New Richland Care Center
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SEPTEMBER~~2019
New Richland Care Center

September 2019 Newsletter

From The Desk of the Administrator

Administrator’s musings:

Our biggest improvement this last month was our hiring our new Director of Nursing Megan Kunz, RN. She started August 12th and is already getting acclimated to our facility. She is very energetic and will help us become the facility of choice for long term care and rehab in the region.

We have just added in-house respiratory services named Janson’s Office, so we can better serve our residents. Residents and families should consider using these services if it will benefit them. We will also be providing these services to people in the community on an outpatient basis.

Some of you may notice we have a new soda (pop) fountain installed in the corner of the dining room. This replaces the old ice cream machine that had some expensive problems to fix. We may bring that back in a few months. Meanwhile we installed the fountain as a way to offer residents, resident families and staff access to free cold refreshments 24/7. Following an internal survey we settled on Coke, Diet Coke, Sprite, Root Beer, Lemonade and Vitamin Water. Water is also an option by pressing the tab on the Lemonade I believe. Flavors will change from time to time based on feedback. Visitors are welcome to help themselves – maybe something some kids and teenagers will appreciate!

We met recently about our Courtyard. Many residents enjoy it and we discussed some possible improvements. We acted on an idea I had within a week of the meeting which was to install a high quality wind chime for some soothing sounds. I picked up a rather large “baritone b flat” at a display at the MN Renaissance Festival and several residents have told me they think it sounds great. Other ideas we received and we are working on is to purchase some bird houses (which we may have residents help us paint if they wish), plant some milk weed and other plants to help the butterfly population. We have milkweed and holly hock seeds to plant now. Another idea we discussed was to plant a variety of colorful plants, possibly including wildflowers and other perennials where the lawn is currently. We are starting to plan now so we can get started on items that need to be planted this fall. If there is interest we may try to raise some funds to extend the cement courtyard path to wind through this additional garden space but that will be a significant project. In my opinion, the courtyard is very popular with residents and families so why not keep improving if we can?

Chuck Ness, LHNA, MBA

SEPTEMBER STAFF ANNIVERSARIES

TWO YEARS
Kyle Parr, Diane Parrott

FOUR YEARS
Heidi Price, Tammy Busho
Kathy Flor, Activity Director

Can you believe fall is right around the corner?? It seems summer just began!! We are looking forward to the fall colors, but we aren't ready for the cooler temperatures that accompany the beautiful colors of fall.

We sure have enjoyed the outings with the facility bus and will continue weekly rides/outings as long as the weather allows.

We are busy planning our upcoming annual fund raiser for the NRCC Resident Council. Please plan to join us Saturday, October 5, 2019 for the Luncheon/Silent Auction & White Elephant Sale. This event will be held in the Chapel/Activity Room at the Care Center. See the enclosed poster for all the details.

Donations are being accepted for the Silent Auction & White Elephant Sale. New items to be used in a Silent Auction Basket or if you'd prefer to donate a complete basket, the Resident Council would be most grateful. They are also accepting gently used items (no furniture, clothes, encyclopedia's, or electronics will be accepted) for the White Elephant Sale. The resident's will greatly appreciate your donation for this event.

The September activity calendar is included with this newsletter, you are welcome to join us for any of the scheduled events/activities. Please look it over and consider joining your loved one for an afternoon or two.
NEW RICHLAND CARE CENTER

LUNCHEON/SILENT AUCTION & WHITE ELEPHANT SALE

Saturday, October 5, 2019

11:00 AM – 1:00 PM

New Richland Care Center

Serving: Sloppy Joes, Potato Salad/Chips, Baked Beans, Beverage, Bars
Bidding on Silent Auction Baskets/Items will begin at New Richland Care Center September 23rd and will end October 5, 2019 @ 1:00 pm

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NRCC RESIDENT COUNCIL
**Culinary News**

Fall is in the air and that means soon we will be rolling out the new fall menu hopefully by the middle of September. It will feature a variety of homemade soups such as Cabbage & Beef, Cream Cheese Chicken & Hearty Sausage Soup. Some featured salads are Mediterranean Chicken Salad with Feta Dressing, Grilled Asian Chicken Salad. Main entrees will include items such as Shrimp Scampi, Creamy Chicken Carbonara, Montreal Peppered Steak, Stuffed Chicken Parmesan Shells, and Loaded Meatloaf Casserole. Desserts feature Hot Chocolate Mousse, Devil’s Food Cake with Chocolate Ganache and many more tasty treats. We look forward to serving you.

Brad Hartin, Culinary Manager

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Greetings from the H.R. Department! This month I’m going talk about our Housekeeping and Laundry Department. Paul Reyerson is our Director for this department, he started with us in January, 2018. The laundry department works 7 days a week to provide clean clothing and deliver it daily to our residents. They also ensure a supply of clean, fresh linens for our facility. Our housekeeping staff understands the importance of sanitizing by using proper sanitation practices. The team cleans the resident rooms 6 days a week along with the rest of the facility, keeping the residents home looking and smelling clean. This group of friendly, kind, and hard workers are vital to NRCC residents. It takes all the departments and their team members to keep this facility going 7 days, 24 hours a day.

Tammy Busho, H.R. Manager
Family Gathering

*When:* Tuesday, September 24, 2019

*Time:* 5:00 p.m.

*Where:* Facility Chapel

*Topic:* To be determined

**When we have a speaker arranged we will post it**

Supper will be provided

Since September is kids going back to school, bring a picture of yourself when you were in school.
**Kyle’s Corner**

*By: Kyle Parr, 100 Hall Nurse Manager*

**PRACTICE GOOD HYGIENE TO COMBAT SICKNESS**

Fall season officially kicks off on September 23rd and with cooler weather right around the corner, it’s a great time to enjoy fairs, festivals, football games, and more! Unfortunately, this time of year also is known as the cold and flu season, and when hanging out with large crowds, it’s a prime time to be potentially exposed to unwanted germs.

This is why it’s important to practice good hygiene! Remember, young children and the elderly are at the highest risk because of weaker immune systems. The most common viral infection known as the “common cold” can turn into something more serious very quickly, and could even be life threatening.

So what are some good hygienic practices you can implement this season, especially if you or anyone in your household starts feeling sick?

1. Wash your hands frequently throughout the day with soap and water for at least 20 seconds to help decrease the spread of germs.

2. Drink plenty of water and consume a healthy diet. If you start to feel symptoms coming on, staying hydrated is key.

3. Cover your cough or sneeze correctly using tissue, upper sleeve, or elbow (not your hands) and teach children to do the same.

4. Contain sickness. If you or anyone in your family has been sick, refrain from visiting others, in particular those who may have a weakened immune system.

5. Rest, rest, rest.

These are just a handful of suggestions to help you navigate the upcoming cold and flu season. May you and your loved ones have good health this fall!