



HO HO HO & HAPPY HOLIDAYS FROM AMC SNF!

PO Box 450 Ashley, ND 58413

288.3433

Jan/Feb 2020

Resident Birthdays

Adeline Heupel	1/11
Mary Ann Wolf	1/20
Hildegarde Baumann	2/4
Stella Neu	2/19
Pete Helfenstein	2/26



Clinic Connection

Antibiotics Aren't Always the Answer

Tis the season for colds and flu. With all the bugs going around, we would like to give you a little antibiotic education. Most cough and cold illnesses are caused by viruses. Antibiotic use can only cure bacterial illnesses—not viral illnesses.

Viruses cause common illnesses that antibiotics CANNOT treat like:

- Colds
- Influenza (the flu)
- Runny noses
- Most coughs
- Most bronchitis
- Most sore throats
- Most sinus infections
- Some ear infections

Viral illnesses, like cold, usually will go away without treatment in a week or two. Even many bacterial ear infections will go away by themselves. When an antibiotic is not prescribed, ask your provider what else can be used to relieve symptoms.

Taking antibiotics for viral illnesses:

- Will NOT cure your illness
- Will NOT help you feel better
- Will NOT keep others from catching your illness

Antibiotic use can:

- Kill good bacteria in your body, which may lead to complications, such as diarrhea or yeast infection.
- Cause a serious allergic reaction that may require hospitalization.
- Result in an antibiotic-resistant infection. Resistant bacteria are stronger and harder to kill. They can stay in your body and can cause severe illnesses that cannot be cured with antibiotics. A cure for a resistant infection may require stronger treatment and possibly a hospital stay.

Antibiotics are life-saving drugs. Using antibiotics wisely is the best way to preserve their strength for future bacterial illnesses.

We wish you a very happy and healthy holiday season!

~Jen Kaseman, AMC Clinic Manager~

Wellness Committee Tip

10 Sure Ways to Keep Your New Year's Resolutions

Another year is ending and many of us are gathering up our willpower for a brand new set of New Year's resolutions. But have we learned from past experience? A large number, if not the majority, of previous resolutions were probably broken in weeks, days, or even hours.

So, how to make this time round more successful? Well it's not as hard as you might think---there are some really easy ways to set yourself on the path to success, and the first is:

1. Keep your resolutions simple.

Sometimes people find themselves aiming for an overhaul of their entire lifestyle, and this is simply a recipe for disappointment and guilt. It may be understandable at this time of year, when self-improvement is on your mind, but experience shows these things can't all be achieved at once. The best approach is to focus clearly on one or two of your most important goals.

2. Choose carefully.

But which to choose? Well, you might like to concentrate on those that will have the greatest impact on your happiness, health and fulfillment. For example, giving up smoking will obviously improve your health, but it will also give you a sense of pride and will make you happy (but perhaps not immediately).

3. Be realistic.

Don't aim too high and ignore reality---consider your previous experience with resolutions. What led to failure then? It may be that you resolved to lose too much weight or save an unrealistic amount of money. Remember, there will always be more opportunities to start on the next phase, so set realistic goals. Or if you don't want to hold back, set clear short-term goals on your way to a big achievement. Which leads to tip number four...

4. Create bite-sized portions.

Break goals down to manageable chunks. This is perhaps the most essential ingredient for success, as the more planning you do now, the more likely you are to get there in the end. The planning process is when you build up that all-important willpower which you will undoubtedly need to fall back on along the way. Set clear, realistic goals such as losing 5 pounds, saving \$30 a month, or going for a run once a week. Decide exactly how you will make this happen.

5. Plan a time-frame.

In fact, the time-frame is vital for motivation. It is your barometer for success, the way you assess your short-term progress towards the ultimate long-term goal. Buy a calendar or diary so you can plan your actions for the coming weeks or months, and decide when and how often to evaluate.

6. Make notes.

Having made a note of your time-frame, you will have a physical reminder of what you're aiming for. Now go further and write down the details of your resolutions in a notebook, remembering to add your motivations. You could keep a scrapbook for this purpose, and fill it with photos of your slimmer self, pictures of sporting or hobby equipment you are saving for, or even a shocking credit card statement to spur you into action! If your resolution will directly benefit your partner, children, colleagues or friends then add their photos too—anything to remind you of your initial motivation.

7. Treat yourself.

When making your plan, a vital feature should be the rewards and treats you will give yourself at those all-important milestones. But be warned, don't fall into the trap of putting your goal in danger—it's too easy for a dieter to say "I've been so good. I deserve a few candy bars", or a saver to throw caution to the wind with a new purchase. One slip, and it could all be over.

8. Receive support.

It is at such times, when you've temporarily fallen off the wagon, that your support network is crucial. Carefully choose those people around you who have shown themselves to be trustworthy, supportive friends and explain your plans. Let them know of ways they can help when the going gets tough, and if they're truly caring they'll know the right things to say during the hard times.

9. Don't give up!

Do bear in mind that a slip-up is almost inevitable at some point, and you must not let this become an excuse to give up. When it happens, you will need to draw on your reserves of self-belief and strength, so build these qualities as often as you can. Really feel proud of your past achievements and don't become critical of yourself. People with higher self-esteem and confidence are in a much better position to succeed, so immediately forgive yourself and say "I'm starting again now!"

10. Put yourself in charge.

These achievements are under your control—other people can advise and support you but it's your actions which need to change to see the results you want. Having a strong sense of control over your life is necessary to stick with your plans. Those who blame everyone and everything apart from themselves will not have the resources needed to change. Yes, it's scary to take responsibility for your future, but surely it's better than the alternative?

Now that you've read these tips, you are in a great position to consider the best ways to improve your life this New Year! Your happiness is worth the time and effort, so get started, and good luck!

~Kennedy Helfenstein, Wellness Committee~



Activity Avenue

Greetings from the Activity Department at AMC! We've been busy in December what with getting ready for Christmas and then celebrating it. We started with putting up the Christmas tree on Dec. 2. Ladies from the Baptist Church were again kind to come and do this with the residents watching or helping along. This was followed by "Hanging of the Greens" on Dec. 3rd when we invite families to come and decorate their loved ones' rooms for this special time of year. Both events included a time for cookies and coffee. The following week saw a re-scheduled musical event when Tom Horn and Radie Clayton from Cohagen, MT entertained while on a tour of several nursing homes in western and central ND. Also that week we enjoyed applesauce donuts made by Ashley's oriental chef, Sako. They are all natural, including the applesauce made from locally grown apples. During the week of Dec. 16-21 we held our Christmas party where we were treated to a performance by the Edgeley Community Choir under the direction of Joan Toay, who has been directing choirs for 55 years! The cost of the food for the residents for this event was a Christmas gift from the AMC Auxiliary for which we are grateful. That evening a group of residents toured the community looking at Christmas lights. Being we couldn't schedule the choir and Santa's arrival for the same day, Santa made his appearance on Dec. 23rd when he distributed gifts for all of the residents from their families and from people in the community who brought gifts for the residents to Hometown Community Credit Union in a very much appreciated effort for AMC, spearheaded by HCU.

Following Christmas Day, we are planning our last birthday party of the year on Dec. 26th when we'll celebrate the October thru December birthdays. This will include our four residents who all reached their 100th birthdays recently: Claudia Retzer, Anna Rath, Edna Eszlinger & Louise Dockter. What a blessing for these women, AMC and the Ashley community at large for this historic occurrence! KFYR TV was here to prepare a story featuring these ladies that aired around Thanksgiving that was fun to see! Last, but not least will be our New Year's Party on the 31st where we'll be treated to accordion music by Hunter Heinrich of Eureka. He has roots in the Ashley area and a gift for entertaining the elderly. Lunch for that party is being donated by an AMC employee as her Christmas gift to the residents.

Through all of these events we found time to write and help most of the residents with their Christmas cards and were entertained with caroling by various local groups including the Lions Club, AMC Hospital Nurses, The Joyful Singers in their monthly appearance, local church youth group, the 5th graders from the school, the Ashley Baptist Church and Pam Schnabel's music students. It goes without saying that we deeply appreciate everyone's contributions of time, gifts, gifts of money, talents, etc. to make this place function as a home and haven of healing as we strive to live up to our logo, "Working for a Healthier You".

As we plan January activities we are looking at having a Hat Day where residents, employees and families will pull whatever hat they can find from their closets to make for a fun day on Jan. 28th or to be creative and decorate a cap or stocking hat! The residents will judge their favorite hat and the winner will get a prize.

So until next time stay warm, keep healthy and be safe through the winter.

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

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

*Alma Kappes
Alvin Kracke
Elroy Kelle
Phyllis Salzer
Elizabeth Heyd
Roy Bork
Ray Zimmerman
Sandra Murphy
Ella Kost
Russell Jensen
Milton Baumann
Leona Volk
Viola Heinrich*

Donations

*Zion Lutheran ELCA Women
Donald & Shirley Dockter
John & Linda Scherbenske
Oct. & Nov. Thursday Jeans
Day
Roberta (Meidinger) Johnson
Esther Drefs Estate*

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 helps us to serve the public to our best ability!

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



SOCIAL SERVICES SCOOP

We hope that you all had a great Christmas and got to spend time with your loved ones! The fact that 2019 is over already is crazy and unbelievable. This year has flown by, like they all do, and we can't believe that a new year is starting. This year started out much different than any other with our fire disaster in February that made us all very grateful for the amazing team we have here at AMC, the community of Ashley and the surrounding communities that helped us keep our residents safe during our time of need. It was a long spring & summer for many of us as renovations were happening and most office staff were displaced, but we made it through. If you haven't been back to see the newly renovated lobby area and business office make sure to stop by next time you are in town to see it. It looks great!

At the end of this year we were blessed to see 4 of our residents turn 100 years young! As the Activity Department mentioned, it is pretty historic as that is a rare occurrence for any nursing home to be able to experience. That goes to show the excellent care we provide here as many of them have lived with us at the SNF for a number of years. We've also gotten to watch the joy on many of the resident's faces as they have received so many visitors throughout the holiday season. From volunteer groups to the school kids to families and friends from far away, every visit means so much to them. They love to tell us who was here, how they know them, what they visited about, stories of the past that they remember, etc. We enjoy hearing and seeing how happy they are after each visit!

In 2020 we plan to continue our excellent care and service here at AMC SNF. We are now awaiting our annual state survey from the ND State Health Department. Our "window" is usually from January-March/April and as nerve-wracking as it is each year, it is also our chance to show how great our staff are at their jobs. We take so much pride in giving the absolute best care we can to our patients, residents and their families here at AMC that to be able to take credit and show that to others is nice.

The last bit to share with you related to our department is a slight change in operations. As of the New Year Tia Kiefer, our LSW, will be in the office 3 days a week on Mondays, Wednesdays and Thursdays. For those of you who have become used to corresponding with her regularly please note that it may take longer to receive a response. If anything is needed urgently you can continue to contact Virginia Kaseman, SSD, in the office M-F.

We hope you all had a Happy New Year and wish you many amazing things in 2020!

~Tia Kiefer, LSW & Virginia Kaseman, SSD~