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THE VILLAGE

Health & Rehabilitation

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Good Life NEWS

at The Village Health & Rehabilitation

MAY 2024

ADMINISTRATOR'S CORNERS

Another Survey Readiness Audit is in the books

Each year when we enter our survey window, our survey readiness team comes in to conduct a facility-wide audit to ensure we are ready for our annual inspection.

This mock survey team is composed of:

- Melissa B., Regional Health Services Director
- Tammy T., Health Services Team, Survey Readiness
- Becky P., Health Services Team, Program Development
- Nancy M., Regional Director of Culinary
- Don B., Regional Director of Clinical Reimbursement
- Jerelyn B., Regional Director of Human Resources

The survey readiness team conducts numerous observations, including care, meals, infection control practices and much more. The team also interviews team members and residents and reviews many records. This results in a survey document with findings for areas we can improve upon. The survey team had many positive things to say about The Village.

Maintenance Updates

Since the beginning of February, Maintenance Director David Younger has been working to repaint all of the long-term care resident rooms on 500/200, 400 and 300 halls. This includes replacing electrical plates and outlets, hanging TVs, replacing towel bars and other tasks as needed. Team members have also been working with residents to do some reorganizing and spring cleaning. "I'd like to say a huge thank you to David and his assistant, Brian, who have worked very hard to make this happen," says Executive Director Dee Strauss. "These rooms look amazing!"

Life Enrichment Updates

The Fun Committee and life enrichment team have been working on plans for National Nursing Home Week, happening May 12-18. This celebration of skilled nursing facilities always kicks off on Mother's Day. Kudos to the Fun Committee – composed of team members from all departments – which had an awesome brainstorming session this week and came up with some fun and different activities. Stay tuned to the calendar for more information.

TEAM MEMBER SPOTLIGHT

Get to know Patrick M.

Patrick has worked for The Village for 16 years in medical records and as an activities assistant. Patrick enjoys a variety of activities, such as decorating for the holidays, learning new songs on his ukulele, playing board games, working on electronics, 3D printing, foraging while hiking, playing soccer and watching nature.



He served in the Army for ten years as a medical specialist, spending three of those years stationed in Hawaii. Patrick said that during his time in Army, he enjoyed training in Japan. The culture of trading gifts and karaoke were a lot of fun. He has had a variety of jobs, including working as a medical assistant at Primrose hospital, touring with his band, Broken Toe, working for Intel, counseling at a group home for teenage boys, nannying and providing childcare at the YMCA.

Patrick said that he enjoys concerts, with his first big one being Toto at the Fieldhouse. Patrick said that he would encourage himself to continue to use his imagination, keep playing soccer and music, learn about electronics and enjoy nature. The latest book he read was "Dragon Doom" by Dennis L. Mckiernan. Patrick said that working on the activities team is great because the jokes never get old and he has fun with some great coworkers.



MANAGED BY



The Goodman Group

TEAM MEMBERS

Executive Director

Dee Strauss

Director of Nursing

Christie Brown

Life Enrichment Director

Robert Redfield

Culinary Director

Altair Espanola

Maintenance Director

David Younger

Social Services Director

Sydney Benjelloun



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Leroy C.
- Josephine F.
- Delmar L.
- Phyllis B.



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Elaine S. - 5/3
- Martha M. - 5/5
- Janet W. - 5/7
- Michael W. - 5/9
- Gary G. - 5/19
- Terrance R. - 5/21
- Brenda S. - 5/21
- Karin N. - 5/25
- Judith H. - 5/25
- Rosario C. - 5/27
- Judith F. - 5/29
- Mildred M. - 5/30
- Theresa H. - 5/30



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ADMISSIONS NEWS

“As full of spirit as the month of May, and as gorgeous as the sun in Midsummer.” - William Shakespeare

Happy spring to everyone! Admissions continue to stay strong at The Village, and we continue to fill up the remaining capacity of our building. There continues to be a constant demand in the community for long-term care and rehabilitation needs.

We will be celebrating many events this month, including Cinco de Mayo, Mother’s Day and Nursing Home Week. The Fun Committee has been diligently planning a lot of great activities for the month, like an awesome raffle for a Cinco de Mayo gift basket!

Have a great month!

Juli

A MESSAGE FROM SOCIAL SERVICES

Seeing the signs of depression in your loved ones

The weather is finally getting warmer and the sun is starting to come out. Most of us are venturing out to soak up the warm sunshine, however, others are barely able get themselves out bed.

Depression is a subject that most people do not like to talk about. Seniors typically have the mind set of being strong not wanting to project their mental health concerns on their loved one. Clinical depression consists of feelings of sadness and hopelessness, or that a person cannot escape, despite any attempts they have made. Symptoms range from feelings of sadness, reduced appetite, feelings of worthlessness, or slowed thinking or response time.

Medicare requires that a screening for depression is done at a minimum of every 90 days and upon admission for each resident in a nursing facility. Our providers are notified of these scores and monitor them closely. Medication addition or adjustment can often help regulate chemicals in the brain to decrease some of these symptoms. Vitamin D can also help with these feelings, for example, sunshine on the skin can increase vitamin D levels in the body.

The biggest thing to remember is to speak up and tell someone when you are having these kinds of feelings or thoughts. If you notice that your loved one is spending more time in their room or any changes in their behaviors, please let a team member know about the changes you are seeing.



Shawn Latourelle
Spiritual Care Director

SOARING®: SUPPORTING THE SPIRIT

This month, we are featuring Spiritual Care Director, Shawn Latourelle, from The Commons on Marice, a community managed by The Goodman Group. Shawn has been the spiritual care director at The Commons for four years. In his free time, he likes being outdoors biking, cross country skiing and working in the yard. He enjoys the depth of the relationships he builds with residents and team members, and getting to know and serve residents brings him joy.

The Practice of Patience

Have you ever known someone who was patient, even with you? Many people point to their parents or teachers when they were growing up. Patience needs a long view perspective and lots of love. Your teachers knew that if they continued to persevere that learning would happen. Your parents loved you through many bumps in the road of growing up. Patience is much easier when we take other’s perspective and needs into account.

Can we seek to grow to become more patient? Is it a coincidence that when you see the doctor, you are considered the patient? Before I began working in senior living, I thought most seniors were naturally more patient, but I’ve found that’s not always true. Going to the doctor’s office and waiting, being in a long checkout line, getting stuck in traffic, being at the beginning of a long process that was supposed to be a short process, listening to someone tell a story that you’re not interested in — these are all examples of needing patience. How about being patient when you’re in a hurry? Ouch.

All of life is practice for becoming more patient, we just have to wait for different things or people. Roles can reverse as we go from kids to adults to seniors. At different stages in life, patience is still needed.

Remember to cultivate a long view perspective and add a loving touch that you were shown by others throughout your life.



LIFE ENRICHMENT UPDATE

Hello, I hope you are having a great spring. This month, we will be going to Walmart to catch up on our shopping. If you would like to come shopping with your family member, please let us know. There is a waiting list, so please give us a call and we will let you know when your family member is scheduled to go.



We will be having a Mother’s Day party on May 10 at 2 p.m. We will be going to lunch at the mall. We are going to visit the bison range to view the bison and other wildlife, and we will have a picnic lunch while we are there.

Memorial Day will be celebrated with cookies and punch in the dining room at 2 p.m.

Enjoy the May flowers,

Robert Redfield
Life Enrichment Director

WE’RE CELEBRATING!

Team Member Birthdays

- Jessey R. - 5/2
- Jorge V. - 5/3
- Maycel J. - 5/4
- Irene G. - 5/5
- Elizabeth F. - 5/6
- Robert F. - 5/6
- Alvin R. - 5/7
- Phoebe T. - 5/7
- Jumar P. - 5/14
- Mary Grace O. - 5/25
- Tori S. - 5/25
- Courtney L-H. - 5/26
- Neil C. - 5/27

Team Member Anniversaries

- Kaitlyn D. - 1 year
- Kaytlynn N. - 1 year
- Jenny N. - 1 year
- Kaley S. - 1 year
- Isabel R. T. - 1 year
- Christopher C. - 1 year
- Jumar P. - 2 years
- Maycel J. - 2 years
- Fernando A. - 2 years
- Camille R. - 3 years
- Melissa B. - 3 years
- Mary Ann F. - 3 years
- Geovonni K. - 3 years
- Chanda Marie F. - 3 years
- Monica S. C. - 3 years
- Marielle D.G. - 3 years
- Tamara F. - 4 years
- Kyla K. - 5 years
- Gerardo A. - 18 years



RESIDENT SPOTLIGHT

Get to know Barbara B.



Barbara came to The Village in March of 2023. She is an avid bingo player, enjoys arts and crafts, music and socializing with other residents. Barbara is an animal lover. You will find her visiting with the pet birds in the solarium or by the fish tank near the dining room.

Barbara is originally from Chicago, Illinois. She was born in Dec. 1933. Her father worked for the Chicago newspaper. When she was growing up, she liked to play outside with the family dog and go roller skating. Barbara went to school in Chicago. She started with an office job and later worked as a cashier. Barbara married once and had two children; a son and a daughter. She now also has two grandchildren. Barbara has a great sense of humor and holds a lot of wisdom. Her best advice to others on achieving goals is, “make up your mind before you set out, to have a clear image of the goal.”

CELEBRATING MAY DAY

According to the old Farmers’ Almanac, May Day is the celebration of the halfway point to summer as it is halfway between the spring equinox and the summer solstice. The almanac explains, “As with many early holidays, May Day was rooted in agriculture. Springtime festivities filled with song and dance celebrated the sown fields starting to sprout. Cattle were driven to pasture, special bonfires were lit, and doors of houses as well as livestock were decorated with yellow May flowers.”

In England, children would dance around the maypole with colorful ribbons and collect colorful wildflowers and branches to weave into crowns for the king and queen. Maybe you grew up following some of these traditions.

A more common practice that we still see is the creation and sharing of May Day baskets. Initially, these were common with couples or children. A basket would traditionally be filled with spring flowers and treats. The custom when delivering these baskets was to knock on the door, yell “May basket!” and run off. If the recipient caught the giver before they could get away, they were entitled to a kiss. We still see people sharing May Day baskets, but they are more commonly set at a doorstep without the shouting of “May basket.”

This month, think of someone that you would like to show a random act of kindness to. Make a May basket and place a treat, card, flowers or a special gift at their door as a surprise. You never know what something so simple will mean to them.