



2018 Fall Newsletter
CHANGING WITH THE TIMES
Rick Regner, Administrator

As I mentioned in my spring newsletter, NCC has been dealing with low census issues since the spring of 2017. Through countless efforts of looking for ways to generate revenue, the board of directors has decided to convert eight of our skilled nursing beds to basic care beds. We feel that the basic care conversion was the best option for our company to generate potential revenue.

Effective October 1, 2018, NCC will operate as a thirty-six bed skilled nursing facility and an eight-bed basic care facility. That will be a change since our current forty-four bed occupancy level has been the same since 1975. However, with the decline in elderly population in our community, we feel that it is time to adjust to more appropriate/realistic census levels.

We are hoping that this will be a positive change for our company since we will be able to offer assisted living, basic care, and long-term care for our community pretty much under one roof. Transitions from one level of care to the other will be very simple since you never have to leave our building to get the level of care that you need.

If you have any questions on the basic care, please attend our annual meeting on October 16, 2018 at 7:30 pm. I will give everyone a full explanation on what the requirements are to be a resident of basic care and most importantly the payment sources for basic care.

I would like to mention our annual meeting that is held on the third Tuesday of October at the NCC dining room. In the past few years, the attendance at our annual meeting has been quite low. I would really like to see more people attend our annual meeting. We are not only the largest employer in the city of Napoleon but also the largest employer in Logan County. With that in mind, we should be of interest to many people in our community even if you do not have a friend or loved one in our facility. People should take interest on what we are doing and how the decisions made by our board may affect their families in the future. So yes, this is an open invitation for all to come to our annual meeting. We would appreciate your input.

Until next time, take care and God bless.



A New Position

Bernie Nord, Housekeeping/Laundry Supervisor

Hi, I am Bernie Nord, the new supervisor of Housekeeping and Laundry at Napoleon Care Center. I started in April but have been working here for a much longer time. I started in 1991 in the laundry department and have seen many changes over the years. I helped out in housekeeping in my earlier years and also became a CNA 10 years ago.

We start our morning early so I have become a HUGE fan of coffee! With that, let's get some tips on how to remove those stubborn stains when we have those accidental morning spills.

- **Removing coffee stains from clothing:**

Sponge stain with cool water or sock garment in cool water for 30 minutes. Pretreat with a prewash stain remover and launder as usual

- **Carpet:**

Blot up as much coffee as you can. Mix one tablespoon of liquid dish soap, one tablespoon of white vinegar and two cups warm water. Sponge stain with the mixture a little bit at a time, blotting frequently with a dry cloth until stain disappears. Finally sponge with cold water and blot dry.

- **Favorite ceramic mug:**

Use a Mr. Clean Magic Eraser to wipe out all of those marks.



Enjoy that morning coffee for a boost of energy and have a great day!



Decluttering:

By: Melissa Glatt RN, DON

Recently I attended the fall long term care conference in Fargo, taking in many sessions on changing regulations, survey process, leadership etc., but the session that really stuck with me both personally and professionally was one titled: Decluttering: Making space for you!

We probably recognize the physical things making our spaces cluttered, but it was brought to my attention that we also may have commitments that may be cluttering our life unnecessarily. We should all take a look at our schedules, meetings, and activities and decide if they make us happy, or if it is more of a chore. Obviously, we will have work commitments that are not negotiable. But many times we get roped into helping with a committee or a function and we are then a permanent member of the group. Sometimes we may even feel that we are bullied into attending functions as we are nervous what others may think of us if we skip out.

We all need to have some time in our lives to ourselves to do things we enjoy. Life is too short to worry about what others may think of us and it is not selfish to have some personal time to do things you truly enjoy.



National Healthcare Food Service Week October 7th-13th, 2018

Mandy Doll, Dietary Manager

The foodservice department in most facilities is a very busy place. But do you know what really happens inside a foodservice kitchen. Of course the foodservice departments are known for making food and serving that food. But what else does the foodservice department do?

Just a few things that the foodservice is responsible for other than just Making and Serving the foods are:

Gathering and applying nutrition data on their clientele:

We have clients that have different nutritional needs based on their medical diagnosis or even just based on their personal preferences such as cultural, religion and race. We have to make sure we are not only following these guidelines but maintaining their nutritional intake as well. We have to document their meal intakes and implement menus that meet national guidelines along with their own personal preferences.

Providing nutrition education:

After nutritional data is compiled and our menus are developed, we need to educate not only staff but our clientele on the reasoning for those menus and on their specific diets.

Professional interaction with clientele:

We must always conduct ourselves in a professional manner with our clientele just as in any other profession.

Managing supplies, Equipment Use, Sanitation and Safety:

The foodservice department has a lot of equipment that is used for daily food preparations. This equipment and supplies used need to be maintained and sanitary at all times. The foodservice department is responsible for this and also responsible for maintaining records of this sanitation and following sanitation guidelines set forth by federal and state regulations. This also includes safe handling and storage of chemicals that are used for cleaning.

Managing food production in the dietary department:

The foodservice departments not only prepare the food to be eaten, but must make sure that this food is at all times safe, but to protect this food in all phases of preparing, holding, serving, cooling, and when necessary, transporting. This means to make sure that the food temperatures in all these stages are correct and accurate. To make sure foods are stored properly and within correct temperature ranges. This calls for a lot of temperature checks throughout a day!

Comply with federal and state regulations:

There are many federal and state guidelines that must be followed within the dietary department. The items mentioned above are only a few of some of the regulations that might be looked at during a yearly survey. The dietary department is responsible to have knowledge on these regulations and follow them daily.

The Foodservice department is a very busy place, but that is what keeps it exciting, to learn something each and every day. A Quote from Albert Einstein "Once you stop learning, you start dying."

THANK A FOODSERVICE WORKER TODAY!



The Value of Activities

Teresa Cowan, Activities Director

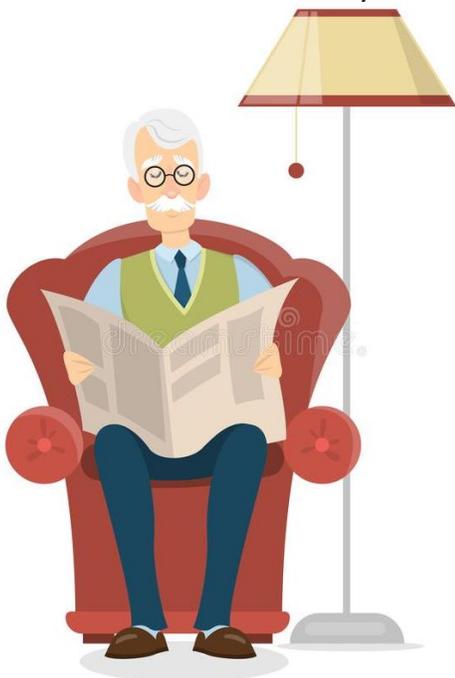
Engagement in social and leisure activities is an indicator of quality of life and well-being in nursing homes. Having the option to socialize may give the resident motivation to remain active. It also gives them choices, which can be very empowering and positive experiences.

Activities will allow residents to have pleasant bonding experiences that creates friendships and adds stability. Activity is important to anyone in a nursing home setting, and even more so for those with cognitive issues.

Familiarity and routine are of the utmost importance. Enjoying daily activities with the staff helps residents to create the kind of familiarity and routine that allows them to feel much more comfortable in the nursing home setting. Socializing with others in the nursing home is also going to provide the same benefits.

Of course, you can also use the availability of activities as a good gauge about the quality of care at a nursing home. If a resident wants to get out and do the daily activities, it means that caregivers are getting them up, out of bed, washed and dressed, and given attention throughout the day. If a nursing home has the staff and procedures for this, it is an unspoken bit of evidence that they offer quality of care.

We are hoping to involve our community by sharing the joys that we still experience. We are happy to announce that our volunteer, Ann Knecht has agreed to try a new venture with our activity department. Ann will be writing articles for our local newspaper "The Napoleon Homestead". We will begin with a monthly article to inform the community about resident monthly activity highlights.





Safe Antibiotic Use

Bonita Jangula RN, ADON

We want to give you some important information about antibiotics.

Antibiotics only fight infections caused by bacteria.

Antibiotics will NOT help you feel better if you have a viral infection, such as:

- Influenza (flu)
- Cold or runny nose
- Bronchitis or chest cold
- Some ear infections, sore throats, and sinus infections

If you take antibiotics when you do not need them, they can cause more harm than good:

- You might put yourself at risk for potential side effects
- You can get diarrhea, vomiting, rashes, yeast infections, or allergic reactions (some severe).
- Antibiotics may NOT work when you need them because antibiotics make bacteria more resistant to them. This can make future infections harder to treat. This is called “antibiotic resistance”. When bacteria are resistant to the medicines used to treat them, it is easier for infections to spread from one person to another.

Your healthcare provider will give you or your family member the best care possible and prescribe antibiotics only when they are necessary.

To learn more about antibiotic use, visit www.cdc.gov/antibiotic-use

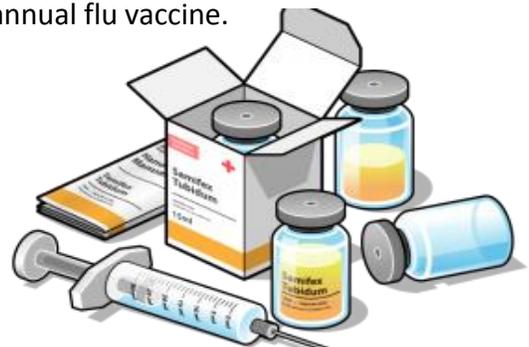
Everyone 6 months & older should get a flu shot

Fact: People 65 years & older are at high risk of serious flu-related complications.

An annual flu shot is the best protection against the flu.

Take control of your health and fight the flu this season with an annual flu vaccine.

For more information, visit www.cdc.gov/flu





BECOME A PARTNER

Connie Weigel, Social Services/MDS Coordinator

I remember growing up when my parents would talk to me about the rules related to taking the car out for a drive, how late I could stay out, and places I shouldn't be going. I would inevitably hear, "Are you listening?" I acted as though I was listening and even replied, "Yes, I'm listening", but truth be told, I was just thinking about the fun I would have when I left the house.

Now, as adults, the children who received words of wisdom and guidance from their parents are facing a reverse situation. We are concerned about our aging parents and what their needs might be now or in the future related to their health and mental ability. We are seeing that many children must now take on the role as parent to maintain the safety and well-being of their aging parent, parents, or family member.

We may call and visit with our loved one on a daily basis and they may answer, "Everything's fine", when they are asked about how they are feeling, if they are taking their medications, if there is anything they need. They may not give us much conversation and it could be that everything is fine, or they may not want to worry us and want us to believe they can take care of themselves. Possibly, they do think everything is fine but they may be forgetting to take their medication or they may not be eating properly.

Are we hearing what they may or may not be trying to tell us? Are we listening? Assuming that everything is ok and your loved one knows and does what is best for them, may be putting them at risk. We need to become partners with them in their care before a crisis occurs.

A great way to begin being a partner with them is to sit face to face with your loved one and ask questions such as, "What are your concerns for the future? What medications are you taking and what are they for? Do you want to stay in your home? Are you worried about losing your independence? Listen to what they have to say and you may share your concerns as well.

Becoming a partner in planning for the care of your loved one includes knowing what legal and financial arrangements are in place. You need to know where medical and insurance documents are and what your loved one would want you to do on their behalf if they are unable to communicate this. Accompany them to their doctor appointments so you are aware of what their medical needs are and help them to plan for future needs.

As you have become more involved, you will know when it is time to get professional services to help or when they need to find new living arrangements. Begin now to have conversations, listen, and plan together. This can make any future plans that may be put in place more acceptable for everyone involved.



Donations for Napoleon Care Center & Napoleon Congregate/Assisted Living

THANK YOU for your generous contributions from April 14, 2018 through September 20, 2018.

In Memory of: Gladys Becker

By: John K & Edna Johnson
Norman & Debbie Wentz
William Jr. & Jane Foster

In Memory of: Albert Dewald

By: Norman & Debbie Wentz

In Memory of: Doris Dockter

By: Karen Dockter

In Memory of: Duane Essig

By: Larry & Ann Knecht

In Memory of: Ken Fettig

By: Jim & Charlotte Glatt
Larry & Ann Knecht
Randy & Coleen Piatz
Rick & Maria Regner
Tom & Tina Packer

In Memory of: Arnold Franke

By: Dennis & Claudia Schulz
Jerome & Christine Schwartzenberger
Larry & Ann Knecht
Norman & Debbie Wentz
Rose Horner

In Memory of: Florance Grenz

By: Norman & Debbie Wentz

In Memory of: Agnes Holmes

By: Frances Aberle

In Memory of: Werner Kinnischtzke

By: Diane Kinnischtzke

In Memory of: Delores Laine

By: Adeline Moser
John K & Edna Johnson

In Memory of: Pauline Martin

By: Gerald & Alice Regner
Jane Schneider
Jerome & Christine Schwartzenberger
Larry & Ann Knecht
Marvin & Jean Lang
Mary Humann
Norman & Debbie Wentz
Randy & Coleen Piatz
Rick & Maria Regner

In Memory of: Charles Rau

By: Jack A Kuhn

In Memory of: Leona Regner

By: John C & Sally John
Larry & Ann Knecht
Rose Horner

In Memory of: Walter Schnabel

By: Dennis & Claudia Schulz
Gary Schnabel
Marvin & Jean Lang
Twyla Zimmernam
William Jr. & Jane Foster

In Memory of: Elsie Schatz

By: John C & Sally Johs
Norman & Debbie Wentz
Pat & Julie Becker
Paul & Wendy Haegele
Rick & Maria Regner

In Memory of: Martha Schneider

By: Larry & Ann Knecht

In Memory of: Rose Welk

By: Gerald & Alice Regner

In Memory of: Gregory James Wentz

By: Norman & Debbie Wentz

In Memory of: Glenda Wilson

By: Larry & Ann Knecht

In Memory of: Janet Lynn Wolf

By: Randy & Coleen Piatz

Napoleon Care Center would like to thank all business's and people for their contribution to The Modern Woodmen's ice cream social. This donation is being utilized in our Therapy Department.

**** Oktoberfest Correction:**

Missed in our last newsletter with the Oktoberfest donations was *Farmers Union Insurance*.

Don't forget about our
annual meeting. Tuesday,
October 16th @ 7:30 pm
in the NCC dining room.



**Napoleon Care Center
Welcomes To Our Facility:**

Elda Erbele
Wilma Gross
Julia Horner
John Kuhn
Leona Kuhn
Nancy Nord
Leo Piatz
Judy Robinette
Elizabeth Schatz
Marcella Schneider
Elizabeth Schumacher
Anna Woehl

**To You We Say
“Welcome Home”**

**Napoleon Care Center
Wishes The Best To:**

Clyde Becker
Sam Hoff
Margaret Keily
Mary Ann Vetter
Jerome Wentz

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

**Napoleon Care Center
Fondly Remembers:**

Werner Kinnischtzke
Walter Schnabel
Martha Schneider
George Sutton

**To You We Say
“Till We Meet Again”**

