



HILLSIDE HERALD

APRIL 2012

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SENTIMENTS FROM STARLA

Welcome, spring!

I love the month of April — not only do we often celebrate Easter, which is on April 8 this year, but we begin to see the new life growing around us. Birds are singing, children are laughing and everyone around just seems to be a little bit more cheery. We also celebrate National Volunteer's Week on April 16 and Administrative Professionals Day on April 18. I would like to take a moment to say "thank you" to all the volunteers who brighten the days of our residents here at Hillside Health Care Center. Many volunteers have been coming and volunteering for many years. We appreciate the spirit of your giving, as it is always from the heart. May God bless you all for your kindness and generosity!

The staff and management of Hillside Health Care

Center would like to thank you (residents and family members) for your participation in the MY INNERVIEW survey process. We hope that you all have mailed your surveys, as they are due the week of April 2. We are waiting anxiously for the results of the survey. Please note that you do not have to wait for a satisfaction survey to have your concerns or comments heard. My door is always open to you. If you prefer, please feel free to speak to me if you see me out in the halls. Thank you again for participating in the satisfaction survey. As always, it is our desire to put you and your family at the center of all we do, to enrich the quality of each resident's life by creating a nurturing and professional environment through caring, personalized service.

— *Starla Horwath, Executive Director*

SOCIAL SCENE

Happy Easter, everyone! I am highlighting another resident right this month. All of our residents have the right to receive or not receive visits by family or friends, to send and receive mail and have private access to a telephone. Some residents have their own cell phones or a phone in their rooms. If they don't, we have phones available in each hall and in several common areas. Long-distance calls are free from our phones. If someone needs to send a piece of mail, we provide free postage for those individuals. Larger items may have a charge. We welcome visits from families and friends for all of our residents. If the resident has a guardian, we encourage others to check with the guardian if there are any questions regarding that resident. As always, feel free to give us a call if you have any questions.

— *Riva Fenlon, BSW, Social Services*

RESIDENT SPOTLIGHT

This month we shine the spotlight on Frances R. Frances has been a resident of Hillside for about four years now. In the four years I have known Frances, I have heard many stories and learned many songs from her. This month I would like to tell you the story of her first love; R.T. Frances and R.T. dated briefly in 1948. Circumstances of life caused them to drift away shortly after. Each went on to marry others and start families. Frances had six sons, and R.T. had six children of his own. Fifty years later, in 1998, R.T. was single and lonely. He placed an add in the newspaper in Idaho, the last place he had known her to live. Eventually, Frances heard about the add and responded. Frances took a plane to see R.T. and found “love at second sight.” A year after reuniting, Frances and R.T. finally married, 53 years after their first date. R.T. has passed on now, but Frances was able to spend the best years of her life with him and has another inspiring story to share.



Frances with her first love, R.T.

MAINTENANCE CORNER

Believe it or not, spring is here! Sidewalks, stairs and floors will still be slippery! So, for safety sake, please wipe your feet on the carpets as you come into the facility. We don't want anyone slipping on a wet floor due to water on the floor. Thank you in advance for doing this and keeping everyone safe. Also, please be aware of weather conditions if you plan to take your loved one out of the building. The parking lot and stairs can still be wet and slippery, so please use caution! We are working hard to make Hillside a safer place. If you see anything that doesn't look safe to you, please address it with one of our team members. We will fix the problem immediately. I really appreciate your help! I encourage you to contact me if you have any questions or concerns about maintenance or safety. Have a great spring, and enjoy the ever-improving weather conditions!

— *Bill Thompson,*
Maintenance Director
and Safety Coordinator

EVERYDAY ENRICHMENT

Welcome to April!

I hope that you had an enjoyable March, and spent your St. Patrick's holiday safely. This year Easter comes early on April 8! Do you know how the date of Easter is determined each year? I will explain it to you, but it might remain a bit confusing. Easter is always the first Sunday after the first full moon after the first day of spring. That is why it changes every year. This Easter we would like to invite all families and staff to our facility for an Easter Egg Hunt! At 10 a.m. we will release children from a few months old up to 9 years into our back yard. Prizes will include candy, trinkets and special prize baskets. There will be door prizes included for the adults to enjoy after the hunt is all over. We are in negotiations with the Easter Bunny, but it looks like he may make an appearance, as well! If you plan to attend, be sure to be on time. Those kids really know how to scoop up the prizes! It amazes me every year how much work goes into laying out a great hunt, just to see it end in 10 minutes or less! Hope to see you in April!

— *Tonya Blaney, Life Enrichment Director*

NURSING NEWS

Introduction to POLST Hillside would like to help residents and their families plan ahead for the types of healthcare decisions that may need to be made if you or your family member have a complication from illness or a sudden injury and are unable to communicate. This type of planning ahead is part of providing good care for you and helps us make the decisions that you would want us to make. We are using a system called Provider Orders for Life-Sustaining Treatment that helps us do two things:

1. It helps us talk to you about the types of decisions that need to be made, learn about them and think about what you or your family member would want.
2. Once you have made your decisions, they get recorded on this form and signed by your doctor as medical orders. This form is a communication tool that tells everyone providing care for you what decisions you have made. Of course, we can update or change these decisions whenever you wish. The POLST can be completed at any point in time by a resident or their designated surrogate. Once it is signed by the doctor, it is implemented as medical orders. It stays with the patient if they are transferred to the hospital, another facility or home. It addresses these areas:
 - Cardiopulmonary Resuscitation
 - Medical Interventions (including antibiotics)
 - Artificial Nutrition and Hydration

The POLST will be reviewed and updated as needed during care conferences or at any other time you choose. If you have any questions or concerns, please let me know.

— *Christie Jones, RN, Director of Nursing*

HOUSEKEEPING AND LAUNDRY

Happy April everyone, and a happy Easter to you! As you all know from Starla's introduction in the February newsletter, my name is Robert Faller, and I am the new Housekeeping/Laundry Director for Hillside Healthcare. Since spring is here, I would like to encourage you to make sure that you or one of our staff members puts your family's laundry number on any new clothing items that you purchase. That way we won't misplace anyone's clothes or put them into the wrong person's closet. If you have any laundry or housekeeping concerns, please come to me immediately or contact me at 251-5100. I will be happy to take your call and address your concerns promptly. I look forward to serving you and your family members here at Hillside Healthcare.

*Happy April,
Robert Faller, Housekeeping/Laundry Director*

BIRTHDAYS

Edward F., 4th

Vern V., 7th

Eleanor L., 12th

Babe K., 24th

NEW RESIDENTS

Jean B.

Arden E.

Michael H.

Hazel M.

Thomas M.

John R.



A COMMUNITY PROFESSIONALLY MANAGED BY THE GOODMAN GROUP



STAFF

Executive Director
Starla Horwath

Maintenance Supervisor
Bill Thompson

Director of Nursing
Christie Jones

Resident Chauffeur
Duane Smith

Life Enrichment Director
Tonya Blaney

Admissions Director
Kaley Burke

Administrative Assistant
Amanda Mejia

Dietary Director
Jami Gorman

Registered Nurses
Jenny Webinger
Linda Bowman
Gail Crook

Medical Records Director
Trena Bailey

Social Service Director
Riva Fenlon

Housekeeping Supervisor
Robert Faller

FOOD FOR THOUGHT

We certainly had a great March. Our corned beef and cabbage was a hit! Dietary will be preparing a somewhat traditional meal for Easter — ham and yams! If you have a chance, come check out our Easter egg hunt on Sunday, April 8, at 10 a.m. We have been getting good feed back from residents and family members about dining services. We always want your input on how to improve the dining experience. Have a happy April!

— Jami Gorman, Dietary Director