

MARCH 2016

What's New at Heritage Health Care Center



SPECIAL POINTS OF INTEREST

- Fundraisers on the 9th, 11th, and 25th - Lobby and TR Dept.
- St. Patrick's Day 17th
- Spring Begins 20th
- Men and Women's Breakfast
- Day Light Savings 13th
- Raffle off Ipad-TR Depart.
- Resident Council Friday March 4th at 2:00pm in the TR Dept.
- Residents outing/take-out sign up sheets posted the 1st of every month.
- Employee of the Month



A WORD FROM OUR ADMINISTRATOR CHARLIE LEWIS

Wow, how is it possible that we're almost 1/4 of the way through 2016? I can't count the number of people who were shocked to see ashes on my forehead.. "It can't be ash Wednesday already!" was heard repeatedly. Sooo, it's Lent! I'm giving up being negative. It's a lousy, heavy trait, and I don't care for it anyway.

Being positive gives all of us a chance to spend each precious day trying to make our little corner of the world a better place.

What do you recall from Easters past? Egg coloring, big family gatherings? Easter egg hunts?

In my family, it was required that you were scrubbed within an inch of your life, dressed like

you belonged in the Blues Brothers band, choked down breakfast while you stared at your Easter basket with all that candy...and got to attend church for what seemed decades.

Finally, you got to return home, tear into your Easter basket for a few minutes, then we piled into the car to go visit the relatives. Keep in mind I still had on my Easter suit as I wrestled with various cousins, ran around everyone's back yard and got pretty dirty until the call came for the egg cracking contest.

Everyone held contests where you picked the colored egg with your name on it, and then tapped the pointy end against someone else

until one cracked. There were plenty of trash talking, accusations of cheating and howls of laughter when one of the children had a victory against one of the elders.

Tons of food overloaded every Aunt's table, with sweets of every description to follow. I mostly remember endless laughter, and the joy of being together.

When we finally came home, we were exhausted, full and happy.

Whatever this year's holiday brings, I hope you wring every bit of happiness from it. I look forward to making new memories with family and friends, old and new. Happy Easter!

RESIDENT OF THE MONTH

Congrats to Judy White! Ms. White has been residing at Heritage Health Care since August of 2008. She volunteers her time with the facilities flower arrangements every season, fundraising for the facility (bake sales), and for The American Heart Association. She is a peer advocate when in need and enjoys greeting individuals coming into the lobby. Ms. White enjoys getting out into the community for leisure interests (shopping, picnics, fishing, bingo events, lunch outings, casino, etc.). Ms. White always brings her comedic positive personality where ever she goes!

Thank you Judy for being apart
all of our lives!

WELCOMING NEW MEMBERS TO HHCC

March Hires:

- * Brian Ervin-CNA
- * Linda Stout-PTA
- * Violet White-LPN
- * Jaquayia Younes-CNA
- * Courtney Sanders-CNA
- * Jennifer Rommel-PT
- * Emily Manwarren-LPN
- * Erik Baker-LPN
- * Cheryl Jackson-LPN
- * Camille Campola-RN/
Staff Education

Welcome to the Team!

One to One Visits:

Have friendly conversation i.e. Talk about resident's favorite interests, their family, etc.

Play a quick game of cards or other game

Talk about current events, facility news, or read a quick story

Bring outside, to the activity room, lobby, etc

Tactile Stimulation:

Give a hug, hand massage, or hold hands

Offer a variety of tactile equipment.

Environmental Awareness:

Talk about the environment i.e. Do you hear that music?

Inform the resident that the TR/Activity department is down the hall, etc.

Point out facility signs i.e. bathrooms, dining room, phone, etc.

Divert to rummage areas, resident computer lounge, birds, plants, courtyard, etc.

Music/TV/Movies:

Put on appropriate music or television stations in resident rooms or the day room.

Remember that, each resident or patient has a preference.

Ask the Recreation staff for specific details.

Parallel Programming:

Work with residents who are not involved in the group activity.

Group/separate residents according to functional abilities and interests

Provide activities that meet the interests and abilities of the residents i.e. hand out magazines/books, offer pictures to color, provide manicures, encourage residents to put on make-up or comb hair, table games, divisional/sensory activities, range of motion, massages, talk one on one with residents, etc.) Provide any activity the resident would enjoy !

Utilize supplies in dayroom; return when finished.

Encourage resident independence

Adapt activities and/or use adapted equipment

Other Interventions:

Assist recreation staff with motivating residents to participate in activities.

Assist in transporting residents to the day room or to special events

When applicable, monitor safety and positioning of residents; release restraints

"Talk up" activities. Notify residents of the scheduled activities for the day

Help to motivate the residents and congratulate them on their achievements.

Validate/re-assure cognitively impaired residents

Your trash may be treasure! Bring in magazines, books, music, knick-knacks, videos, etc.

Participate in large events such as parties, talent shows, BBQ's, etc. It's fun work!



LET'S GET A COOKING!!!



Harissa Lamb with Lemon Mint Chickpea Salad

www.sunset.com

Prepare a grill for high heat (450° to 550°). Combine ¼ cup **harissa***; 1 large **garlic clove**, minced; and ¼ cup extra-virgin **olive oil**; set some aside for serving.

Cut a 1-lb. **lamb knuckle** or bottom roast into 4 pieces; brush 2 tbsp. of sauce over each. Grill lamb, turning and brushing with a bit of sauce, 10 minutes for medium-rare. Let rest, then slice.

For salad, combine 2 cans (14.5 oz. each) drained **chickpeas**, 2/3 cup **fresh mint** leaves, thinly sliced peel from 1 **lemon**, 2 tbsp. fresh **lemon juice**, ½ tsp. **kosher salt**, ¼ cup thinly sliced **red onion**, and ¼ cup extra-virgin olive oil. Serve lamb over salad with remaining harissa on the side.

MARCH-FAMILY FUN HOMEMADE GAMES

Bored with board games? Make your own life-sized board game to burn off some kid energy and have fun at the same time. It's a win-win!

Here's How:

Decide on the type of game you'll play. Will the kids need to meet a specific goal, such as earning a certain amount of items for game play to end, or does the first person to cross the finish line win?

A few examples of game play:

Each child carries a bag. Small toys, serving as tokens, are placed on each game square. The child with the most tokens at the end of the game wins.

The first child to cross the finish line wins a prize.

There is no winner! Kids play just to conquer the obstacles on your game board, act silly and have fun.

Come up with a game plan. You can always try variations of the game each time you play.

Create game cards. Use construction paper or card stock to make instruction cards for your board game. Be silly if you're just having fun (hop on one leg while you say the alphabet) or serious if you're using the game as a studying tool (What city was the first U.S. capital?).

Sample instructions for your game cards could be:

Aliens ate your homework. Go back 2 spaces.

You won a pet look-a-like contest. Earn 2 tokens.

Hold your tongue while counting backwards.

You left your toys out in the rain. Lose a turn.

A SPECIAL THANK YOU!

We would like to thank the businesses/ volunteers out in the community who have and continue to donate to our facility in enhancing the experiences for the residents who reside here at Heritage Health Care Center.

- ◆ Holland Farms
- ◆ Our Volunteers Elizabeth, Tom,, Sandy, Dawn, Ms. O'Douney
- ◆ Jay- Farmers Market
- ◆ Judy White-Selling hearts for American Hearts Association



Thank you very much!!!!



"Without Change there would be no Butterflies"

Pinterest



Heritage Health Care Center

At Heritage Health Care we Strive for Quality of Care

Phone: 315-797-7392

Fax: 315-797-8267

E-mail: lewisc@hhcc.net

WE ARE ON THE WEB!
WWW.HHCC.NET

- Our Mission Statement is that Heritage Health Care Center is dedicated to providing quality health care. Our goal, through professional and restorative services, is to improve an individual's independence, dignity, and self esteem.
- Our Vision is we see ourselves as able to respond and adapt to the ever changing individual and community health related needs.
- Our Core Values are Trust, Planning, Customer Service, and Accountability

Share your good news! Send all your news
(engagements, awards, births, etc...) to me!
E-Mail: mathism@hhcc.net or call ext. 320.

- * **TR Department** is looking to receive donation of variety magazines, art supplies, puzzles, word search booklets, DVD movies, CD's-music, socks (mix-matched is okay), assorted buttons.
- * **TR Department** is asking for family email addresses so we can inform you of upcoming events and notices. Please e-mail Michelle at mathism@hhcc.com or call 797-7392 ext. 320. Thank you!

EMPLOYEE OF THE MONTH!!!

Congratulations to Sara Collins CNA on 2 west unit. Sara is a dedicated employee here at HHCC, very reliable, team player amongst the her peers, and works well with the patients and their families. Sara is always cheerful and happy to be here enhancing the lives of our acute rehab floor.

Thank You and Keep doing what you're doing; a Great Job!! Please see Charlie for your awarded time off with pay!!! Keep up the great Work!!!

