

Care Center Courier

Dunlap Specialty Care

REPORTING QUARTER:
SEPTEMBER—DECEMBER
2017

Farewell from Ali...

As most of you know, I have decided to take another job opportunity in Carroll close to my family. I have enjoyed my time getting to know all of the residents, families, and community members here in Dunlap. Everyone has been so welcoming and kind to me during my time here. I want to thank everyone for giving me the opportunity to help care for the members of your community and I will be leaving with so many great memories.

Best Wishes,
Ali Meiners



Best of luck!



From the Administrator...

Hello Everyone!

My name is Brandon Tenge and I am from New Hampton, Iowa. I recently moved to Dunlap to be the new administrator here at Dunlap Specialty care. I recently graduated from the University of Northern Iowa where I received degrees in Organizational Leadership and Long Term Care Administration.

My first day was August 3rd and everyone has been very welcoming. I have enjoyed getting to know all the residents, their family members, and staff the short time I have been here. I am really looking forward to continuing to get to know everyone in the community.

Improving quality of life for Iowans and their families during life's health transitions through compassionate individualized care.

We value the trust you put in us. It is a privilege to serve you and your family.

Welcome



*Brandon Tenge,
Administrator*

Activities Avenue

Where has the summer gone? We kicked off summer with an Open House to celebrate the doors being open for 40 years! Since then we've been enjoying walks outdoors when the weather allows and sunshine.

Bingo remains our favorite activity, but something new we've enjoyed is virtual travel. It allows us to be a little more adventurous as we get to leave the country while staying right in our seats. The tasty treats we enjoy after make the activity even more enjoyable.



Molly Franken,
Activities Director/Social Services Designee

This fall we look forward to continuing to get outdoors while we're able, all the fun holidays coming up and the increased visitors that come with the holiday season. Keep your eyes peeled for fun mail, there's been a request to make homemade cards, that will be added to your craft list. Once again this year Vince Leinen will host the annual Christmas Caroling here at the Care Center. Mark your calendars for Thursday, December 14th— you won't want to miss out.

2017 Prom King and Queen

On April 28th a couple Boyer Valley High school students hosted a Senior Prom here at the Care Center. They brought in cupcakes and many of their friends dressed to the nines. A photo booth was set up in the chapel and in the grand finale of the day a king and queen were announced. Dort Johnson and Earl Johnson won the honors. High School students and staff voted on the royalty selection and both Dort and Earl ended the day in a crown. It was a real pleasure to have the students come spend the afternoon with us.

Dort
Johnson



Prom King
Earl
Johnson

Always Accepting

The support from this community is nothing less than amazing. There are a few items at the Care Center that we're always looking for more of. If you have any extra of any of the below, it would be put to good use at the Care Center if you can part with it.

- ◇ Bird Seed
- ◇ Pencils
- ◇ Music CD's
- ◇ Small stuffed animals





The Auxiliary woman outdid themselves once again! We had a wonderful summer picnic!



Zoe Kibby and Maxine Cross from AL, cooling off while planting their garden



PROM





*The
GOOD
Life*

Assisted Living

Fall will soon be in full swing as summer starts to wind down here in the Assisted Living. In May our tenants had planted flowers in the flower beds which have really bloomed, and vegetables in the raised gardens. Due to the extreme heat many of our vegetables did not bloom or last very long. We were able to enjoy a round of green beans, a few radishes and some lettuce. We currently have some eggplant growing which will soon need to be picked. This is a new vegetable for our assisted living tenants, and they are looking forward to tasting it.

We will be having our annual National Assisted Week event "Family is Forever" the week of Sept. 10-16. We will have many activities throughout the week to celebrate and on Saturday Sept. 16th we will celebrate our tenants and their families with our annual potluck dinner. As the heat starts to die down we are hoping to get outside and enjoy some activities. Some of our tenants have started a daily tradition of playing a game of Farkle after folding napkins. It is a joy to hear the tenants interact with each other and help new tenants who join on a day to day basis. We love having visitors in the Assisted Living, please stop by for coffee and a visit if you are ever in the area.



*Kerri Klaahsen ,
Assisted Living Director, LPN*

MAINTENANCE MESSAGE

Hello to all the great families and friends of the wonderful residents of Dunlap Specialty Care. It's been a busy time here as we have been working on some deep cleaning. I can not say enough about the wonderful women we have in the housekeeping department. This summer they tackled a lot of deep cleaning, getting things de-cluttered and polished to make residents rooms feel more like home.

Imagine being in charge of laundry for 40 people everyday. Our laundry department nails it, keeping track of all the residents clothing items as well as keeping fresh towels and linens ready as needed. Many of us like to go to them with stain questions as well.

If you see any ladies in blue or turquoise around the facility don't hesitate to stop them and thank them for all they do to keep us working as a well oiled machine.

Reminder: If you have any questions about items you're bringing in check with Brandon or Jim. Some items to be cautious with include:

- Air fresheners:
- Surge protectors — must be metal
- Trash cans
- No extension cords — not allowed



*Jim Grimsley ,
Maintenance*

From the Kitchen

This quarter dietary and activities have worked together to make tasty treats for the residents. Made with love by the residents, the Strawberry Rhubarb jelly we canned was a big success among all.

Strawberry Rhubarb Jelly

- 6 cups Rhubarb (chopped)
- 1/4 cup water
- 3 1/2 cups sugar
- 1 pkg (4 serv.) jello

Cook rhubarb, water and sugar on high for 2 min. Then cover and simmer for 15 min. Remove from heat, add jell-o mix until dissolved. Pour in jars then put lids on and turn upside down (the heat will seal jars).



*Ariel Peterson ,
Dietary Services Manager*

Congratulations



We are extremely proud of these women on graduating this spring.

Kerri Klaahsen completed RN program

Sabrina Klaahsen completed LPN program

Chelsey Schwery completed RN program

Nurse's Corner

Cold & Flu Prevention Tips for Elderly Adults

As everyone knows, getting a cold can be miserable, or even worse, getting the flu. For an older adult, it can be often times more serious than just missing a few days of work or not being able to do normal activities. According to the CDC, "90% of seasonal flu-related deaths and more than 60% of seasonal flu-related hospitalizations in the United States each year occur in people 65 years of age and older." The immune systems tend to be weaker in older adults which allows the flu to turn in to more serious conditions such as bronchitis and/or pneumonia.

Illness can strike at any time, but there are ways to prevent colds and flu in the elderly. Prevention is the key and here are some tips :

- *Build up your immune system: Get enough rest and eat and drink well
- *Kids can equal germs: Care should be taken when having young children around the elderly so germs are not passed on
- *Wash your hands: This will keep the germs at bay
- *Keep your distance: Avoid contact with those who are sick or if you are sick yourself.
- *Get a flu shot: It's recommended that adults over the age of 50 need to get a seasonal flu shot and also those who work in healthcare

If symptoms do develop in an elderly adult, it is important to watch for possible danger signs that may indicate a more serious condition is coming such as pneumonia. Watch for shortness of breath, chest pain, violent vomiting and or confusion. If you notice these, please contact your doctor.



Neva Summerfield RN, DON

Social Services Circle

Hospice Care

Hospice Care is about living life to its fullest, even in the event of a life-limiting illness. Care Initiatives Hospice helps patients and families set their own goals and priorities to enhance quality of life to the highest degree possible. They focus on comfort and quality of life without regard to length of time.

Care Initiatives Hospice provides full complement of physical, spiritual, and emotional support services from an interdisciplinary team of registered nurses, social workers, aids, counselors, volunteers, therapists, doctors and other specialized care providers. Services include:

- ◆ Visits/ consultations available 24 hours a day, 7 days a week
- ◆ Highly specialized pain and symptom control
- ◆ Prescriptions and Medications
- ◆ Assistance with daily grooming and hygiene
- ◆ Housekeeping and chores
- ◆ Support and respite care for family members
- ◆ Physical therapy, occupational therapy and/or speech therapy
- ◆ Grief care



Care Initiatives Hospice

You don't have to be in a nursing home to receive the services, our hospice caregivers meet you where you are, coming to your home, a long-term care center, assisted living residence or hospital to administer compassionate hospice care. Our approach addresses the physical, emotional and spiritual needs of those facing life-limiting illness for themselves and their families. We work closely with family members and caregivers to respect the wishes and needs of our patients and their loved ones.

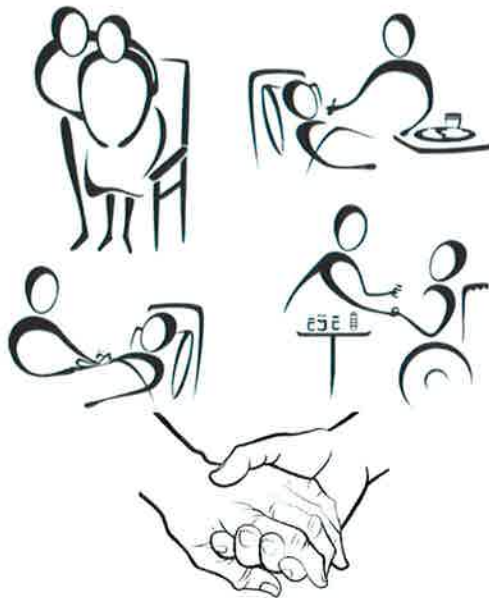
Care Initiatives Hospice can be there for your loved one when needed. Please call 877-577-3888

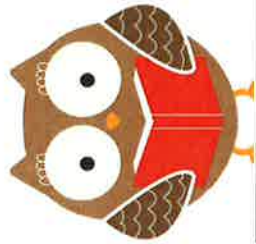


Hospice music therapist, Jamie young plays for the residents

*** Hospice Care is always looking for local volunteers as well. If you're interested contact:**



Deb Poss (712) 635-4632





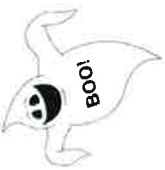





September 2017



SUN	MON	TUE	WED	THU	FRI	SAT
<p>3 9:00 Catholic Communion 9:30 Lutheran Worship</p>	<p>4 </p>	<p>T-TH 8:30 Folding M-W-Th Lunchtime Puzzles T-F Lunchtime Table Talk</p>	<p>*Indicates Birthday ** Employee Bday's underlined *** Activities Subject to Change</p>		<p>1 10:00 Catholic Daughters Rosary 2:30 Catholic Worship</p>	<p>2 Movie Social</p>
<p>3 9:00 Catholic Communion 9:30 Lutheran Worship</p>	<p>4 </p>	<p>5 10:00 SKUNK 10:00 Auxiliary Mtg 2:00 Nail Polishing</p>	<p>6 10:00 Care Plans 2:00 DC Bingo 3:00 Don B-day Party 6:30 Game Night *Don Clark</p>	<p>8 10:00 Reporter Read 2:30 Congregational Worship</p>	<p>8 10:00 Spelling Bee 2:00 Crafts</p>	<p>9 Movie Social</p>
<p>10 9:00 Catholic Communion 9:30 Catholic Worship</p>	<p>11 10:00 Bible Study 2:00 Nickel Bingo</p>	<p>12 10:00 Virtual Travel 2:00 Nail Polishing</p>	<p>13 10:00 Care Plans 2:00 Alter Society BINGO 6:30 Game Night</p>	<p>14 10:00 Reporter Read 2:00 Red Hat Society 3:00 Fruit Pizza Social</p>	<p>15 10:00 Horseracing Game 2:00 Verlat's Sing-A-Long</p>	<p>16 Movie Social</p>
<p>17 9:00 Catholic Communion 9:30 Congregational Worship</p>	<p>18 10:00 Bible Study 2:00 Nickel Bingo *Molly Franken</p>	<p>19 10:00 Penny Ante 2:00 Nail Polishing</p>	<p>20 10:00 Care Plans 2:00 Methodist BINGO 6:30 Game Night</p>	<p>21 10:00 Reporter Read 2:30 Methodist Worship</p>	<p>22 10:00 Bean Bag Toss 2:00 LRC Dice game</p>	<p>23 Movie Social *Heather Hardy</p>
<p>24 9:00 Catholic Communion 9:30 Methodist Worship *Clark Melby</p>	<p>25 10:00 Bible Study 2:00 Nickel Bingo</p>	<p>26 10:00 Res.Council 1:00 Nail Polishing 2:30 Goldenaires</p>	<p>28 10:00 Care Plans 2:00 Birthday BINGO 6:30 Game Night</p>	<p>29 10:00 Reporter Read 2:30 Lutheran Worship</p>	<p>30 10:00 Shake-A-Memory 2:00 Root Beer Floats and Music</p>	<p>30 Movie Social</p>



OCTOBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
*Activities Subject to Change		M-W-Th Luncheon Puzzles T-F Luncheon Table Talk 8:30 T/TR Folding				
						
1 9:00 Catholic Communion 9:30 Lutheran Worship	2 10:00 Bible Study 11:30 Pat Lamb 2:00 Nickel Bingo	3 10 Beat the Dealer 10:00 Aux Meeting 2:00 Nail Polishing *Arnold Hardy	4 10:00 CarePlans 2:00 DC Gals BINGO 6:30 Game Night	5 10 Reporter Read 2:30 Congregational Worship	6 10:00 Crafts 2:00 Catholic Daughters Rosary 2:30 Catholic Worship	7 2:00 Congregational BINGO
8 9:00 Catholic Communion 9:30 Catholic Worship	9 10:00 Bible Study 2:00 Nickel Bingo	10 10:00 Virtual Travel 2:00 Nail Polishing *Cheyann Marshall	11 10:00 CarePlans 2:00 Alter Society BINGO 6:30 Game Night	12 10: Reporter Read 2:00 Red Hat Soc. 3:00 Fall treats	13 10:00 Horseracing Game 2:00 Bowling	14 2:00 Popcorn & Movie Social
15 9:00 Catholic Communion 9:30 Congregational Worship	16 10:00 Bible Study 2:00 Nickel Bingo	17 10:00 SKUNK 2:00 Nail Polishing	18 10:00 CarePlans 2:00 Methodist BINGO 6:30 Game Night *Gina Mendoza	19 10: Reporter Read 2:30 Methodist Worship	20 10:00 Penny Ante 2:00 Verla's Sing-A-Long	21 2:00 Popcorn & Movie Social
22 9:00 Catholic Communion 9:30 Methodist Worship	23 10:00 Bible Study 2:00 Nickel Bingo	24 10:00 Resident Council 2:30 Goldenaires	25 10:00 Care Plans 2:00 B-Day BINGO 6:30 Game Night	26 10 Reporter Read 2:30 Lutheran Worship	27 10 Bean Bag Toss 2:00 JINGO BINGO	28 2:00 Popcorn & Movie Social
29 9:00 Catholic Communion 9:30 Lifeline Worship	30 10:00 Bible Study 2:00 Nickel Bingo *Edna Hull	31 10 nail care 2:00 Halloween party				
*Mary Gray		HALLOWEEN				



November 2017




SUN	MON	TUE	WED	THU	FRI	SAT
<p>*Indicates Birthday un-derlined ** Staff Birthday un-derlined *** Activities Subject to Change</p>	<p>M-W-Th Lunchtime Puzzles T-F Table Talk at lunch</p>		<p>1 10:00 Care Plans 2:00 DC BINGO 6:30 Game Night *Jean Dommer</p>	<p>2 8:30 Folding Club 10:00 Reporter Reading 2:30 Congregational Service</p>	<p>3 10:00 Crafts 2:00 Cath. Daughters Rosary 2:30 Catholic Mass</p>	<p>4 2:00 Congregational Bingo</p>
<p>5 9:00 Catholic Communion 9:30 Lutheran Serv. Social Time</p>	<p>6 10:00 Bible Study 2:00 Nickel Bingo</p>	<p>7 8:30 Folding Club 10:00 Aux Board mtg 10:00 SKUNK GAME 2:00 Nail Polishing</p>	<p>8 10:00 Care Plans 2:00 Altar Soc BINGO 6:30 Game Night</p>	<p>9 8:30 Folding Club 10:00 Reporter Reading 2:30 Red Hat Society 3:00 Pie Social</p>	<p>10 10:00 Spelling Bee 2:00 Candy bar bingo</p>	<p>11 2:00 Movie Social</p>
<p>12 9:00 Catholic Com-munion 9:30 Catholic Serv. Social Time *Colleen Lake</p>	<p>13 10:00 Bible Study 2:00 Nickel Bingo</p>	<p>14 8:30 Folding Club 10:00 Virtual Travel 2:00 Nail Polishing</p>	<p>15 10:00 Care Plans 2:00 Methodist BINGO 6:30 Game Night</p>	<p>16 8:30 Folding Club 10:00 Reporter reading 2:30 Methodist Worship *Janet Hough</p>	<p>17 10:00 Bowling 2:00 Verla Sing along</p>	<p>18 2:00 Movie Social</p>
<p>19 9:00 Catholic Com-munion 9:30 Congregational Service</p>	<p>20 10:00 Bible Study 2:00 Nickel Bingo</p>	<p>21 8:30 Folding Club 10:00 Shake a memory 2:00 Nail Polishing * Ruth Ann Casperson</p>	<p>22 10:00 Care Plans 2:00 B-Day BINGO 6:30 Game Night</p>	<p>23 </p>	<p>24 10:00 Bean bag toss 2:00 Tailgating party</p>	<p>25 2:00 Movie Social</p>
<p>26 9:00 Catholic Com-munion 9:30 Methodist Serv. 2:00 4H Bingo * Kathleen Heller</p>	<p>27 10:00 Bible Study 2:00 Nickel Bingo</p>	<p>28 8:30 Folding Club 10:00 Resident Council 2:30 Goldenaires * <u>Karen Casperson</u></p>	<p>29 10:00 Care Plans 2:00 Aux BINGO 6:30 Game Night</p>	<p>30 8:30 Folding Club 10:00 Reporter Reading 2:30 Lifeline Worship * Debbie Vacanti</p>		



December 2017



SUN	MON	TUE	WED	THU	FRI	SAT
<p>3 9:00 Catholic Communion 9:30 Lutheran Service Social Time</p>	<p>4 10 Bible Study 11:30 Pat L. Music 2:00 Nickel BINGO *Dean Block *Norma Coret</p>	<p>5 8:30 Folding 10:00 Skunk Game 10:00 Aux Meeting 2:00 Nail Polishing *Shannon Hazen *Leah Roberts</p>	<p>6 10 Care Plans 2:00 DC Gals BINGO 6:30 Game Night *Norma Sullivan</p>	<p>7 8:30 folding 10:00 Reporter 11:00 Ron C. visit 2:30 Worship</p>	<p>8 10 Shake a memory 2:00 Bingo for BARS</p>	<p>9 2:00 Movie Social *Stonia Davis</p>
<p>10 9:00 Catholic Communion 9:30 Catholic 2:00 Girl Scout talent show</p>	<p>11 10:00 Bible Study 2:00 Nickel BINGO</p>	<p>12 8:30 Folding 10:00 Virtual Travel 2:00 Nail Polishing</p>	<p>13 10:00 Care Plans 2:00 Alter Society BINGO 6:30 Game Night</p>	<p>14 10:00 Reporter Reading 2:00 Red Hat soc. 3:30 Irish Dancer</p>	<p>15 10:00 Spelling Bee 2:00 Verla Sing Along</p>	<p>16 2:00 This & That (family room)</p>
<p>17 9:00 Catholic Communion 9:30 Congregational Service</p>	<p>18 10:00 Bible Study 2:00 Nickel BINGO</p>	<p>19 8:30 Folding 10:00 Horseracing Game 2:00 Nail Polishing</p>	<p>20 10:00 Care Plans 2:00 Methodist BINGO 6:30 Game Night *Chelsea Klaansen</p>	<p>21 10:00 Reporter Reading 2:30 Methodist Service *Kathryn Miller</p>	<p>22 10:00 Hot Choc and music 2:00 Christmas Party Betty Lortz</p>	<p>23 2:00 This & That (family room)</p>
<p>24 9:00 Catholic Communion 9:30 Methodist Service</p>	<p>25 </p>	<p>26 8:30 Folding 10:00 Resident Council 2:30 Goldenaires *Evelyn Johnson</p>	<p>27 10:00 Care Plans 2:00 Birthday BINGO 6:30 Game Night</p>	<p>28 10:00 Reporter Reading 2:30 Lutheran Service</p>	<p>29 10:00 Name That Tune 2:00 Penny Ante</p>	<p>30 2:00 This & That (family room) *Sharon Gray</p>
<p>31 9:00 Catholic Communion 9:30 Lifeline Service</p>					