

Chippewa Manor Times

Cindy Tewalt, Managing Editor | 249th Edition | February & March 2012

▶ WHAT'S HAPPENING ◀

By Cindy Tewalt, RMT, ADC Activity Director



February is Heart Month!

Happy February!! We have several activities we would like to highlight for you in the coming days:

▶ February 3, 2012 is **National Wear Red Day!** This is a day when Americans nationwide wear red to show their support for women's heart disease awareness. Join us at Chippewa Manor and wear red that day.

▶ Our Annual **Valentine Cookie Sale** will take place from February 8th until they sell out. You may purchase a bag with 4 sugar cookies and an attached Valentine all for \$1.00 in the Activity Room! We will be rolling out those cookies on Tuesday, Feb 7 at 12:30 pm. If you could help, we would REALLY appreciate it! We will go on to frost them the same day. Then we will bag them on the next day starting at 9:00 am. Did I mention that we make over 2,000 cookies!! Let the Activity Department know if you can help at 12:30 Tuesday, Feb 7 or 9am Wednesday, Feb 8.. This fundraiser has been a long time tradition here and the proceeds go towards purchasing entertainment for the residents. Help it continue and plan on buying a Sweet for your Sweetie!

▶ February is Chocolate Month!! And each Friday we will be celebrating by

consuming chocolate! Watch the calendar and come and indulge!

▶ Come celebrate Valentine's Day with music by Peter and Julie Lea on Tuesday, Feb 14 at 2:00 pm.

▶ We will be having our Annual Heart Fund Drive throughout the month of February. This fundraiser is to raise moneys for the American Heart Association and is sponsored by the Resident Council. We will be collecting moneys for that cause. If you donate \$5.00, a gold heart will be placed on our heart tree in the lobby; if you donate \$3.00, a silver heart and \$1.00, a red heart. For every dollar donated, your name will go into the jar for a drawing to be held on Wednesday, February 29 at 2:00 pm. We will be giving away gift certificates from area businesses and prizes from private donors. Last year, we raised a record \$2,015.00!!! HAVE A HEART and GIVE.

▶ Mark your calendars and start saving your "stuff" for our Spring Thrift and Bake Sale on Friday, April 13th from 12:30 to 3:00 pm.

► ADMINISTRATIVE NOTES ◀

By Karen Robinson, NHA Administrator

On behalf of the entire staff, I would like to THANK YOU for all of the goodies, smiling faces and good cheer during the holidays!! Now we are happy to be cozy inside watching it snow and get colder and colder while we await spring.

Of course this is also the time of year that flu bugs can rear their ugly symptoms. We

kindly ask that you refrain from visiting if you or yours have been exposed to a respiratory or intestinal flu and please practice very good hand washing while visiting here.

We are happy to report that we are nearly all vaccinated with the flu vaccine this year but it doesn't cover everything!

► LIVING SERVICES ◀

By Brandon Thorsness, NHA Assistant Administrator

Living Services Provides Personalized Care

Did you know, the Chippewa Manor community offers its own assisted living program – **Living Services**? This full-scale assisted living program is available in Chippewa Manor Residential Living, our attached independent and assisted living facility. **Living Services** helps clients with medications, bathing, dressing, and transfers, among other services. Around the clock care is available to all clients with the press of a button, and clients are even visited by a licensed nurse weekly, or as needed.

Each client is admitted with a customized program based on their needs and preferences, and is tailored to provide 24/7 support without interfering in daily activities. Importantly, all services are offered from the privacy and convenience of each client's own apartment.

Services are established through an admission approval, and clients are on a month-by-month contract thereafter. A very personalized program can be utilized for just a few weeks, or a few years – it all depends on how much care a client needs. Typically we see clients being discharged from Chippewa Manor Nursing & Rehab, who wish to return to their apartment – but might need a little extra care. Of course we bring in many individuals from the community who are looking to downsize or simply just need more help getting by day-to-day. In either situation, Living Services is a great program to help transition from one setting to the next safely.

If you are interested in these or other services your Chippewa Manor community offers, contact the Business Office and you'll be referred to the appropriate person.

► OFFICE TALK ◀

By Jennifer Buescher, Accountant

If you have any questions regarding the Medical Assistance program please contact Kelly Goettl at the Chippewa County Economic Support office. The number to call is 715-726-7847. If you need an application

for Medical Assistance or a Medical Assistance review form, there are some available in the Business Office. If you have any other questions, please feel free to call or stop by.

► SOCIAL SERVICE CORNER ◀

By Mary Proue, CSW Social Worker

Bed Hold Policy Summarized

I hope you all had a nice holiday. We are sure being treated with some nice weather recently. I thought it would be good to review the bed hold policy here. When a patient is on a therapeutic leave or temporary discharge (such as to the hospital for surgery or another health care facility for treatments), Chippewa Manor will hold the patient's bed until the Social Worker is notified by the patient of the Responsible Party via phone call or by letter that the patient wishes to waive the right to have the bed held, or up to 15 days following the leave, whichever is earlier.

The payment policy for bed hold is as follows: Private pay patients (including Medicare and insurance patients) hold the bed at their current private pay daily room rate.

Medical Assistance (MA) patients pay their income available during the first 15 days. The MA patient or family may financially hold the bed by paying the private pay rate after the 15 day have elapsed if they so choose.

The Medicare program/ Insurance plans do not make bed hold payments. These patients or their families may hold the bed at the private pay rate, understanding that this payment is solely for the purpose of reserving the bed during their absence and does not guarantee Medicare/Insurance benefits will resume upon readmission.

If a patient chooses not to hold the bed during a hospital stay/ absence, their belongings will need to be removed from the room in a timely manner. If you have any questions about the bed hold policy, feel free to contact either Tristi or me.

Thought for the Day:

*When one door of happiness closes,
another opens, but often we look so
long at the closed door that we
do not see the one which has
been opened for us.*

► NURSING NOTES ◀

By Karen Davis, Director of Nursing

Winter Health Hints

January is almost over and we can hope for an early spring with Ground Hogs' Day approaching. It is tough sometimes living in Wisconsin when it seems the sun does not shine for weeks! We find ourselves wishing for spring. However it is good to enjoy each day and that includes the winter ones as we don't want to wish our lives away!

So here are some suggestions for making the most of a Wisconsin Winter to keep the Winter Blues away.

Exercise: As if we needed another reason to get fit! Exercise isn't only for maintaining your weight and staying healthy. It's great for relieving the stresses of life. Plus, the effects of a good workout can last for several hours after you hit the showers. You'll have more energy

throughout the day, and your metabolism will stay elevated too. Exercise also helps your mind by releasing those "feel good chemicals" that improve your mood.

Eat a Healthy Diet: What and when you eat has a great effect on your mood and energy. Avoid refined and processed foods (like white breads, rice, and sugar). These foods are not only devoid of the nutrients your body craves, but they zap your energy levels and can affect your mood—causing depression, lack of concentration, and mood swings. Try to incorporate more complex carbohydrates (whole wheat breads, brown rice, veggies, fruit) and get your daily 8 cups of water. These healthy foods provide your body (and mind)

with nutrients, and stabilize your blood sugar and your energy levels.

Get Some Sun: Most people know that sunlight provides us with Vitamin D. But did you know that it also improves your mood? Winter days are shorter and darker than other months, and because of the cold weather, a lot of people spend less and less time outdoors. Lack of sunlight can cause many people to become depressed—without knowing why! Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors. Keep your shades up during the day to let more light in. Sit near windows in restaurants and during class. Try changing the light bulbs in your house to "full spectrum" bulbs. These mimic natural light and actually have the same effects on your mind as the real thing.

Act On Your Resolutions: A recent study from the CDC showed a strong link between healthy behaviors and depression. Women who exhibited healthy behaviors (like exercising, not smoking, etc.) had less sad and depressed days than those whose behaviors were less than healthy. Researchers studied women, but results are likely similar in men.

Avoid Binge Drinking: Staying in with a cold beer or a nice glass of wine may seem like the only thing to do in the winter months, and many people who feel down also tend to turn to alcohol when they're feeling down. But alcohol is actually a depressant, and rather than improving your mood, it only makes it worse. Avoiding alcohol when you are already depressed is a good idea. Moderate drinking is fine for most people, but binge drinking (defined as having 5 or more drinks in one sitting) is never a healthy choice. The morning after will have you feeling sick, depressed, and even more tired, which will affect many aspects of your life. This will make your low energy and bad mood even worse.

Treat Yourself: Having something to look forward to can keep anyone motivated. Winter seems endless! But if you plan something exciting, your mood improves when you're anticipating it and when the event actually comes. Plan something that's exciting to you—a weekend trip, a day at the spa, a

party (but keep #5 above in mind), or special event like a play, girls (or guys) night out, or sporting event.

Relax!: You're busy! Work, class, family, friends, appointments, meetings—even if you enjoy being busy, everyone needs some time off. Don't be afraid to say "No" to extra opportunities (covering a shift for a co-worker, bringing food to your son's class party). Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class. Relaxation, especially in the form of yoga, can alleviate stress and leave you with a calm energy. Mental exercises like meditation and positive thinking can help keep depression at bay.

Embrace the Season: Instead of always avoiding the cold and the snow—look for the best that it has to offer! Take up a winter sport like ice skating, snowboarding, hockey, or even sledding! Enjoy these opportunities while they last—after all, they're only here a few months per year. Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.

Get Social Support: Don't underestimate the power of friends, family, mentors, co-workers, and neighbors. Who can you turn to when you're down and need a pick-me-up? Keep a mental list of these special people and don't be afraid to ask for help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.

Catch Some Zzzz's: People naturally want to sleep a little bit more during the winter. But with all we have going on, sometimes sleep is the first thing to go. With a little time management, and some self-discipline, you can meet your shut-eye needs. Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent. That way, your sleeping patterns can normalize and you'll have more energy. Try not to oversleep—those 12-hour snoozes on the weekend can actually make you MORE tired. Don't forget naps! A short (10-30 minute) afternoon nap may be all you need to re-energize midday.

▶ WHAT'S COOKIN' ◀

By Wanda Martell, CDA Dietary Manager

Cookies, Chocolate and More!

We have some special dinners and projects coming up. Please mark your calendars: We will be “rolling in the dough” on Tuesday, Feb 7 as we hold our Annual Valentine Cookie Bake. Volunteers are welcome to come help roll out the 2,000-some Valentine cookies!! We will start at 12:30 pm and go right on to frost those cookies. Then we will bag them the next

day at 9:00 am. Then they will go on sale in the Activity Department.

February is Chocolate Month and we will feature a chocolate treat on each Friday afternoon in the month of February. On Saturday, March 17 we will celebrate St. Patrick's Day with corned beef and cabbage.

▶ THIS 'N THAT ◀

By Cindy Tewalt, Activity Director

This newsletter is sent to the first informant of each resident. Additional copies are available at the beginning of Wing 3. Monthly Activity and Menu calendars not included in the newsletter may be picked up at the same area. You may also pick up our calendars online at www.chippewamanor.com.

Library books are available in the Activity Office for sign out. Check it out! The Chippewa Manor Resident Council sponsors a Candy Cart that is located in the Activity Office. Purchases help fund special programs for the residents. Stop in and make your selection! Candy bars and chips are 75 cents. And soda or water is 75 cents.

**Chippewa Manor offers Independent Apartments, Assisted Living Services,
Skilled Nursing and Rehab and onsite Outpatient Therapy.**

Our Mission is To Comfort God's People



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