



# Care Initiatives

Dubuque | Specialty Care

JANUARY, FEBRUARY, MARCH 2019

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## **From the Desk of Jayme LeJeune-Schomburg**

Winter is in full swing! Stay warm as we head into even colder weather! I would like to take this opportunity to remind residents and family members that the facility has an Emergency Program in place, meeting the requirements of Federal, State and local regulators. During an emergency we rely on this program and the Emergency Policies and Procedures contained within to meet the needs of our staff and residents. Our Emergency Plan includes policies on the following:

Active Shooter	Gas Outage
Armed Robbery	Legionella
Bomb Threat	Mass Casualty Plan
Chemical Emergency	Missing Resident
Civil Disturbance	Nuclear Disaster
Communication Failure	Pandemic/Flu
Electrical Outage	Severe Weather/Tornado
Evacuation of Residents	Shelter in Place
Explosion	Sprinkler Impairment
Fire	Terrorism
Flood	Transportation Incident
	Water Outage/Contamination

In order to stay current, we review the program annually, we train staff, and we conduct exercises throughout the year. One example would be the three mock fire drills we conduct per month in order to stay well versed in our Fire Policy and Procedure.

If an emergency were to occur, please seek out facility staff for assistance.

As always, please do not hesitate to ask a staff member if you have a question.

## **Introducing the Director of Nursing**

### **Sondra Laugesen**

Hello! A little bit about me: I received my Associates Degree in Nursing from Northeast Iowa Community College, and my Bachelor's Degree in Nursing from Western Governor's University.

Most recently I have been employed with UnityPoint Health Finley-Dubuque for the past 7 years as an ICU nurse, and a total of over 16 years in the hospital. I have specialty certifications in ACLS, PALS, TNCC, NIHSS, and have my CCRN.

In my spare time I enjoy reading, spending time with my family, and shopping with my niece Nevaeh. I have a husband Jacob, and together we have 7 cats! I look forward to my new position as Director of Nursing at Dubuque Specialty Care!

- Sondra Laugesen, Director of Nursing



### A Little Note from the Business Office...

It's time to start a new year so let's all begin with great health and many new goals!

Here at Dubuque Specialty Care we have some changes to bring to your attention.

Recently Care Initiatives has started an online payment system to make things easier when paying your monthly bill. With this system you will set up an account from the website that is on your statement. Any time you want to pay your bill, you will have online access at your fingertips. We are not able to do automatic withdrawals, but this system can save you time and money. No more checks to write, envelopes to lick, or stamps to purchase. If you would like more information on how to pay online, please contact Sally Francois, Business Office Manager, at 563.556.0673. I will be more than happy to answer any questions you may have or assist you in any way.

*Sally Francois, Business Office Manager*

### Maintenance Department



Hello, from the Maintenance Department! Winter is here. Please remember to lock your room windows; it helps to keep the heat in and the cold out. Here at Dubuque Specialty Care, the trees are up, the lights are out and it looks like the holidays are in full swing. When I was writing this article, we did not have any snow on the ground but that is okay. Merry Christmas to all and have a Happy New Year.

*Greg Jorgenson, Maintenance Supervisor*

### Housekeeping & Laundry Department

It's getting colder outside and the decorations have gone up inside. Hopefully you've been, or will be, able to spend some time with your family and friends this holiday season. If not, that's okay because your Dubuque Specialty Care family will be here for you. As you pull out the warmer clothing or maybe get some new clothes please make sure they are all marked so the Laundry Department may ensure they get back to you after being washed. As always, if you need help marking things or just don't have the time, please let us know and we can help or take care of it for you. I want to wish you a Happy, Healthy Holiday Season and New Year from the Housekeeping/Laundry Staff!

*Billie Jo Heiderscheit, Housekeeping/Laundry Supervisor*

### Turkey Quotes

For Thanksgiving 2018 the residents wrote what they were thankful for and placed them on our turkey. Here are a few of the quotes:

"I'm thankful for my hubby and two sons. I am thankful for my friends I have met here at this facility. I also am thankful for a warm place to call home."

"I am thankful for my family, friends and extended family. Thankful for the staff and residents."

"I am thankful for the Lord."

"I am thankful for the great therapy and recreational activities here."



## Celebrating Birthdays...

### January and February

### MARCH

Valerie A.  
Mary Jo H.

March 5<sup>th</sup>  
March 17<sup>th</sup>

### Upcoming Dates

#### January...

New Year's Day  
January 1  
Fruitcake Toss Day  
January 3  
Cuddle Up Day  
January 6  
Make Your Dream Come True Day  
January 13  
Popcorn Day  
January 19  
Martin Luther King Jr. Day  
January 21  
Australia Day  
January 26  
Puzzle Day  
January 29

#### February...

Bubble Gum Day  
February 1  
National Freedom Day  
February 1  
Groundhog Day  
February 2  
Feed the Birds Day  
February 3  
Thank a Mailman Day  
February 4  
Chinese New Year  
February 5  
Boy Scout Day  
February 8  
National Pizza Day  
February 9  
Valentine's Day  
February 14  
Presidents' Day  
February 18  
George Washington's Birthday  
February 22

#### March...

Caregiver Appreciation Day  
March 3  
Dentist's Day  
March 6  
Daylight Saving Time Begins  
March 10  
Johnny Appleseed Day  
March 11  
Girl Scouts Day  
March 12  
National Potato Chip Day  
March 14  
Popcorn Lover's Day  
March 14  
Saint Patrick's Day  
March 17  
International Earth Day  
March 20  
National Doctor's Day  
March 30

### 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:

*September* Jordan Roberson, CNA, nominated by coworkers for doing a residents hair and makeup on her birthday.  
*October* Matt Riesselman, Cook, was nominated for providing a t-shirt to a resident of his favorite band on his birthday.  
*November* Kelly Hoffman, ADON, nominated by employees for bringing in pizza for staff on Thanksgiving Day.

#### Employee Anniversaries

##### January

Lisa Frederick	January 12 <sup>th</sup>	14 years of service
Crystal Yarnall	January 12 <sup>th</sup>	3 years of service
Tiffani Schuster	January 16 <sup>th</sup>	5 years of service
Jamie Hoover	January 23 <sup>rd</sup>	1 year of service

##### February

Emilia Sullivan	February 5 <sup>th</sup>	3 years of service
Gregory Jorgenson	February 10 <sup>th</sup>	3 years of service
Kaylee Grimm	February 14 <sup>th</sup>	2 years of service
Terri Carr	February 25 <sup>th</sup>	4 years of service
Tammy Link	February 25 <sup>th</sup>	16 years of service

##### March

Nathan Greve	March 29 <sup>th</sup>	1 year of service
Laura Ibarra	March 31 <sup>st</sup>	4 years of service
Adelina Kress Pacarada	March 29 <sup>th</sup>	1 year of service
Sondra Laugesen	March 24 <sup>th</sup>	4 years of service
Laura Stowe	March 8 <sup>th</sup>	10 years of service

What's been happening...



Dubuque Specialty Care's annual Halloween Party was held October 27<sup>th</sup>. Games were played and fun had with all the residents, staff, and dressed up little ones! Thank-you for coming out and making this year another success!

Never a dull moment at Dubuque Specialty Care, staff members dressed up for Halloween.



Surprise Baby Shower  
Staff of Dubuque Specialty Care threw Administrator, Jayme LeJeune-Schomburg, a surprise baby shower. She was showered with cake and wonderful gifts to share with her new baby girl!



## ACTIVITIES



Hoping everyone is looking forward to an exciting and happy New Year!

We are looking forward to adding fun and exciting activities to our 2019 calendar. The Activities Department would like to remind all families and friends that you are always welcome to attend and lend a helping hand in the activity programming of the location. If you have any ideas or know of a new music group or entertainment group we could add to our calendar please inform us; we will always welcome your suggestions.

The activity department would like to wish everyone a safe and happy New Year!

*Cheryl Peacock, Activity Director*

## New Year's Resolutions for Caregivers

### **Get Legal and Medical Documents Organized**

When a loved one enters a nursing home there can be lots of paperwork and legal documents that may be requested, such as the Power of Attorney. This may not be a fun resolution, but it will give you peace-of-mind to know that important papers are available. If this task is too overwhelming seek the help of a professional to help you get organized.

### **Make Your Own Physical and Mental Health a Priority**

Make a goal to get more sleep on a regular basis, and join that support group you've been meaning to join. It is important to engage in self-care to maintain good physical and mental health. If your health is not good, it may add more stress on you as a care giver and leave you and/or your loved one feeling guilty.

### **Spend More Quality Time With Your Loved One**

Plan some fun activities that you and your loved one can do together too! This may be doing a simple craft during a visit, or taking your loved one out for a ride in a car to visit a local park. It is all about quality versus quantity, so enjoy the time with your loved one while you have it.

Source: <https://www.24-7nursingcare.com/5-new-years-resolutions-caregivers/>

*Nicole Makovec, Social Services Coordinator*



## What's Cooking

### **Winter Possibilities**

A New Year stands before us filled with possibilities of a blank chapter in our lives. Changes don't have to be drastic to enrich daily living. Simple things allow for a fuller life.

Simple changes such as:

1. Expand your brain. Make a decision to learn something new every day, a fun history fact, a poem, how to make a new recipe, etc.
2. Move more. Park your car farther away from stores, work, or walk the long way to the dining room.
3. Cut a few calories, maybe an extra glass of water instead of a soda, eat one less cookie.
4. Be grateful, look at the wonder of your whole day and be grateful for a smile shared, a kind word given, the assistance given to someone in need. Focusing on the grace of what we do allows you to be kinder to yourself.

Live a fuller life with little changes and enjoy 2019!

*Mary Campbell CDM, Dietary Services Manager, and the kitchen staff*



Jayne L. LeJeune - Schomburg  
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### **Festival of Trees**

Dubuque Specialty Care took 1<sup>st</sup> place at the Festival of Trees at Eagle Pointe Place. Stacie Mrzłak, Admissions Coordinator, did an excellent job decorating and creating individual ornaments of each staff member at Dubuque Specialty Care. Way to go!



### **Eisenhower Elementary School**

December was full of caroling from many different groups. One group that joined the residents were students from Eisenhower Elementary School. They caroled and delivered cards to the residents.

