

Neighborhood News



DECEMBER 2017



Christmas Party family Night for the residents is **Thursday, December 21 at 6:30** with music by Eric Pederson and his wife Anna. Come and enjoy a special evening with our residents and their families.

Last month we had our Mission Statement in our Newsletter. This month we focus on our Values as a home for our residents and those of us that are here to make it a special place for them.

I.C.A.R.E

I – Integrity:

We are honest, ethical and do the right thing.

C – Compassion:

We provide the highest quality care, treating patients, residents and family members with sensitivity and compassion.

A – Accountability:

We value accountability and expect each employee to conduct themselves with a sense of integrity, responsibility and ownership.

R – Respect:

We treat all of our patients, residents, visitors and fellow caregivers with dignity and respect.

E – Excellence:

We deliver the best outcomes and the highest quality service through the dedicated effort of every team member.

We look forward to serving the needs of our residents and making their stay comfortable and pleasant. We all wish a safe and wonderful Christmas Season for our residents and their families. As Christmas Season approaches our residents become more and more excited about spending that extra special and precious time with their families.

Remember the Dementia Patient is not **GIVING you a hard time, they are **HAVING** a hard time.**

8 Tips to Help Your Loved One Communicate

1. Be Patient.
2. Talk 1-2-1 in a quiet area with few distractions.
3. Keep statements short and specific.
4. Do not argue or speak condescendingly.
5. Bring up topics from younger years, they often can remember clearly things from long past.
6. Keep talking, even if they no longer respond.
7. Say names and reaffirm family connection during conversation. "Jimmy, Bob's son, loved Disneyworld."
8. Just because they do not respond, does not mean they do not hear and understand.



A TRUE STORY

My 94 year old grandmother had dementia. Each day when they escorted her to lunch, she truly believed she was going to a "function" and insisted on dressing accordingly in her suit and costume jewelry. Needless to say, she was confused and shocked that others did not dress as appropriately for this special "function."

My parents had moved to Florida and my siblings went across the country, I was the only family around. Although it was 100 miles, throughout college I visited my sweet grandmother every month. Sadly, she had no idea who I was. I often would bring up the wedding long ago, as she loved to tell the story of the rings lost in the cobblestones just before the ceremony and the frantic search by the groom.

One day, while we were watching tv together, she looked at me straight in the eyes with such clarity, patted my leg and said, "Becky Rae, you'll never know how much your visits have meant to me." Stunned, I tried to engage but she instantly went back behind the veil of her mind. A week later she passed peacefully with me by her side. Knowing she KNEW I had been there religiously and knowing she KNEW she was loved, was a tremendous comfort. Don't give up. They are in there.

**IT'S NOT
TOO LATE!**

**GET YOUR
FLU VACCINE**

HAPPY BIRTHDAY!

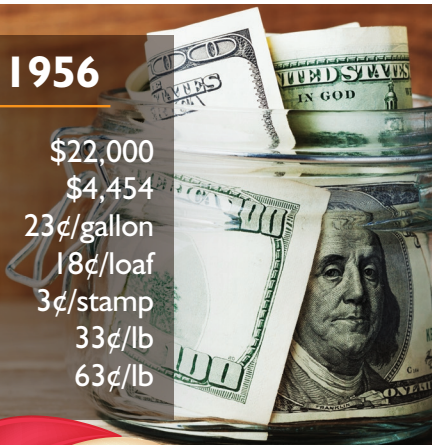


NOVEMBER/DECEMBER

Alice Arola	11/12
Alvin Nelson	11/23
Caroline Boshey	11/26
Harry Holter	12/27
Arnold Suhkonen	12/28

Cost of Living 1956

Home Price	\$22,000
Average Income	\$4,454
Gas	23¢/gallon
Bread	18¢/loaf
Postage stamp	3¢/stamp
Pot Roast	33¢/lb
Coffee	63¢/lb



Thoughts About The New Care Center

Well we waited and waited and waited and now we're all moved in!

Alice says the new place is fantastic and gets her exercise cruising the hallways to meet up with all her friends who live here with her. The bus driver is only up to Par hahahaha according to her.

Inez likes her private room and says it's nice and cozy. She set up her puzzle making on the north side tv room.

Janet says it's too big and too much room. She says it's too far for the staff to walk. She misses having her friend Melba for a roommate. Janet and Melba see each other daily as they usually eat together.

Harry H. is getting lost needing to look around and been going back and forth getting exercises getting to know where everything is.

Eva says the new place is OK - big enough and continues to watch "The Price is Right" daily. Her sister comes near daily at noon to see her.

Dorothy says it's very beautiful and likes it because everything is new.

Doris says she sleeps like a log having her own room. She was dressed like a convict for Halloween and said I feel like I just got out of jail and moved into the Ritz.

Kay says the place is fabulous but the bugs need to be worked out. She said the waiting for the food is most troublesome to her.

Donna can't believe how much stuff she has saying her room is crowded already.

Wayne is happy to be able to live here in the new care center.

X-MAS DECEMBER RECIPE

What's YOUR favorite XMAS Treat?

Christmas Cut Out Cookies

- 1 cup butter, softened
- 1 cup shortening
- 3 cups sugar
- 4 large eggs
- 6 tablespoons evaporated milk
- 2 teaspoons vanilla extract
- 2 teaspoons almond extract
- 6 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

FROSTING:

- 3 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 4 to 6 tablespoons half-and-half cream
- Food coloring of your choice, optional
- Assorted sprinkles



Directions

In a large bowl, cream butter, shortening and sugar until light and fluffy. Beat in eggs, milk and extracts. In another bowl, whisk flour, baking soda and salt; gradually beat into creamed mixture. Divide dough into four portions. Shape each into a disk; wrap in plastic. Refrigerate, covered, overnight or until firm enough to roll.

Preheat oven to 400°. On a lightly floured surface, roll each portion of dough to 1/8-in. thickness. Cut with floured 3-in. holiday cookie cutters. Place 1 in. apart on ungreased baking sheets.

Bake 5-7 minutes or until edges are lightly brown. Remove from pans to wire racks to cool completely.

In a large bowl, beat confectioners' sugar, vanilla and enough cream to reach a spreading consistency. If desired, beat in food coloring. Frost and decorate cookies as desired.

Yield: 10 dozen Cookies





**We hope you
can join us!**



Happy Holiday wishes from the entire Dietary Staff.

Per tradition Teresa Debevec, CEO will be donning her chef hat once again. Teresa will be carving the Turkey and Ham for the noon meal on Wednesday, December 13th. She looks forward to serving all of you and helping to herald in the holiday spirit.

**Now accepting reservations for
Christmas Eve, Christmas Day & New Year's Day !**

One family member for each resident may dine at no cost. Additional Guests are \$3.50/person.

December 13th/Noon Menu:

Roasted Turkey or Honey Glazed Ham
Mashed Potatoes with Gravy
Prince Edward Vegetable Blend
Dinner Roll with Butter
Jellied Cranberry Garnish
Ice Cream Cup

Christmas Eve Supper Menu

Swedish Meatballs
Buttered Potatoes w/Parsley
Prince Edward Vegetables
Dinner Roll w/Butter
Ice Cream

Christmas Day Lunch Menu

Prime Rib
Party Potatoes
Glazed Baby Carrots
Apple Ring Garnish
Cranberry Salad
Dinner Roll w/Butter
Pumpkin or Apple Pie

New Year's Day Lunch Menu

Bacon Wrapped Chopped Steak
Twice Baked Potato
Sicilian Blend Vegetables
Dinner Roll w/Butter
Orange Slice Garnish
Variety Cheesecake

Tickets must be
purchased in
ADVANCE
at the
Business Office.



HO-HO-HO!

NOTE

**Reservations for the
Christmas meals must
be submitted no later
than noon on Friday
December 15th.**

**Purchase at the
Business Office.**

**Reservations for the
New Year's meal must
be made by noon on
December 22nd.**

**Sorry, late
reservations
will not be
accepted.**

HALLOWEEN FUN WAS HAD BY ALL!





TRIVIA CORNER! 1956

Good Luck!

1. What was the top song of 1956?
A. Amazing Grace B. Don't Be Cruel C. New York

2. Minimum wage in 1956 was...?
A. 63¢/hr B. \$2.50/hr C. \$1/hr

3. Dances where kids took shoes off as not to damage the flooring were called...?
A. Sock Hops B. Twinkletoes C. Disco

4. NBA Champs of 1956??
A. Phoenix Suns B. Boston Celtics
C. Philadelphia Warriors

5. Who said, "Live fast, die young, leave a good-looking corpse."?
A. Elvis B. John Wayne C. James Dean

6. Which advertiser's tag line was "Takes a licking and keeps on ticking"?
A. Energizer B. Timex C. Rolex

7. Which famous boxer with a perfect record hung up his gloves in 1956?
A. Mario D'Agata B. Rocky Marciano
C. Sugar Ray Robinson

8. Who was president in 1956?
A. Eisenhower B. Nixon C. Truman

9. Where was the 1956 Olympics held?
A. France B. Japan C. Australia

10. Who was considered the King of Rockabilly?
A. Elvis B. Buddy Holly C. Carl Perkins

11. Artist _____ died in a car crash in Springs, New York?
A. Franz Kline B. Hans Hofmann C. Jackson Pollock

12. Actress _____ marries Prince Rainier III of Monaco?
A. Grace Kelly B. Deborah Jane Kerr
C. Dorothy McGuire

13. The Peanut is a member of the _____ family.
A. Fruit B. Pea C. Seed

14. This movie first aired on TV in 1956.
A. Wizard of Oz B. It's a Wonderful Life
C. The Untouchables

ANSWERS

1. B. Don't Be Cruel
2. C. \$1/hr
3. A. Sock Hops
4. C. Philadelphia Warriors
5. C. James Dean
6. B. Timex
7. B. Rocky Marciano
8. A. Eisenhower
9. C. Australia
10. C. Carl Perkins
11. B. Jackson Pollock
12. A. Grace Kelly
13. B. Pea
14. A. Wizard of Oz

SERiously?!

All the Earth's gold fits into 3.2 Olympic-sized swimming pools
On Jupiter and Saturn, it rains diamonds
Humans share 50% of their DNA with bananas

VOLUNTEERS MAKE A DIFFERENCE

55K

Number of formal documented
nonprofit volunteers

155K

Hours of volunteer service
performed each month

\$43.5M

Annual economic value of
those volunteering hours

Source: "Volunteerism: A Study of
the Springfield, MO Area" (2016)

Volunteers save non-profits millions, allowing more money to go toward services and research to help more people. Every volunteer counts!

Volunteers are of huge value to nonprofit organizations. Recent studies estimate that over a hundred million people volunteer each year. Not only do volunteers help to save money, but they can provide better service to clients, increase contact with the greater community, make available better expertise, and reduce costs of services.

From the early days of America, volunteers have pitched in to treat community maladies and needs. That civic concern and community coalescence continues today. The truth is that nonprofit organizations would not exist if it were not for the volunteers.

THANK YOU FOR VOLUNTEERING!