



Care Initiatives

Dubuque | Specialty Care

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From the Desk of Jayme LeJeune-Schomburg

While enjoying the warmth of the sun certainly feels great, we all know that too much sun exposure can have dire consequences. But, are you aware that seniors are even more at risk, as studies have shown their more delicate skin is more vulnerable to infections and skin cancer? The overarching takeaway from that knowledge is that older adults need to take special precautions to limit their sun exposure as much as possible.

Don't get a tan. A tan is the skin's signal that damage has been done (a sunburn, even more so). Older adults have already sustained decades of sun damage. Tans and sunburn increase their risk of skin cancer, according to the Skin Cancer Foundation. Anyone who's already been burned a few times in their life — or worse, used to tan regularly when they were younger, must take special care to stay out of the sun.

Seek out shade. Seeking protection from the sun doesn't mean seniors can never go outside. They should use a sunshade or umbrella at the beach or pool, and stick to shady porches if they're enjoying an afternoon outside at home or having an al fresco lunch.

Know when to stay inside. According to the American Academy of Dermatology, the sun's rays are strongest in North America between 10 a.m. and 4 p.m. Seniors should plan to stay inside or in a shaded area during these hours.

Make sunscreen part of a daily routine. Even a short walk to and from the car, or passing by sunny windows while indoors can expose skin to dangerous UV rays. The American Academy of Dermatology recommends using sunscreen of SPF 30 on any exposed skin every day — for everyone — whether they'll be inside or out.

Wear protective clothing. Loose, lightweight long pants and long-sleeved shirts are ideal sun protection garb for older adults because they don't have to be reapplied like sunscreen, and can offer better protection. Make sure the clothing has a tight weave so sun can't sneak through, and top it off with a wide-brimmed hat. Seniors who plan to spend a lot of time outdoors should look for clothing specially designed to offer UV protection, as well as UV-blocking sunglasses, window shades and car window tints.

Use moisturizer. As skin ages, it becomes more prone to dryness, which can be made worse by sun damage. Make sure seniors keep their skin moist with a lotion or cream to help protect it.

Welcome Aboard

My Name is Tracy Steinhoff. I was hired by Dubuque Specialty Care for the position of Director of Nursing. I reside in Bellevue, IA where I have lived my whole life. I have two sons. Tye is my 22 year old. He is a diesel mechanic and just recently moved to Louisiana. He works at Louisiana Caterpillar. Lucas is my 17 year old and a senior this fall. I also have a small dog named Clover. She is a Jack Russell Terrier.

I enjoy many things, but art is my passion and I love to draw. I also enjoy spending time with my fiancé', gardening, reading and politics. My family and friends are also very important to me.

When I graduated high school I wanted to be a nurse, but instead plans changed. I started to work at a wonderful factory in Bellevue, IA, Ensign Corporation. Ensign makes coils for lots of electrical products. Ensign is still in Bellevue today, employing many people around Jackson County and beyond. I also joined the Army Reserve where I became an 88 Mike (a truck driver). My boot camp experience landed me at Fort Jackson, South Carolina and my AIT was at Fort Leonard Wood, Missouri. Talk about an eye opening experience for a small town girl!

Nursing however, was never far from my mind and after 9 years at Ensign decided to go to nursing school. I have been a nurse ever since. I enjoy being a Director of Nursing and especially enjoy taking care of people. I believe it takes a village to provide great nursing care, so I look forward to working with all the staff at Dubuque Specialty Care. Please know my door is always open and I look forward to meeting everyone.

See you all soon,
Tracy Steinhoff, RN
Director of Nursing



A Little Note from the Business Office...

Sally Francois, Business Office Manager



I know that with all the changes to the Medicaid program things are a little confusing, ok, a lot confusing. Here is what we know so far United Healthcare is no longer part of the Managed Care Program as of 7/1/19. All Medicaid recipients will automatically be switched over to Iowa Total Care or Amerigroup for their Managed Care. Now, if your physician does not accept the MCO that you have been assigned to as a secondary insurance, you are able to change to which ever one they do accept. Rest assured residents are covered on the Medicaid program either way.

We know that Grand River Medical group has signed with both Amerigroup and Iowa Total Care. Medical Associates has only signed with Amerigroup. If you are currently enrolled in Iowa Total Care and your physician is a Medical Associates provider, Please contact Sally Francois, Business Office Manager at 563-556-0673 or stop in the business office so that we can fill out forms to have them switched over to Amerigroup. Also, please bring in any new cards you have received for all insurance. We are still needing the new Medicare Cards also.

If you have any questions, feel free to call or stop in and we will help you to the best of our ability.

Just a friendly reminder to give the business office a copy of any NEW insurance cards.

Activity Department

Elderly activities with a social focus are crucial to overall wellness, especially for the maintenance of a meaningful and satisfying life. Without consistent social interaction, seniors can experience a variety of distressing conditions, including debilitating loneliness, depression, and an increased risk of dementia. On the other hand, when seniors consistently engage in social activities, they experience significant improvements in their physical, mental, and emotional health outcomes. Much of this improvement results from the ability to maintain healthy relationships and a continued sense of being part of society. Seniors who experience mobility problems should engage in physical activity at least 3 times a week to improve balance and prevent falls.



Seniors should engage in muscle strengthening exercises at least 2 times per week. The variety of helpful activities is wide enough to accommodate many individual preferences and includes puzzle solving, dancing, board games, reading, and practicing a musical instrument. These sorts of mental activities will also improve the emotional health outcomes of seniors, especially when combined with physical and social activities.

Cheryl Peacock, Activity Director

Maintenance Department



Hello Residents and Staff, Summer is here and with the weather turning for the better I encourage everyone to go outside and enjoy the patio area, getting a few minutes of fresh air in a peaceful quiet place is a good way to relax and unwind so get out there and have a wonderful day!

Jaymes Hales, Maintenance Supervisor

Environmental Department

We did not have much of a spring this year. It was either raining and chilly, or the pesky gnats were out in full force so we might not have been able to get outside to enjoy our patio. Now we are into summer and the temperature is starting to heat up. Hopefully we can get some nice days to get outside and enjoy it. And with warmer weather here I would just like to remind everyone if pulling out your summer clothes or getting something new, that we make sure things are labeled so we can make sure it gets back to you. And if you need help or just don't want to deal with it, let the staff know and we can take care of it for you. And a little housekeeping note: as always you are more than welcome to have drinks and food in your room. All we ask is if there is a spill of food or drink please let us know so we can get it cleaned up right away not only for safety reasons, but to keep those pesky ants away. I hope you have a wonderful summer making memories with family and friends.



Billie Jo Heiderscheit, Environmental Supervisor

Employee Corner

WOW! Winners

Each month staff members are nominated by fellow employees, residents, external healthcare providers and family members for going above and beyond. At the all staff in-service, an employee is chosen from the group of nominees and receives a small gift for their hard work and dedication. The WOW! nominations are hung on a board next to the patio door exit. Feel free to nominate an employee for doing a spectacular job! Previous month winners include:

- March* Terri Carr, CNA, was nominated for being a patient advocate and going over to the hospital on her day off to speak with a resident.
- April* Pam Leytem, Dietary Services Manager, was nominated for purchasing, setting up, and serving a special meal for a resident. She has an amazing heart!
- May* Cheryl Peacock, Activities Coordinator, was nominated for going above and beyond to recognize staff during nurses' week and national nursing home week.

Employee Anniversaries

July

Matt Riesselman	July 2 nd	11 years of service
Sally Francois	July 17 th	27 years of service
Katrina Houtakker	July 17 th	1 year of service
Gwen Beversdorf	July 18 th	5 years of service

August

Stacie Mrzlak	August 3 rd	12 years of service
Mary Soo	August 21 st	27 years of service
Debbie Sincox	August 23 rd	3 years of service
Ruth Huseman	August 28 th	18 years of service

September

Alexius Mace	September 4 th	1 year of service
Tesha Johnson	September 29 th	5 years of service

Upcoming Dates

July Is...

Picnic Month
Tour de France
Month



Canada Day	July 1
Independence Day	July 4
Don't Step on a Bee Day	July 10
Yellow Pig Day	July 17
Zookeeper Week	July 21-27
Tell an Old Joke Day	July 24
Lipstick Day	July 29

August Is...



National Clown Week	August 1
Assistance Dog Week	August 5
Elvis Week	August 13
National Apple Week	August 12
National Smile Week	August 19
Air Conditioning Appreciation Week	August 26

September Is...

National Cherry Popover Day	September 1
Labor Day	September 2
Be Late for Something Day	September 5
Read a Book Day	September 6
Grandparents Day	September 8
Teddy Bear Day	September 9
Swap Idea Day	September 10
Fortune Cookie Day	September 13
International Peace Day	September 21
Autumn Begins	September 23
Johnny Appleseed Day	September 26
Crush a can Day	September 27
National Good Neighbor Day	September 28



WHAT'S COOKIN'

Hello Everyone!

Summer is finally here! We are beginning to see the beautiful signs of summer which is creating excitement for everyone! Winter had been such a long season!

So here comes the summer food! Grilled hamburgers and hot dogs; brats and chicken breasts; picnic salads; and fresh fruits/vegetables in their peak of the season! We are definitely bringing these items into the menus and our residents love it! Our goal is to get outside and enjoy some of these summer time food favorites on our patio. As the months go on, it will be nice to enjoy a treat or two at night around our fire pit also!

I will be making refreshing drinks to cool down with and also hydrate! I would like to share a recipe for one of them! Enjoy! And get out there and soak up some rays!

Cucumber, lime and lemon infused water

For water weight management, bloating, appetite control, hydration and digestion

Pam Leytem, Dietary Services Manager



How Tweet It Is



July 15, 2006, marks the day that people had to rethink their idea of the word *tweet*, as Twitter became part of the social media world. On that first day, a total of 265 tweets were sent. Today, there are 6,000 tweets sent every second.

What is a tweet? It is truly nothing more than a message. Twitter's co-founder Jack Dorsey conceived of a text messaging service that allows users to send messages to a specific group of people.

These messages, or tweets, were intended to be short—only 140 characters long. This length limit existed for 11 years, until 2017 when the character limit was doubled to 280 characters. Dorsey thought the name *Twitter* was perfect for his idea. The dictionary definition of *twitter* is "a short burst of inconsequential babble," much like the short chirps of birds. Indeed, an analysis of tweets has shown that 40% of all messages qualify as "pointless babble." So why, then, is the service so popular? Some psychologists think they have the answer.

Our love of Twitter is rooted in a very real social craving for community. Twitter certainly offers a mode of social interaction with peers, and it also allows people to feel like celebrities, boosting self-esteem. Of course, like so many modern technologies, Twitter is a double-edged sword. Isn't the craving of attention via Twitter evidence of a lack of self-esteem? Alas, the answer to this question may be unanswerable in 280 characters or less.

The Pipes Are Calling

There is no sound quite like the mournful drone of the bagpipes, and no time to celebrate this unique instrument like July 27, Bagpipe Appreciation Day. The bagpipe may be the national instrument of Scotland, but its roots began in faraway Egypt. It took centuries for the instrument to make its way to Scotland, but no one will deny that the Scots embraced the bagpipes like no other culture. In the 14th century, every Scottish court had a piper. On the field of battle, bagpipes have been used to both rally troops and salute the brave. The stirring sound of the bagpipes has become associated with honor, courage, and strength—qualities that make the bagpipes one of the most important symbols of Scottish heritage.

The internationally acclaimed Iowa State Fair is the single largest event in the state of Iowa and one of the oldest and largest agricultural and industrial expositions in the country. Annually attracting more than a million people from all over the world, the Iowa State Fair in Des Moines is Iowa's great celebration, a salute to the state's best in agriculture, industry, entertainment and achievement. It is the true heartbeat of the Midwest, unequalled and unduplicated.

The Iowa State Fair, the inspiration for the original novel "State Fair" by Iowan Phil Stong, three motion pictures and Rodgers and Hammerstein's Broadway musical, is without a doubt the country's most famous state fair.

National media frequently rank the Fair as one of the top events in the country. In 2004, *USA Weekend* named the event the #2 choice for summer fun in America, topping New York City's Times Square, Cedar Point Amusement Park Resort in Ohio and Disneyland in California. *Midwest Living* magazine named the Fair one of the "Top 30 Things Every Midwesterner Should Experience." The Fair is also included in the New York Times best-selling travel book *1000*

Places to See Before You Die and the subsequent travel book, *1,000 Places to See in the U.S.A. and Canada Before you Die*.

IowaStateFair

NOTHING
COMPARES

AUG 8-18 2019

What's been happening...



Working as a CNA at Dubuque Specialty Care is rewarding because the residents are great to work with! The staff is also great to work with. Coming to work is really fun.
Kaylee Grimm



Working as a C.N.A. At Dubuque Specialty Care is rewarding because I make my residents laugh.
Terri Carr



For National Nursing Home Week our staff were given massages. The staff enjoyed the special "spa environment" and being pampered for the day. We also had a drawing for a pedicure.



We enjoy working as a C.N.A at Dubuque Specialty Care because we create a special bond with our residents and staff. We feel they are a part of our family with the happy and loving atmosphere which makes our job enjoyable.
Katrina Houftakker (in pink top) And Rayvn Gile (in green top)



Our staff enjoyed chocolate covered strawberries for National Nursing Home Week with their spa day.



Braden visits Mary Jo and Leroy



Braden is our pet therapy dog he visits on Thursdays. He brings a lot of comfort to who he visits.
Braden is loved by many.





Jayme L. LeJeune - Schomburg

Administrator

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THE MEN ON THE MOON

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into the history books, making them household names in the process.



The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed *Eagle*. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first "small step." Aldrin was not far behind, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust and planted an American flag. Aldrin even took Holy Communion. When the Apollo 11 team returned to Earth, they filled out a customs form declaring their place of departure as "Moon."