceeds will go
towards building
improvements at
Faith Home so we can
provide the highest
quality of services to
our residents!

Hello from Faith Home!

Welcome to our new quarterly newsletter! This is where you'll get all of the updates and happenings at Faith Lutheran Home Campus!

Let's kick off this newsletter with a little bit about who we are as a facility. FLH offers a continuum of care in its three facilities—all under one roof. What does this mean, exactly? We are a community in which a resident can move between facilities based on his or her individual needs, on a first-come first-served basis. Here at FLH we offer residents high-quality care with our three facilities:

Skilled Care/Rehabilitation: In our 60-bed skilled care facility, an individual can receive 24-hour nursing care, progressive skilled therapy and rehabilitation services, individualized resident care, and much more.

Assisted Living: Located "just around the corner," our 14-apartment assisted living offers the assistance needed to stay independent with the opportunity to add care as needed.

Evergreen Independent Living: Evergreen offers apartment-style living to seniors 55+ who would like to remain independent while living in a secure, accessible, and maintenance-free home.

As a non-profit organization, our primary focus is the quality of life of our residents and staff. We provide the highest quality of care while providing a home-like atmosphere for our residents so they may feel as comfortable as possible during their stay- however long that might be. We offer activities for all three facilities to enrich the lives of our residents and to make FLH a fun place to call home. We are proud to offer individualized services for each and every person no matter what stage of life!

To learn more about our services, please stop by or give us a call! You can also find more information on our website.

www.faithlutheranhomeosage.com

A note from the Dietary Department



Guests meal prices

Breakfast: \$3.00
Dinner: \$5.00
Supper: \$3.00
Holidays: \$6.00
Spouse Meals are all -
\$1.00 off regular price.

As we look forward to Spring and Summer and leave winter weather behind, the Faith Home Kitchen has started our new Spring & Summer menus of 2018. The kitchen has been working hard on changing these menus to add foods that are nutritious and appealing. We still offer our Always Available Menus, which changes every week. This is great for residents that might not prefer the main menus.

Faith Home enjoys having families and friends come join their loved ones for meals! If you are interested in eating a meal with a resident please call 641-732-5511 ext. 12 to make reservations. If possible, give the kitchen 24 hours notice. This allows us time to ensure we have enough food for everyone!

Hope to see you all!

-Colette Wyatt Food Service Supervisor & Faith Home Kitchen Staff

STAFF SUNSHINE AWARDS

WHAT ARE SUNSHINE AWARDS?

Sunshine Awards will recognize employees who have gone above and beyond normal expectations of their performance. The employee contribution must be for an action that is beyond the scope of the employee's regular day-to-day activities. Did you see a coworker help with walk-to-dine even when they had other things on their plate? Nominate them! Did you see a coworker who had a positive attitude even in times of stress? Nominate them! Do you know of a coworker that has worked extra hard this week and hasn't been thanked? Nominate them! Did someone exchange shifts with you when you were in need? Nominate them! Are you a family member who appreciates the care your loved one has just received from a staff member? Nominate them! There is no limit to how many nominations you can submit!

WHO CAN NOMINATE AN EMPLOYEE FOR AN AWARD?

Any employee, family member, friend, or resident can submit a nomination for a Sunshine Award for a staff member. Nomination sheets will be located in the main office, the social services office, in the Relias room, and in other places throughout the building. Nominations can be filled out and dropped off in the social services office, or put in the black box outside of Dawn's office.

WHAT HAPPENS NEXT?

Committee members will pick a winner each week to get a small prize, and announce the winners on Friday. Every person who was nominated, however, will be placed into a raffle for a big prize at the end of the month! One more bonus: if a staff member nominates a coworker from another department, the nominator will be placed in the raffle as well! Prizes range from gift cards to VIP parking to lunch with a friend and much more! Award recipients can come to the social services office to claim their prize!

We're looking forward to spreading some fun throughout Faith Home with these fun Sunshine Awards! We can't wait to read through the nominations and reward our amazing staff for the great things they do each and every day!

-Your Faith Home Sunshine Squad



Hi from the MDS Coordinator

Hi, I'm Erica Roethler. I'm the MDS Coordinator at Faith Lutheran Home. I'm also the Care Plan creator, Restorative nurse, and nurse! My role/duties here at FLH are as follows: I keep Medicare happy with reports and interviews of our residents. I create plans of care to direct our nurses and aides and other staff in the best care for each resident. I also follow up on the restorative program and keep that running smoothly.



I have 3 children: Dillon 18, Sophia 15, Catherine 13, and a husband, Mark. My kids go to Riceville to school and we live a country mile north of Saratoga on an acreage where we raise all sorts of fun things. We currently have about 40 baby bottle goats, 5 soon-to-be momma goats, 2 calves, turkeys, geese, chickens, guineas, ducks and call ducks, plus cats and 3 dogs. My husband works at McNeilus in Riceville and has been there for 14 years! I collect sunflowers and my office is decorated with my grandma's handy work - all those wall hangings are done by her! I also enjoy COFFEE!

I have been working at FLH since October of 2017. One of my favorite things about working here is that I get to work with one of the greatest generations ever raised. I hear stories of the past that we will never hear again. I enjoy listening to the stories and history that surrounds each person in our care. Not only do we have wonderful residents, but the staff members at FLH impress me every day. This job is one of a kind!

-Erica Roethler, MDS Coordinator

"I came to Faith Home in search of employment. What I found was a beautiful new purpose for my life as a caregiver. They (residents) fill my heart."

-Shelly Enzenauer, Assistant Activity Director

Environmental Services Update

It's hard to believe that we've almost made it to summer! Many of you have begun to swap out winter clothes with warmer weather clothes for your loved ones since space is limited. We'd appreciate if you could drop the clothing off at the laundry room on C-wing or hand them to a staff member to be labeled with our iron-on labels. This way we can make sure they are returned to the right owner. Even if you choose to wash your loved one's laundry yourself, an iron-on label would help prevent any loss that could occur. The labels stay on during the laundry process, yet can be easily torn off without damage should you choose to no longer have item labeled.

One last request from the laundry department- when you come in for care conferences or to visit your loved one, please look through the pink covered laundry cart in the meeting room which has unmarked garments and help us identify them. Thank you!

Heather Angell, Environmental Services



Holistic Nursing Home Care

We often hear the word holistic, but few people seem to really know what it means and how it applies to the care being given at a nursing home. Holistic treatment means that it is the treatment of the whole person, not just their physical ailments. Of course the illness or injury is important, but so much more needs to be looked at. When somebody is being taken care of in their nursing home they are being cared for in such a way to promote their best possible physical, psychological, social, and spiritual needs.

“To us this is nothing special. We care deeply for our residents and simply treat them as we would want to be treated.”

At Faith Lutheran Home we make sure to implement this philosophy each and every day with all of our residents. We understand that social relationships are, and make sure to involve them in anything that might be of interest to them, changing our processes to accommodate new faces from day to day. We learn our residents’ names, and use it when addressing them while making eye contact and smiling when we talk with them. We always ask our residents how they’re feeling, and sincerely care about how they respond. We encourage the use of alternative treatment methods to help make people feel good- we often have music based activities to make everybody feel good without any pharmacological interventions. This includes providing healthy and nutritious meals three times a day, and snacks between meal times. We are even known for having weekly outings during the summer to promote positivity and allow residents to enjoy the community. Additionally, we make sure to ask before they are even admitted if they have any religious, cultural, or spiritual needs that we can meet before they ever even get moved in. We often have a variety of faiths and beliefs walk through our doors, and we believe that we should be accommodating of them all.

To us this is nothing special, we care deeply for our residents and simply treat them as we would want to be treated.

You’re Invited!!!!

The Fabulous Vegas Guys Vegas Styled Variety Show



Saturday, July 14
Spaghetti Dinner 5:30–7pm
Show begins at 7pm

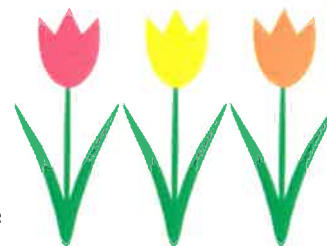
Tickets are \$25 per person
or \$40 per couple

VFW—3693 N HWY 2018—Osage
Raffle during event!

Stop by Faith Lutheran Home for
Dinner/show and raffle tickets!

Happy Spring from Evergreen!

Happy Spring from everyone here at Evergreen. The snow is gone, robins are singing, and the days are getting longer. It puts everyone in a great mood. We are all excited to get started on our landscaping project. Grants, donations, and volunteer work has gone into this already so it's going to be wonderful to see it all come together.



Our residents are going to see how many of them have green thumbs. They get to decide if they want to plant a flower or a tomato plant to put on their patios and decks. They must care for them throughout the summer and hopefully all 27 will stay alive. A lot of activities are happening here; cards, music, and outings, along with massages, reflexology, monthly programs and library visits that brings books right to our door. There's always something to do here at Evergreen.

We hope you enjoy spring as much as we will. The coffee is always on if you want to stop in and visit!

-Donna Hanson, Evergreen Manager

We need your help!

As a non-profit organization, we are responsible for raising any excess funds needed to maintain our facility. We currently have several upcoming expenses totaling nearly \$100,000. These include purchasing and installing a new boiler, new air conditioning, and repairing sidewalks. We need your help to raise the funds necessary to complete these projects!

If you would like to donate to FLH to help us provide the best possible services to our beloved residents, please send a check to Faith Lutheran Home at 914 Davidson Drive in Osage, or use the donate button on our website homepage to use a credit card! We truly appreciate every one of you and could not continue to provide quality care to our residents without your help. All donations are 100% tax deductible. Thanks again for your contribution!

Maintenance Update



Hi all! I am Kurt Elliott, the Maintenance Supervisor. Tanner Hoel is my assistant, the Maintenance Technician. John Cramer is the Maintenance Technician for Evergreen Independent Living. We keep very busy with all three buildings at Faith Lutheran Home. This summer we have some projects we are working on such as sidewalk repair, AC addition to the front of the Nursing Home, as well as updating the air conditioning at the nurses station. Next year we are planning on replacing our boiler that was put in place in 1966 - a much needed update to our facility.

We are always looking for donations to help with the cost of these major projects so we can better the lives of our residents and staff. Please call or stop by with any questions or donations!

-Kurt Elliot, Maintenance Supervisor



Hi! We're Blue Stone Therapy!

Our awesome little company started in 2009 when our founder was seeking a more consistent and higher performing rehab provider in rural and urban areas. Since we were created to serve Skilled Nursing Facilities, we decided to become the leading specialist in this area. Our team has been working hard over the last few years providing the best therapy services in Iowa!

We are excited and proud to work with Faith Lutheran Home to help your residents live life to its fullest. Your leadership has a great vision for the future of therapy at your community and we are committed to helping you get there. We are blessed to be a part of your journey and to help enhance so many lives!

Hi! From the Faith Home Activity Department

We've all caught it here!!!! SPRING FEVER!!!! We had our 1st outing of the season on April 7th. We took a group of 9 residents from Faith Home along with 9 residents from Evergreen to NIACC to see The River City Chorus present, "Doo-Wop-A-Shop". It was wonderful! The residents loved listening to the men perform. We were gone 5 hours, so were all good and tired Saturday night. We are looking forward to more fun outings over the next few months.

Just a reminder that if you would like to use the Activity room or Meeting room for a get-together with family you need to contact the Activity Department. We keep the master calendar, making it less likely to be double booked. If it is double booked, the person who contacted the activity staff and is on the master calendar will get the room.

We celebrated celebrating National Nursing Home Week from May 12th-18th. Check out our Facebook page for pictures of the fun activities that week! We celebrated with activities like our Community BBQ Carnival Fun Night, Reading with the 1st Graders, Staff Olympics, and much more!

Faith Home is in need of more volunteers! Our auxiliary needs more members to thrive! Whether you have 1 hour or 10 hours a month to give, we welcome your contribution! The auxiliary assists with Bingo on Thursdays and Coffee Hour on Saturdays. If you have any questions, give myself (641-732-5511 ex 13), Dorothy Schmidt (641-732-4407), Sue Brandau (641-732-5837), or Gloria Ganshert (641-732-5323) a call. These ladies are on the auxiliary and would be happy to tell you about it.

It'll be a busy summer with picnics, fishing, breakfasts at Lucy's Lunchbox plus all the everyday activities that happen here! Looking forward to it all!!!

-Deb Block, Activity Coordinator

A graphic of the word "FUN" in large, colorful, block letters. The letters are red, orange, yellow, green, and blue, arranged in a slightly curved line.

Medicare Cards and Insurance Updates

Spring is finally here!! With this changing season comes spring cleaning, and we are cleaning our records up here at Faith Lutheran Home. We are updating, and making sure we have the most accurate information on our residents. With Medicare enrollment come and gone, you may have elected to change benefits or supplemental or prescription drug plans for our residents here at Faith Home. If so, we ask that you bring in their new benefit elections and/or insurance cards so we can be sure we have the most accurate records.

Additionally, Medicare officially began transitioning from using beneficiary social security numbers as their Medicare ID numbers to randomly assigned ID numbers. This began in April 2018, and Centers for Medicare and Medicaid Services (CMS) anticipates this will take a full year to transition. The goal of this is to help prevent fraud and identity theft. CMS will be mailing out new Medicare cards to beneficiaries throughout the year. When you receive these new cards, please bring them and we will update each resident's record to reflect this change. For further information please visit <https://www.cms.gov/medicare/new-medicare-card/nmc-home.html> or stop in, and I would be more than happy to visit about this process.

For any questions, please call 641-732-5511 ext. 18 or email socialworker@faithlutheranhomeosage.com.



Happy Spring!! :)

-Allyson Carlson, Faith Lutheran Home Social Worker

Faith Lutheran Home wants to extend our deepest thanks to those who participated in National Skilled Nursing Care Week May 13-19! We had a great week celebrating our wonderful residents and staff with activities throughout the week including our Community BBQ Carnival Fun Night, Staff Olympics, Reading with the 1st Graders, and much more!



Check out our photos on Facebook @faithlutheranhome

Resident Re-Orientation

Just imagine you are on vacation. Setting sun, nice breezes, birds singing, kids playing nearby and a good book and a drink by your side. Watching the sunset is your only priority. Now imagine you are a busy mom with three young boys under six, each going in three different directions. Homework needs to get done, supper is cooking on the stove, and bills need to get paid. The word busy doesn't cover it. Now let's imagine that you are an elderly woman, with dementia, living in a long term care facility, where each day has a similar routine. Good people, good place, but confusion gets the best of you. Even though each of the above situations are totally different, it is easy to see how you can lose track of time. That is what we are going to talk about today.

Professionals call it reorienting someone when they remind them of the date, time, season, and location. Some tools used to reorient someone are common and most of us have these items in our own homes. Reorientation tools such as clocks, calendars, watches, newspapers, television, white boards with names of family and staff and pictures of the seasons are also helpful. Calendars give the residents something they can mark on and pictures to look at. What people used at home is what people usually like to use in the facility. As an example, a woman who always used the clock in the kitchen might like the clock, where the man who always had the pocket watch will always want a watch. Usually, re-orientation works well with residents, even if they have dementia. There are times though, depending on where the resident are in their level of dementia, where reorienting doesn't work and can actually make situations worse. In these times, it is best for the caregivers and loved ones to step back and realize that it isn't their Mom or their Dad acting this way, but it is the disease that is making them act in this particular way. When reorientation doesn't work, then it is best to be calm, supportive, and attempt to enter the resident's world. If the resident thinks its 1952 and her cake is

- baking, then attempt to engage her in some baking magazines,
- snacks, or wiping off some dishes while the "cake bakes". Even
- though we want to attempt to reorient residents, we also don't
- want to upset them if they have progressed in their disease pro-
- cess to the point they can't understand. We as caregivers and
- loved ones need to be strong and be willing to bend for them.

In conclusion, reorientation and reorientation tools are common tools that we all use at some point. We encourage families to bring in items that would be most effective for their loved ones. Also realize that reorientation might not always work for everyone, but it never hurts to try. Hope you find this helpful!

-Angie Hickle, RN/Director of Nursing

Sources:

- <https://www.cdsboutique.com/en/reality-orientation-adapted.../reality-orientation.html>
- <https://www.alz.org/documents.../141209-CognitiveAssessmentToo-kit-final.pdf>
- <https://www.homewatchcaregivers.com/resources.../dementia/.../time-place-orientation>

Thanks for reading our quarterly newsletter! Be sure to follow Faith Lutheran Home on Facebook and stop by our website www.faithlutheranhomeosage.com! Have a wonderful spring and summer!

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