

AMC Nursing Home News

PO Box 450, Ashley ND 58413

Sep/Oct 2019



Resident Birthdays

Elsie Sackmann	9/12
Mary Kloster	9/17
Alvina Schlenker	10/19
Levern Wagemann	10/22

Clinic Connection

It is so hard to believe that summer is coming to an end, and that all the kids are back to school! This summer went by way too fast! We will be having a few things happening in the upcoming months at the AMC clinic.

We will again be doing our annual Well-Female month in October. Come in for your yearly examination and mammogram for a discounted rate. Appointments fill up fast, so call today to get this important exam scheduled!

We will also be doing our flu clinics again this year. Watch for dates to be announced in the near future. We encourage you to get your shot to stay healthy during the upcoming flu season!

~Jennifer Kaseman, Clinic Manager~

Activity Avenue

Greetings everyone from the AMC Activity Department! Recent events from the Activity Department have included our Annual SNF Resident Picnic held at Lake Hoskins Park on Tuesday, August 20th for the noon meal. It was attended by about 20 residents. The menu was what has become the traditional oriental meal, some of which was prepared and served by a few volunteers. We appreciate their willingness and expertise. Several CNAs also were there to help along.

Now as we approach the end of August we're planning a trip to Spring Creek Colony with a subsequent corn feed, hopefully on the patio if the weather is nice. Maybe we'll

see some harvesting of a small grain crop while we're out and about. On September 19th, we're planning a birthday party for the months of May-September. Invitations for that event will be mailed in the near future.

We're hoping for nice weather through September. We will be taking residents out on the patio at various times, sometimes even when it has not been scheduled.

We wish our area farmers a safe and successful harvest. There's a good-looking harvest setting out there since we've had timely rains and have been spared losses due to hail in most places. For that we are also thankful.

~Charles Dockter, Shirley Thurn, Sharron Meidinger, Heidi Beach~

Wellness Committee Tip

15 Autumn Wellness Tips to Keep You Healthy This Fall

The transition to the shorter and busier days of fall can be a challenge. To help ease the change, we've put together 15 Autumn Wellness Tips to get you ready for the colder months and keep your mental (and physical!) health in check.

- 1) **Start Taking a Vitamin D Supplement.** We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!
- 2) **Take some time for yourself.** Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how you're feeling.
- 3) **Get your flu shot and yearly check-up.** Self-explanatory! No one likes sniffing, aching, sneezing and coughing getting in the way of life. Yuck.
- 4) **Boost your immune system.** You can do this by drinking plenty of water, washing your hands often to prevent sickness, and eating nutritious foods.
- 5) **Get yourself ready for Daylight Savings Time.** Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness- longer periods of sleep!
- 6) **Make some plans for the cold months.** In the winter, we tend to hibernate if we don't have things to keep us busy.
- 7) **Moisturize your skin.** Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

- 8) **Buy in-season food.** Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.
- 9) **Stay active!** It can be easy to just sit around all the time, but it's important to get in some movement throughout the day. Raking leaves or shoveling snow counts!
- 10) **Wear layers and protect your body from the dropping temperature.** Make sure you have gloves, a scarf, ear muffs, a winter coat, warm socks, and snow boots!
- 11) **Do some “spring cleaning” in the fall.** Clean out your closet, organize that back room, and rid yourself of things you don't need.
- 12) **Prepare your home for possible extreme weather conditions.** Do you have a shovel and/or snow blower? Do your flashlights have batteries? Is your heat working okay?
- 13) **Get some books to read and shows to watch.** Who doesn't want to sit by the fire on chilly winter nights and read a good book or binge-watch some Netflix?
- 14) **Keep a schedule.** The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you like to do.
- 15) **Be kind to yourself.** The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

~Kennedy Helfenstein, Wellness Committee Member~



Social Services Scoop

I feel like 2019 just started and now I can't believe we're nearing the end of the year already! We are still truckin' away here at AMC and are in the final stages of returning the facility back to pre-fire operations. Pretty soon everyone will be back to in their "normal" offices and we can full operations as we had to start the year! The progress that has been made is astounding and we are excited to get back to usual business around here.

There are a few small items that I'd like to update everyone on. The first being Medicare cards and ID numbers. In a previous newsletter it was mentioned that new Medicare ID numbers were being implemented in 2019 with new cards being mailed out

to all individuals. We have received MOST of these new Medicare cards for the residents, but if you have NOT received any letter or card related to a new Medicare ID for your loved one please let the Social Services Department know as we are trying to keep up with the updates and making sure all records are correct. Also, if you make any insurance or Part D changes for your loved one during open enrollment at the end of this year, please make sure to notify us as well. If we do not have the correct billing information for each resident it creates problems when they are seen by providers for rounds, when they go to appointments, etc. If you are unsure if you have updated the information in your loved one's chart you can contact our office or the nurse's station to verify the information we have on file.

Another reminder we'd like to bring up is donations to the facility in the realm of clothing and furniture items. At one time, AMC accepted any and all donations if in good condition, but due to infection control standards we can no longer continue this practice. We know that families mean well when wanting to donate items that are no longer needed or after a loved one passes, but they will be family's responsibility to remove from facility to donate or AMC will dispose of them with family's permission. If you have any questions about this please direct them to the Social Services office.

Have a safe and happy harvest season!

~Tia Kiefer, LSW & Virginia Kaseman, SSD~

We'd like to thank the following AMC supporters for their generous donations to the facility! Your kindness does not go unnoticed and we are so grateful to all of you!



Chuck Schnabel-power chair



Mike & Lisa VanHorn, Heupel Family Memorial & Ashley Inn - Sunroom Table



Terry Ulrich family- Stand Lift

Hospice Help from HRRV

The Ministry of Presence: 4 Tips to Practice Being Present in the Moment

When I think of presence, I think of my grandfather. He always made me feel like the most important person in the world because he gave me his undivided attention, genuinely engaging in our conversations and free time together. I knew he listened and was not concerned about what he would say next. My grandfather knew the value of just being present with me.

I've applied his example of truly listening to hear and understand another, rather than to reply, into my profession, first as a hospice nurse and now as a hospice chaplain. Through this work of listening to people share their most personal thoughts and stories, I have discovered the value and richness of presence.

I delight in the moment when a patient shares something close to his or her heart, knowing the story I'm hearing is only happening in that moment in time. I hang on to every detail because it is an honor and privilege to hold such a responsibility.

For me "presence" is allowing someone to tell me whatever is on their mind in that moment—the joys, worries, triumphs, trials and tribulations. I find myself focused on every little detail, not so I can think of an appropriate response, but rather, to hear what they are truly expressing to me, be it gratitude, heartache, fear or joy.

The practice of being present doesn't always come naturally. In fact, when you first give it a try it's downright difficult—even awkward.

Here are tips to practice being present:

1. **Active listening**-Listen with intention and be open to what the person wants to share, including hopes, fears, concerns, etc. Help foster an environment where the person feels comfortable talking about whatever is on his or her mind. Encourage conversation from your loved one by making eye contact and showing them that you care about what they have to say. Ask open-ended questions.
2. **Become comfortable with silence**-Sometimes being silent is the most powerful and engaging act. I was afraid of silence for a long time, but I have found it to be a powerful tool. It helps people process their thoughts, engage their memories and them move forward. Being silent and present in the moment sometimes allows the person to proceed forward or stimulates an entirely new direction for the conversation. If your loved one does not want to talk, your physical presence alone speaks volumes. Just sitting with your loved one might be what he or she needs in that moment.
3. **Reduce distractions**-Focus on one thing at a time when you're with the person. Put your devices away, turn off the TV and other things that may try to take your attention away from the person. Be in the moment and try not to think about all the other things on your plate while you're with your loved one.
4. **Practice gratitude**-If your loved one is ill, you can help your loved one find joy in the small moments: a sunbeam pouring in from pulled shade, the smell of brewing

coffee, the sound of your loved one's favorite music playing; the feel of your loved ones hand in yours, etc.

With practice, this ministry of presence has become engrained in all of my interactions, not just with my patients. I am more intentional with my time with those I love like my aging mother. I am eager to hear her tell family stories and I savor every detail: her joys, frustrations, memories of her youth, how she met my father, their dates together, and so on. I don't know how many more times I will get to hear her tell these stories. And this time we have together now, in the present, is a gift.

~Vickie Haverkamp, HRRV Chaplain~

Business Office News Bytes

Thank you to the following friends and families of AMC for the donations and memorials made in honor of loved ones!

Memorials In Honor Of

Ruth Walker
Mabel Middlestad
Richard Mitzel
Hilma Schweigert
Woodrow Fields

Donations

Ashley Inn
James & Donna Heupel
Mike & Lisa VanHorn
Eric & Laurie Heupel

Your continued support means a lot to us! Thank you to all who donate to AMC! Remember to utilize Amazon Smiles and contribute to Ashley Medical Center. Your contributions help us to serve the public to our best ability!

Reminder: The Business Office has moved back downstairs to its usual location.

~Mary Lehr, Rhonda Piatz, Sue Goettle & Marisa Meidinger~

**New Updates to
Resident's Rights
Booklet!**

As of August 1st, 2019 there are updates to the Long Term Care Ombudsman's Residents Rights booklet that is given to all residents and/or their family upon admission. The update includes language related to electronic monitoring devices in resident rooms and the regulations pertaining to a resident or their representative wishing to install a device in the facility. To see the newly updated booklet and read the new regulation please visit our website. If you have any questions please contact Tia Kiefer, LSW at 701-288-5257.

www.amctoday.org

