



AMC Nursing Home News

PO Box 450, Ashley ND

701.288.3433

Sept/Oct 2018

Resident Birthdays

| | |
|------------------|-------|
| Elsie Sackmann | 9/12 |
| Mary Kloster | 9/17 |
| Alvina Schlenker | 10/19 |
| Levern Wagemann | 10/22 |

Social Services Scoop

Happy fall y'all! For some people this is one of the busiest times of the year, but it is also a favorite time of year. I know that many of the residents say they love fall because of the changes that happen outside. The leaves changing, the harvest, the kids going back to school, canning and pickling with the garden's produce....all hold many happy memories for them. But, for many of us it is also a reminder that winter is almost here and I'm pretty sure I've never heard a resident say that winter is their favorite season☺

Here at the SNF we've had a few changes happen recently as well, including the start of new services. We are happy to announce that hospice and palliative care services are now available at SNF and in the community for patients of AMC. Hospice of the Red River Valley has expanding their service area into our local region and is now accepting referrals. If you have questions about these services or would like to make a referral you can contact the Social Service office or your primary care provider at AMC.

We have also added plenty of new staff at the SNF recently so there are new faces to meet and greet you the next time you are up to visit! We are excited to add them to our team and know that they will be great additions to the facility culture.

Recently a satisfaction survey was mailed out to all resident families and I am happy to see that many of them have been returned. Thank you to those of you who have returned them as we really appreciate the feedback and will be passing the quantitative results to the board of

directors for review. We know, of course, there are always areas in which we can improve, but it is good to know areas in which we excel too. If you did not receive a satisfaction survey and feel that you should have, please contact Tia Kiefer @ 701-288-5257.

The last subject I wanted to touch on is the new Medicare cards that are being rolled out. If your loved one's new card is sent out to you please make sure to get a copy to us as soon as possible. We need to keep all the resident charts updated for billing and insurance purposes so the sooner we can get those in the charts, the better. Also, if there are any changes made to a resident's secondary insurance please notify our dept. or the Business Office as well so we can make sure our records are correct.

I hope you all enjoy this busy fall season and all of the changes that come with it!

~Tia Kiefer, LSW & Virginia Kaseman, SSD~

BUSINESS OFFICE NEWS BYTES

Thank you to the following friends and families of AMC for the donations and memorials made in honor of loved ones.

Memorials In Honor Of

Wolla Sayler
Jerome Rott
Bonnie Feil
Kristina Hall Miller
Richard Ringuette
Bertha Eszlinger

Donations

Olga Kempf
Esther Drefs Estate
April-July Employee Jeans
Day
AMX Auxiliary-funds for
floor scrubber

From McIntosh County Bank

Wilbert Schweigert
Bertha Eszlinger
Anne Ianniciello
Wolla Sayler
Jerome Rott
Bonnie Feil

We also raised over \$1000 at the Sizzling Summer Days meal so a huge thank you to all who came and enjoyed the food!

Your continued support means a lot to us! Thank you to all who donate to AMC!

Remember to utilize Amazon Smiles and contribute to AMC while shopping. Your contributions help us to serve the public to our best ability!

~Mary Lehr, Rhonda Piatz, Marisa Meidinger & Sue Goettle~



10 Things to Know About Hospice Care

Hospice is a set of specialty services designed specifically for individuals with late-stage illnesses and their loved ones, and includes medical, emotional, spiritual and grief support. Despite its many advantages, for both patients and their families, hospice is often misunderstood.

Sometimes, hospice care is never offered and other times an individual or family is reluctant to accept hospice care. Most families who receive hospice care say they wish they would have called sooner, and they had no idea how much hospice could do, for both the patient and their entire family. If you or a loved one suffers from a serious illness, here are 10 things you need to know about hospice care.

1. What services does hospice provide?

Hospice care includes:

- Medical care from registered nurses trained in pain control and symptom management.
- Personal care needs are met by certified nursing assistants who help with feeding or bathing assistance, shaving or nail care.
- Emotional support is provided by social workers who help manage the stress and emotional aspects of late-stage illness. Social workers may also assist in planning for increased care for the patient.
- Spiritual care is offered by chaplains who are professional clergy and recognize spiritual needs at this time of life.
- Volunteers offer companionship by playing cards, reading a newspaper, having coffee, taking walks or giving wheelchair rides, etc.
- Grief support is available from highly trained grief specialists who offer one-on-one visits, phone calls and literature to family members up to 13 months, depending on needs and comfort level.

2. Is hospice care only for cancer patients?

No. Hospice care is for anyone with a late-stage illness, including Alzheimer's, dementia, heart and lung diseases, renal failure, HIV and other life-limiting diseases.

3. Is hospice care only for the elderly?

Hospice is for people of all ages—from infants to the elderly—who have a life expectancy of six months or less if the illness runs its “normal” course.

4. Is hospice care expensive?

No, hospice services, including medication and equipment related to the terminal diagnosis, are completely covered under the Medicare/Medicaid Hospice Benefit. Most private insurance carriers also offer a hospice benefit. As a not-for-profit organization, care and services from HRRV are provided to everyone who qualifies for the medical guidelines of hospice care, regardless of insurance coverage or ability to pay.

5. When should I contact hospice; right before the last days of life?

Patients and families benefit most when hospice services are begun as soon as an individual learns of his or her terminal diagnosis. Hospice care, at any stage, but particularly early on, can significantly lighten the burden. Anyone may call for more information, at any time, with no obligation.

6. Are hospice workers all volunteers?

No. Hospice care is provided by highly specialized professional staff, including registered nurses, certified nursing assistants, social workers, chaplains and grief specialists.

7. By choosing hospice, does it mean we've given up or have no hope?

With Hospice, the miracle isn't the cure, it is in the caring. The focus of hope shifts to helping the patient achieve maximum physical comfort and peace of mind. The hospice team members are pain and symptom management experts. They provide support and pain relief so families can share quality time and dignified, peaceful end-of-life experiences.

8. Should I wait to contact hospice until my physician suggests it?

We recommend you learn about your options as soon as you receive a terminal diagnosis. Anyone may call at any time to learn about hospice services at no obligation. A physician's order is ultimately required for admission to the program, but anyone can contact us at any time.

9. Isn't hospice a place?

Not always. With Hospice of the Red River Valley, hospice is a concept of care. It is provided anywhere a person calls “home”, including nursing homes, hospitals, assisted living facilities, apartments and private residences.

10. Will entering a hospice make you die sooner?

No. Choosing hospice does not mean death is imminent. Hospice care neither hastens death nor prolongs life. Many people on hospice care enjoy better quality of life.

Nursing Newsflash

The Dakota Nursing Program through Bismarck State College started August 21st. We are very excited to have this program in our facility! We will have 2 of our own staff enrolled in this nursing program. They are Lisa Lacher and Amy Feil. They will both still

be working here as CNA/CMA while taking this course, and when they are finished they will both work here as LPNs! There are currently 5 students enrolled, and they will be doing their clinicals at Ashley Medical Center at the nursing home and at the hospital.

New Employees

Please welcome our new employees to the nursing home!

Alissa Tottingham, Full time CNA/CMA

Jamie Werre, Full time CNA

Deb Schlichting, Full time CNA

Jody Weist, Full time CNA

Abby Peterson, PRN CNA

Hannah Wishek, PRN CNA

Harleigh Utecht, PRN CNA

Christina Kloster, CNA helper

Ashley Medical Center is starting a new employee recognition program called AMC's Monthly G.E.M. This recognizes any employee who is going the extra mile and can be nominated by their peers in the facility or by family and visitors. There will be 3 boxes throughout the facility. One will be located at the nursing home by the elevator. Another will be by the front office and another in the employee clock out room. If you, as family, would like to nominate an employee please feel free to do so by filling out the forms attached to the drop box! At the end of the month an employee's name will be drawn to win a prize with recognition!

Kathy Jenner, DON

Clinic Connection



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AMC Clinic Upcoming Events

Flu Clinic in October in both Ashley and Zeeland Clinics

In October we will once again have our Pap/Well-female Special

Please watch for dates and times in the near future!

New Security System



Within the next few weeks Ashley Medical Center will begin using a new and improved security system throughout the facility. Some of you may have noticed that there are new intercom boxes at the main entrances to the facility. These are to be used AFTER visiting hours in order to communicate with the nursing staff and be allowed into the building. Hours in which the main entrances, lobby area and ER entrance, will be open and unlocked will be 7am-9pm.

A date in which this new system will be initiated has not been set yet, but we wanted to give you all a notice of this change so that you are prepared when the day arrives. Thank you!

Wellness Committee Tip

10 Influenza (Flu) Myths

If you've ever had the flu, you know how sick you can be. Chances are good that some of the advice friends and family gave you about avoiding or dealing with the flu was wrong. There seems to be no shortage of misinformation and bad advice when it comes to dealing with the flu.

Here are 10 common myths about the flu.

1. **Myth: You can catch the flu from the vaccine.**
The vaccine is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the shot caused their illness.
2. **Myth: Healthy people don't need to be vaccinated.**
While it's especially important for people who have chronic illness to get the flu shot, anyone—even healthy folks—can benefit from being vaccinated. Current CDC guidelines recommend yearly vaccination against influenza for everyone older than 6 months of age, including pregnant women.
3. **Myth: Getting the flu vaccination is all you need to do to protect yourself from the flu.**
There are a number of steps you can take to protect yourself during flu season besides vaccination. Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated.
4. **Myth: The flu is just a bad cold.**
Influenza may cause bad cold symptoms, like sore throat, runny nose, sneezing, hoarseness and cough. But in the United States alone, 36,000 people die and more than 200,000 are hospitalized each year because of the flu. During the 2017/18 flu season, flu activity has significantly increased throughout the majority of the country with the A(H3N2) viruses predominating so far, according to the CDC. A(H3N2) virus-predominant influenza seasons have been associated with more hospitalizations and deaths in people age 65 years and older as well as young children. It's

not too late to get a flu shot. Even if it doesn't prevent you from getting the flu, it can decrease the chance of severe symptoms.

5. Myth: You can't spread the flu if you're feeling well.
Actually, 20% to 30% of people carrying the influenza virus have no symptoms.
6. Myth: You don't need to get a flu shot every year.
The influenza virus changes (mutates) each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.
7. Myth: You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window.
The only way to catch the flu is by being exposed to the influenza virus. Flu season coincides with the cold weather. So people often associate the flu with a cold, drafty environment, but they are not related.
8. Myth: Feed a cold, starve a fever.
If you have the flu (or a cold) and a fever, you need more fluids. There's little reason to increase or decrease how much you eat. Though you may have no appetite, "starving" yourself will accomplish little. And poor nutrition will not help you get better.
9. Myth: Chicken soup will speed your recover from the flu.
Hot liquids can soothe a sore throat and provide much needed fluids. But chicken soup has no other specific qualities that can help fight the flu.
10. Myth: If you have a high fever with the flu that lasts more than a day or two, antibiotics may be necessary.
Antibiotics work well against bacteria, but they aren't effective for viral infection like the flu. Then again, some people develop a bacterial infection as a complication of the flu, so it may be a good idea to get checked out if your symptoms drag on or worsen.

The flu is a good example of how medical myths can get in the way of good medical care. When it's flu season, take the necessary steps to stay healthy. That includes separating fact from myth.

~Kennedy Helfenstein, Wellness Committee Member/HR~

Activities Avenue

On August 1st Charles Dockter took over management of the Activity Department when Shirley Schumacher-Thurn changed her status to PT as an Activity Aide. It will be a learning experience for him but he will have an able teach in Shirley with all of her experience. It will be 30 years this November that she began working in the Activity Department at AMC! Heidi and Sharron are also valuable assets in fulfilling our goals for enhancing the lives of our residents.

Also beginning in August, Pastor Irwin is leading a short devotional and offering shortly before the noon meal on Tuesdays. This is after his leading Bible Study at 9:30 and visiting residents throughout the morning.

Recent special activities included "finding" a small-grain harvesting crew in operation. We drove many miles, seeing lots of familiar and unfamiliar sights until we made a full circle and found 2 combines at work 2 miles from town! Our residents were impressed with the size of the machines and speed the huge machines harvested the wheat. Another major event of the summer was our annual picnic at Lake Hoskins. Seventeen residents enjoyed eating lunch in the large shelter at the lake. We want to thank the CNAs who went along as well as 6 volunteers who donated some of the food, preparing it, and helping to serve it. Also thanks to those who supplied transportation and helped take residents, wheelchairs, tables and food there. A good time was had by all! At the end of August we're planning a bus trip to Spring Creek Colony for a tour and to get some sweet corn for a corn feed. With September ushering more fall-like weather we're planning on spending more time out on the patio, eating there and oftentimes just enjoying the warm sunshine, knowing that it won't last long. We'll also make a bus trip to see the fall foliage. On September 19th Bob Balyeat from Montana will be leading his one-man band! We're looking forward to him. He has a remarkable ability to remember names of many in a group of people. In October we'll be spending time getting ready for Halloween when the children from the community will come through the SNF to get their little bags of treats from the residents. We bag approximately 100 bags for each resident to give. We're wishing our farmers continued good progress and safety on getting in the harvest and everyone a good autumn season!

-Charles Dockter, Heidi Beach, Sharron Meidinger & Shirley Schumacher-Thurn~