



Sunnycrest Manor
Home is where the heart is

HOME & HEART HERALD

AUGUST 2016 EDITION

A Note from our Administrator...

One focus for us this summer/fall will be for us to become alarm free. We have found the practice of using alarms to be intrusive and undignified to the quality of life of our residents. The use of personal alarms has not assisted us in meeting our goal of creating a safer environment.

Studies have revealed that by keeping people from moving adversely affects their respiratory, digestive, circulatory and muscular systems. It also contributes to depression and isolation, and inhibits sleeping. Just as restraints cause harm by keeping people from moving, so do personal alarms. There is no evidence to support alarms' usefulness in preventing falls and injuries.* In addition, it has been proven that alarms can contribute to immobility, discomfort, restlessness, agitation, sleep disturbance, skin breakdown and incontinence of residents.

In light of this evidence and to improve the lives of our residents, we will be conducting a systematic, careful assessment and evaluation for the successful removal of personal alarms. Residents at higher risk for falls will have less intrusive interventions to ensure their safety. Some of the less intrusive interventions that we can implement are; low beds, mats next to the bed and hourly rounding. We will be tracking our progress and will share the data with you in the near future.

—Cris Kirsch, Administrator

* *"Rethinking the Use of Personal Change Alarms" Quality Partners of Rhode Island, state Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services.*

Friends and Family
GATHER HERE

Please join us for Family & Friends Nights
at 7pm in the Dining Room!
Aug. 24-The Schumacher Band
sponsored by Flexsteel Employees
Sept. 28-Steve Sieverding



HAY WAGON RIDES! Thursday, Sept. 29
After lunch (12:30pm) until the last resident
gets a ride. We will be giving rides at least
until 4pm so bring the kids up after school!



Summer Vacation
Check out Sunnycrest Summer Vacation each Tuesday throughout August. We will be "visiting"
Wisconsin, North Carolina, US Virgin Islands, New York and Georgia!





We welcome Erin Egan to the Life Enrichment and Sunrise Departments! She has taken over Lee Culbertson's role of Life Enrichment Supervisor. She will be assisting with evening activities as well as overseeing recreational programming in Sunrise. Erin has worked at Sunnycrest for her entire career. She began as a Program Instructor in Sunrise then worked as a C.N.A. on 3rd floor in Deerwood and River Bluff for the last couple years. Erin can be contacted at erin.egan@dubuquecounty.us or (563) 690-3540.

Changes in the Business Office

The Business Office has some news! They have increased their staff and therefore increased hours of operation. Remaining staff are Sharon Loso, Business Office Manager and Dana Gruber, daytime receptionist. We welcomed Rachel Forbes as receptionist on June 29 as well as Matt Cornwall as Business Office assistant on July 1. Rachel completed an internship at the Court House in Human Resources, and Matt has spent his career at Sunnycrest working in Sunrise as Program Instructor/C.M.A. as well as a C.N.A. in the nursing facility. The Business Office is now open every day 8am-8pm, including weekends and holidays. The resident trust will keep the same hours of M-F 8am-5pm for all resident financial transactions.



Top (l-r): Dana Gruber, Rachel Forbes, Sharon Loso, Matt Cornwall

New Faces in Nursing Management



Karie Kuntz joined the Nursing Management team in May as Clinical Nurse Manager. Karie is a BSN and has extensive long term care nursing and management experience. Karie can be reached at karie.kuntz@dubuquecounty.us or (563) 690-3530.



Kim Harris joined the Nursing Management team in July as Clinical Scheduler. Kim holds her LPN license. She is responsible for the nursing department scheduling for the entire facility. She can be reached at kim.harris@dubuquecounty.us or (563) 690-3539.



Please join us for a
Memorial Service
honoring our residents
Wednesday, Aug. 10 at 2pm
Sunnycrest Family Parlor



We Remember...
Sean Finn
Glenn Kies
Mary Kutsch
Mike Hoover
Doug Ede

Here at Sunnycrest, we are ready for the Olympics. In fact, we have been partaking in our own Olympic-themed events. From Opening Ceremonies to Olympic events to creating edible Olympic rings, we've done it! We look forward to a few more Olympic activities in August, as well as the Rio Olympics 2016! Residents may view the Olympics by tuning into NBC on television.



Jim Noel shows off his "almost" spare.



Shirley Noggle beams after bowling for her first time ever! Interestingly, her son, who also lives at Sunnycrest, won Olympic gold in bowling!

Olympic Ring Bagels—Made and tested by Sunnycrest residents and staff on 7/23! They get our approval!

Ingredients:

- Bagels
- Cream Cheese
- Assorted fruit-sliced as needed

Directions

Spread cream cheese on bagels. (If prefer them toasted, toast prior to spreading cream cheese.) Top with assorted fruit, i.e. blueberries, pineapple, kiwi, grapes, etc. Enjoy!



Sidewalk Paint—We made it and painted the sidewalk!



Erin's Hobby Corner!



Karaoke with Becky



Music with Dee



Mini Golfing



B-I-N-G-O!



Boot Scootin'!



Day Camp

