



Sunnycrest Manor
Home is where the heart is

HOME & HEART HERALD OCTOBER 2016 EDITION

Available online at
<http://dubuquecounty.org/current-events-at-sunnycrest/>

A Note from our Administrator...

Cris Kirsch, BSN, NHA

At the time of this writing, a year has gone by already since I accepted the Administrator position here at Sunnycrest! I am still in awe of our staff and how they provide the best resident experiences on a daily basis. We have gone through many changes this past year, of course the biggest change over the past year was the transition from Medicaid to the Managed Care Organizations. We still have some growing pains with that transition but are slowly becoming adjusted to it.

Other changes include the welcoming of our Consultant Dietician, Amy Cordingley; Medical Director, Dr. Umesh Chakunta and recently the welcoming of Aegis Therapies as our consultant Therapy Company. Aegis Therapies is a national company but has a local presence at another Dubuque facility. They were chosen based on their core beliefs, their ability to provide individualized care to the needs of our population and they have a proven track record of working with the staff within the facility. We look forward to building this relationship and are excited to see the improved outcomes for our residents.

I wish you all a happy fall season. Enjoy the sunny days, cool nights and beautiful colors that this season always paints upon the beautiful Dubuque landscape. Sunnycrest is especially gorgeous this time of year.

**FAMILY &
FRIENDS**

**Please join us for Family & Friends Nights at 7pm in
the Dining Room!**

Oct. 26-Haunted House!

Nov. 23-Tom Bedka Entertains!

**Dec. 14 (Special night-2nd Wed of month!)—The
Lemon Sisters!**

Bake Sale

SAVE THE DATE FOR THE DEC. 14 BAKE SALE!

The Sunnycrest Manor Auxiliary will be hosting a bake sale on December 14 from 4pm-8pm in conjunction with Family Night. Proceeds will go to the Auxiliary for enhancing residents' lives. Baked goods and monetary donations are greatly appreciated!! You can drop off monetary donations anytime at the front office and baked goods may be dropped off at Sunnycrest after 11am on December 14th. Let's make this bake sale a success!! Please contact Mary Ann Barton at 563-580-0036 or Donna Parker at 563-556-5171 for any questions regarding the bake sale.



RESIDENT REMINDER: To vote in the general election, you will need to sign an absentee ballot request with Activities staff. Please see them Oct. 10-13 to sign your request. **YOU WILL VOTE HERE AT SUNNYCREST ON THURSDAY, OCT. 27 AT 2:15PM.**



We have received some grants to increase our fleet of vehicles. We have already purchased one Toyota Sienna minivan from a \$25,000 Dubuque Racing Association (DRA) grant. We have plans to purchase a second minivan with funds secured from two more grants. We thank Medical Associates (\$15,000 grant) and the BVM Congregation (\$10,000 grant) for funds to make the 2nd minivan a reality. We also thank our Dubuque County Board of Trustees for assisting in the purchase of the vans, as well as the Sunnycrest Manor Auxiliary allowing us to apply for funds through their organization. We chose the Toyota Sienna minivan for the safety for our residents and staff. It has AWD, which will be an asset to everyone in the Iowa winters! We have increased our number of outings using the van, including a trip to Madison pictured on the last page of this newsletter. Without the new minivan and our “Big Bertha” lift van purchased earlier by the Sunnycrest Manor Auxiliary, we would not be able to go on these special trips! Thank you, thank you, thank you!

SUNRISE LIFE PLAN MEETINGS



**Oct. 11 1pm R. Donovan
2pm: E. Sear**

**Oct. 18 1pm C. Rooney
2pm L. Saeugling**

Oct. 25 11:30am G. Zwack

Nov. 8 2pm C. Thoma

Nov. 10 1pm D. Weydert

**Nov. 15 1pm D. Lightfoot
2pm R. Wolf**

Nov. 22 1pm C. Klocker

Care Conference Schedule

To schedule a time for care conference, contact or leave a message for Anne Kauder, (563) 690-3525 or anne.kauder@dubuquecounty.us.

The Care Plan Team meets on Wednesdays, but alternate dates can be scheduled as needed.

Oct. 5	Nov. 9
R. Dole	S. Bartels
G. Fransen	M. Freiburger
J. Hardenbergh	J. Kress
J. Henninsen	L. Lindenberg
S. Howe	B. Lucas
T. Saul	K. Marshall
L. Schnee	T. Noggle
B. Villarreal	B. Pitz

Oct. 12	Nov. 16
J. Burnes	C. Copeland
D. Busch	R. Giese
L. Haferbecker	D. Hasken
D. Hosch	J. Lynch
S. Lovejoy	J. Peil
J. Noel	M. Schultz
D. Rondeau	B. Willenberg
P. Rupp	
D. Vondran	

Oct. 19	Nov. 23
J. Felton	D. Callahan
M. Hentrich	J. Ehlers
K. Koos	K. Fox
J. Lemmer	M. Hopkins
A. Schumacher	T. Howard
R. Tucker	K. Smith
C. Winter	R. Wolbers
J. Zehentner	

Nov. 2	Nov. 30
S. Chapman	R. Comer
B. Ferguson	M. Faber
J. Henge	M. Gremmels
S. Hunt	J. Kraus
B. Martens	M. McElmeel
M. Oswald	A. Nash
S. Parris	R. Shireman
	G. Strub

Changes in Business Office Hours

The Business Office is now open Monday-Friday 8am-5pm. They are open for resident banking during all of these hours. The Business Office is closed on weekends and holidays.



Joan Reinholt
12/5/1948-8/12/2016
Sunnycrest Resident since
7/2012

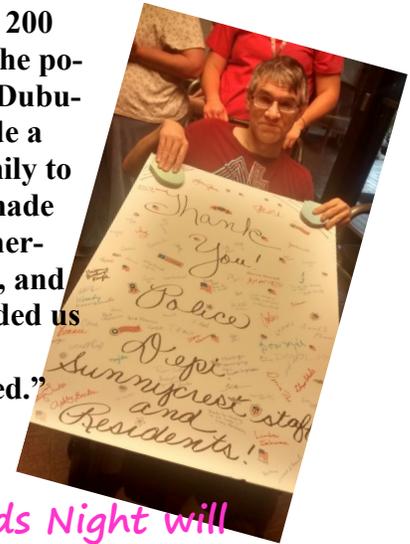


Janelle Kutsch
12/18/1964-8/28/2016
Sunnycrest Resident since
12/2014



Jasmine Sronkoski has joined the Life Enrichment Department for the fall semester. She is interning via the Great Lakes internship grant at Loras College. Jasmine is a senior studying Social Work/Criminology.

Gemini residents made over 200 badge shaped notepads for the police officers and deputies of Dubuque. NF/RCF residents made a card for our Sunnycrest family to sign. A group of residents made the special delivery to the Sheriff's Department on Sept. 9, and received a tour, which included us all cramming into a jail cell! Luckily, we were not "booked."



Starting January 2017: Family & Friends Night will begin at 6:30pm rather than 7pm.

BEST EVER APPLE CRISP ...as made by Sunnycrest residents 9/8/16

Ingredients:

10 small apples, peeled and sliced thinly
1 c. white sugar
1 T. flour
1 t. cinnamon
1/4 c. water
2 c. quick cooking oats
2 c. flour
2 c. brown sugar, packed
1/2 t. baking powder
1/2 t. baking soda
1 c. butter, melted

Instructions:

Pre-heat oven to 350 degrees.

Put apple slices into a 9x13 pan.

Whisk together 1 T flour, white sugar and cinnamon. Sprinkle over top of apples, then toss with spoon to coat. Pour water over apples; do not mix.

In medium bowl, mix together brown sugar, oats, 2 c. flour, baking powder and baking soda. Pour in melted butter and mix well to combine. Sprinkle topping over apple mixture.

Bake for 45 minutes until golden brown and filling is bubbling up edges.



Adult coloring is all the rage at Sunnycrest! Join us for a coloring contest, which will run Oct. 5-14, to give you plenty of time to perfect your entry. Residents welcome to join in the contest. Prizes will be awarded! Other prize-related activities throughout month are bingo, chili cook-off, and costume party!



Thanks to a \$250 Shop-Ko grant, we had a splendid garden. Residents enjoyed cucumbers, cabbage, tomatoes, lettuce, radishes and potatoes as well as a couple herbs.

Thanks also to all our staff and friends who shared some of their garden bounty with us. We enjoyed each bite!



Happy Fall Y'All!

Residents having fun with the iPad. They were quite amazed by the iPad's "powers!"

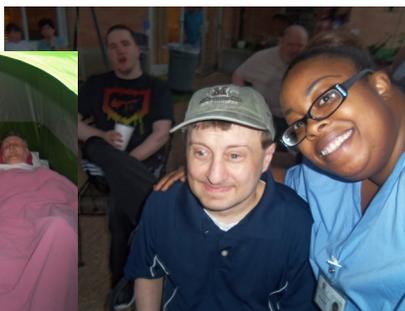


Why Should I get the Flu Vaccination?

- o Flu vaccination can keep you from getting sick from flu. If you do get sick, the illness may be in a milder form if you have the vaccination.
- o Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults. A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012 (Ferdinands; 2104)
- o Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%. (Havers; 2016)
- o Flu vaccination is an important preventive tool for people with chronic health conditions.
- o Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year. (Udell; 2013) (Phrommintikul; 2011) (Ciszewski; 2008)
- o Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%) Colquhom; 1997) (Nichol; 1999)
- o Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

*These facts were gathered at <https://www.cdc.gov/flu/pdf/freeresources/general/flu-vaccine-benefits.pdf>

Flu Vaccination opportunities for residents will be the 3rd week in October. Staff may receive theirs Oct. 4 & 5 at Sunnycrest.



The Sunrise Camp-In: Weather forced us to camp-in, but we still had a great time!



April Zozaya and Kristin Cripe show off some garden produce. Congratulations to Kristin on her promotion to Clinical Scheduler. She is now a member of Management in the Nursing Department. Her office is located on 3rd Floor. She can be reached at 563-690-3534 or Kristin.cripe@dubuquecounty.us



The Gemini Day Program headed to Madison for a day trip. They enjoyed the zoo and a lunch outing. Several of the residents have retired from the sheltered workshop setting, but are still in need of meaningful activity throughout their day. They enjoy social and recreational opportunities throughout their day. Gemini residents also spend part of their day taking care of their home by cleaning, laundry, preparing meals, etc. They also spend an hour taking part in work tasks, i.e. collecting paper, shredding paper, making notepads and any other miscellaneous tasks. During this time, they also take part in volunteer projects. Some organizations they have worked with are Dubuque County Treasurer's Office, Sunnycrest Manor and Carver School. They are going to begin a project for Medical Associates in October. If you know of an organization looking for some volunteer help in completing simple tasks, i.e. stuffing newsletters, sorting, making packets, etc., please have the organization call us. They can contact Beth Houselog at 563-690-3547.



Oktoberfest Thanks!

- *Culver's- for the treats!*
- *Moose Gaherty & Ken Thill- for the hay wagons and hay*
- *Sunnycrest Manor Auxiliary- for brats and chips for our guests*
- *Dubuque County Roads- Truck to pull the hay wagon*
- *Calvin Burnes- for the decor*





*Oktoberfest at
Sunnycrest*



*Fun, Food &
Family*

