The following was taken from St. Benedict’s Health Center Newsletter from several years ago. I hope you enjoy reading it as much as I have. Have a wonderful spring!

**Reason #1:** If you aren’t a regular visitor, the image you have of a nursing home and the people who live and work there might be different than what today’s typical North Dakota nursing home is actually like. Stop in and visit! You’ll find the changing needs of nursing home residents are being met in friendly, inviting facilities that look more like homes than hospitals.

**Reason #2:** Over 1 in 4 people over the age of 35 in North Dakota have a spouse, friend, or relative in a nursing home. Sometimes it’s hard to visit because your loved one may not be well or is difficult to communicate with, or may not remember your name...but go anyway! What should you say to the nursing home resident? Anything he or she would be interested in hearing about – people, places, bits of news, if possible, do the things you used to do during your visits – play cards, have a cup of coffee, bring a picture and talk about times past, bring the kids! Residents and children alike enjoy the time spent together. Take something with you. Everyone loves presents, it doesn’t have to be much, some flowers from your garden, two or three homemade cookies, a postcard you have received or one from somewhere they may have visited, remember they will appreciate your coming to visit them more than you realize.

**Reason #3:** People who live in a nursing home do not give up their right to be part of your community or their citizenship. They have rights just like everyone else and are encouraged to exercise these rights. North Dakota nursing homes are vibrant, engaging places to live, work and visit. Stop in and look at our care center today...there is always something going on! Feel free to be part of an activity, the residents and staff would love your participation. If you’ve ever had the good fortune to be involved in some of our activities or special days we sponsor, you’ll be back for your own pleasure.

**Reason #4:** The people who work in nursing homes are warm, caring, well-trained and talented people who welcome your visits, our care centers mission statement and values focus on people as individuals and their needs, aging is viewed as a process, not an illness.

**Reason #5:** Nursing homes are an important part of your community. They provide satisfying jobs to many people, and often times are one of the larger employers in the community. The stability and economic value to the community that each nursing home provides is reassuring...the nursing home is a welcome neighbor and real asset to our community.
Feeling blue? It’s time for an act of kindness!

Article from Nurse Aide April 2016 Newsletter
Submitted by Melissa Glatt, RN, DON

If life is getting you down, and you’re wondering what the point of all the madness is, it might be time for a quick fix. A sure way to change these kinds of feelings is to set your sights on helping another person...someone who will benefit from your “act of kindness.” And it doesn’t need to be anything huge. Pick a person and make them the recipient of a random act of kindness. Small acts often work wonders. Give a compliment, offer help to someone struggling with their work, give an inexpensive treat you know they like. You’ll likely lift the spirits of the other person as well as yourself.

Food Trivia

By: Wendy Haegele, Dietary Director

1. How many Americans never floss their teeth?
   A. 20%  
   B. 30%  
   C. 40%

2. According to First for Women Magazine, eating what kind of candy could help relieve stress?
   A. Fudge  
   B. Licorice  
   C. Peppermint

3. When the power goes off, will food in your refrigerator stay cold enough to be eaten safely for:
   A. 4-6 hours  
   B. 6-8 hours  
   C. 8-10 hours

4. What is the biggest selling restaurant food?
   A. Burgers  
   B. French Fries  
   C. Pizza

5. For every dollar you spend for produce at the supermarket, how much goes to the farmer?
   A. $0.05  
   B. $0.10  
   C. $0.15

6. Spilling salt is considered good luck in which country?
   A. Austria  
   B. Japan  
   C. Chile

7. What is the most recognized smell in the world?
   A. Popcorn  
   B. Peanut butter  
   C. Coffee

8. Where does natural vanilla flavoring come from?
   A. Roses  
   B. Orchids  
   C. Honeysuckle

9. Pepperoni is America’s favorite pizza topping. What is Japan’s favorite?
   A. Eggs  
   B. Pickled ginger  
   C. Squid

10. In the Middle East, what is the poor man’s food?
    A. Plums  
    B. Figs  
    C. Dates

**ANSWERS ON PAGE 6**
If you have made the difficult decision to move your loved one to a nursing home or another facility, it's possible you are struggling with guilt about this change. You also may be grieving several losses that resulted from this decision or struggling to adjust to the changes in your lifestyle.

No doubt your decision to place your family member in a facility was not made lightly. You likely took into account many factors. Sometimes, these decisions are taken out of our hands by emergent situations or health concerns. Other times, the decision to admit your loved one to a nursing home is an inch by inch one, with multiple family members weighing in, physicians giving advice and warnings, and neighbors encouraging you to take the next step.

While there is turmoil as the decision is made, it doesn’t always stop just because someone is admitted into a facility. In fact, it can continue or even increase as the caregiver has to learn to loosen her hold on the minute details that she is so used to taking care of for her loved one.

**Recognizing Symptoms of Guilt, Grief and Adjustment**

While it may seem like it should be obvious, not all feelings of guilt or grief look alike. Here are a few ways difficult emotions can emerge after nursing home placement of a loved one:

- You may feel guilt when you have an enjoyable experience.
- You might experience a cycle of guilt, then relief, then guilt.
- You may find yourself dissatisfied with the care of facility staff.
- You may feel the need to constantly be present in the facility.
- You might feel depressed or anxious.
- You may not want to consider making medical directives, such as a Do Not Resuscitate (DNR) order.

**Contributors to Feelings of Guilt and Grief**

Some factors that can increase difficult feelings after nursing home placement might include the disappointment of not being able to care for a spouse at home as originally planned, the perception (accurate or not) that others expect you to have been able to care for the person at home, and the acknowledgement that the person’s disease is advancing.

Sometimes, the person may have even said to you, "Please don’t put me in a nursing home!" Yet, his or her needs may have made that request impossible.

- *Continued on next page*
How to Help Yourself Adjust to this Change

- First, acknowledge that you’re coping with a significant adjustment. While this doesn’t change the situation, it can help to give yourself permission to pause and understand the challenge you’re facing. Studies have found that caregivers, particularly spouses of nursing home residents, experienced just as much depression and anxiety after nursing home placement as before nursing home placement. This demonstrates that although the placement may have been necessary for the care of the loved one, it won't automatically "fix" the primary caregiver and make everything okay.
- Find little, and perhaps new, ways to express your care and love. Maybe you can bring the newspaper or a flower every day to your loved one.
- Identify someone to whom you can express your concerns, both outside of the facility and within it. Communication is important, and most facilities want to know what your concerns are. Learning how to advocate for your loved one is important and necessary, especially when he has dementia.
- Acknowledge that even though your loved one may not have wanted to live in a facility, there could be some benefits to nursing home care. Although you may feel that nothing can compare with the level of care you gave your loved one at home, keep in mind that the care at a facility may still be good, quality care, and it is available 24 hours a day. Some people find that their loved one actually improves in a facility because she’s getting the care consistently that family members wanted to provide but just couldn't maintain effectively at home.
- Help your loved one adjust to the facility. Work together to identify meaningful activities and routines for him to help facilitate the adjustment.
- Consider developing a life story to share important people, events and information with the staff about your loved one.
- Remind yourself of the ability now to focus, not only on your loved one’s physical care needs, but also on visiting and building your relationship with him.
- Most caregivers feel it's a privilege to care for their loved one, and don't want to be relieved of the job of providing the care, even if it’s physically and emotionally taxing. Acknowledging the possible mix of emotions including grief, loss, guilt and relief, may allow for a healthier adjustment after nursing home placement of a loved one.
Help Prevent the Spread of Germs

By: Michelle Salhus, Housekeeping and Laundry Supervisor

It is that time of the year again when colds and allergies seem to be more common. Here are some tips that you can use to help prevent or control the spread of germs. Always wash hands with soap and water. This is the number one way to help prevent the spread of germs, especially when: hands are visibly soiled, after using the restroom, before and after eating or handling food, after blowing or wiping your nose, after handling soiled clothing or linens.

And now on a lighter note here are some rules to follow:

**TEN RULES OF HOUSEKEEPING:**

1. Vacuuming too often weakens the carpet fibers. Say this with a serious face, and shudder delicately whenever anyone mentions Carpet Fresh.
2. Dust bunnies cannot evolve into dust rhinos when disturbed. Rename the area under the couch “The Galapagos Islands” and claim an ecological exemption.
3. Layers of dirty film on windows and screens provide a helpful filter against harmful and aging rays from the sun. Call it an SPF factor of 5 and leave it alone.
4. Cobwebs artfully draped over lampshades reduce the glare from the bulb, thereby creating a romantic atmosphere. If your significant other points out that the light fixtures need dusting, simply look affronted and exclaim, “What? And spoil the mood?”
5. In a pinch, you can always claim that the haphazard tower of unread magazines and newspapers next to your chair provides the valuable Feng Shui aspect of a tiger, thereby reducing your vulnerability. Roll your eyes when you say this.
6. Explain the mound of pet hair brushed up against the doorways by claiming you are collecting it there to use for stuffing hand sewn play animals for underprivileged children.
7. If unexpected company is coming, pile everything unsightly into an open room and close the door. As you show your guests through your tidy house, rattle the doorknob, fake a growl and say, “I’d love to show our den, but Fluffy hates to be disturbed and the shots are SO expensive.”
8. If dusting is REALLY out of control, simply place a showy urn on the coffee table and insist that “THIS is where Grandma wanted us to scatter her ashes...”
9. Don’t bother repainting. Simply scribble lightly over a dirty wall with an assortment of crayons, and try to muster a glint of tears as you say, “Junior did this last week before that unspeakable accident...I haven’t had the heart to clean it...”
10. Mix one-quarter cup pine-scented household cleaner with four cups of water in a spray bottle. Mist the air lightly. Leave dampened rags in conspicuous locations. Develop an exhausted look, throw yourself onto the couch, and sigh, “I clean and I clean and I still don’t get anywhere...
Volunteers!
Teresa Cowan, Activity Director

While volunteers don’t perform their services with expectation of recognition, it is important that they feel appreciated for the outstanding commitment they have made on behalf of others. Volunteers need to be respected and recognized because of the dedication and hard work they happily do.

On Behalf of the Napoleon Care Center we would like to congratulate Carolyn Sperle on winning the 2016 North Dakota Long Term Care Association Volunteer of the Year award. This award will be formally presented to Carolyn at an awards gala during North Dakota Long Term Care Convention held in April.

CHANGE
By Connie Weigel, SSD

Spring is in the air! A season of change, new beginnings and excitement as it brings us that much closer to summer and spending time outside in the fresh air and sunshine. It has been a season of change in the Social Services department at Napoleon Care Center. My co-worker, Ronda Erbele, has accepted a position elsewhere and is no longer here at the care center on a weekly basis. I am forever grateful for the knowledge she has shared, the kindness she has shown and the lessons she has taught me while we have been working together. I wish her the best of luck with her new adventure. She will continue to work one day every other week at the care center and I will be working full time. I look forward, as always, to serving our residents and their families.

I also want to take this opportunity to congratulate Carolyn Sperle for receiving the North Dakota Long Term Care “Volunteer of the Year Award” in the adult category. What a beautiful example and role model she is for all of us. She never fails to put a smile on my face when I see her walking in the hallways. Congratulations Carolyn!

FOOD TRIVIA ANSWERS

| 2. C – Peppermint | 5. A – $0.05 | 8. B – Orchids |
Napoleon Care Center
Welcomes To Our Facility:

Dorothy Bitz
Johanna Glatt
Viola Heiden
Viola Johnson
Geraldine Kuntz
Melba Livingston

To You We Say
“Welcome Home”

Napoleon Care Center
Wishes The Best To:

Irma Rasmussen
Vernon Schauer
Anton Sperle
Pauline Wald

To You We Say “FAREWELL”
& Extend Our Best Wishes

Napoleon Care Center
Fondly Remembers:

Irene Brunner
Viola Brunner
Arne Garnaas
Angeline Gerving
Mary Huber
Edwin Johnson
Esther Pfeifle
Martin Sperle
Peter Sperle

To You We Say
“Till We Meet Again”
Donations for
Napoleon Care Center & Napoleon Congregate/Assisted Living

THANK YOU for your generous contributions from September 26, 2015 through March 25, 2016.

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