



January 2011 - A New Year - A New Beginning

Did you receive your special miracle of the season? Did someone touch your life this past year, or did something unusual or the unexpected happen to you or your loved one? The true gift of the season, how special it was to receive into your heart the special ultimate gift. It was the season when warmth overcomes cold, light overwhelms darkness, love conquers hate, and peace finds its home in our hearts and the hearts of the nation.

The shiny new year begins, bringing with it a time of hope with resolutions being made for the future. We all dream of a shining new plan, to accomplish great goals and golden opportunities to reach, bringing us a new sense of hope in the sparkling bright new future.

We welcome in the New Year with all its challenges and adventures. We dream new plans and set goals to fulfill hope. It is time for renewal and exploration. Our journey may lead us in any direction, pausing with heartfelt kindness and reflection. The New Year offers the anticipation of making our lives and the lives of others more valued. Resolutions are made for improving our lives and our world. We have grown and learned from our past lessons of mistakes, disappointments and successes. We freely offer forgiveness of the past and strive for today's blessings of peace.

The spirit of the holiday holds a very special time and fond memories for everyone, and this has been proven throughout the year and especially during this season. The response from families, friends, and the community has been great. Many of you have shared and shown your faith and commitment to others by sharing your talents and by helping our residents to make this time of year more joyful. We wish to extend our appreciation and heartfelt thank you to everyone who participated with programs, gifts from your hearts and especially giving of your valuable time.

Recipe for a Happy New Year

Anonymous

Take 12 fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and smallness; in short, see that these months are freed from all the past. Have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into 30 or 31 equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

My warmest wishes for happiness, prosperity and peace throughout the year!

Susan B. Barrows, SSD/ADC

Inside the "Banner" :

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Early notice: By reservation only

Saturday, February 12, 2011

♥ RESIDENT & SWEETHEART LUNCHEON ♥

11:30 am to 12:30 pm

one guest per resident / call 740-369-6400 to RSVP

Administrator:

Online Application for Medicaid

Individuals, including people who are in or applying for admission to long-term care facilities, now can file an application for Medicaid on line.

The Ohio Department of Job and Family Services has unveiled a new online system for applying for benefits, including Medicaid. Simply go to the Job & Family Services website: <https://odjfsbenefits.ohio.gov/SelfServiceSplash.jsf> and click the "Apply for Benefits" button. This new mechanism allows facility staff to ensure that a person or family actually applies, as facility staff can assist the individual/family in making the application right from the facility's computer. The online application is not specific to long-term care, but it is simple and easy to fill out, and anyone can create a username and password to do it.

The system allows an online designation (with the applicant's permission, of course) of a person, including the facility, to act as the applicant's authorized representative. This step is very important, because only the applicant and the authorized representative can communicate with the county department of job and family services regarding the application. The online system requires only minimal information to file an application, although obviously the more information that is provided in the online system, the less has to be supplied later.

Ken Levering, Administrator

From Director of Nursing:

What All those Numbers Mean

Blood Pressure: Measures the pressure put on artery walls when your heart beats and between beats

- 140/90 mm Hg or above is high
- 120/80 to 139/89 mm Hg is prehypertension
- Less than 120/80 mm Hg is normal

Cholesterol: Know the 'good' HDL, the 'bad' LDL and the fats (your triglycerides). The higher your HDL, the lower your chance of heart disease, while the more LDL and triglycerides you have, the greater your chance of heart disease.

- Total cholesterol should be less than 200 mg/dL
- HDL levels at 50 mg/dL or above are ideal
- LDL levels should be 130 mg/dL (even lower with certain health issues)
- Triglycerides should be below 150

Blood sugar: A measure of how much sugar (glucose) is in your blood. High blood sugar can signal diabetes.

- Fasting levels below 100 mg/dL are healthy
- Fasting levels between 100 mg/dL and 125 mg/dL are considered pre-diabetes

- Fasting levels of 126 mg/dL or higher typically result in a diabetes diagnosis

Body Mass Index (BMI): BMI indicates whether or not a person is overweight or obese
Weight (in pounds) divided by height² (in inches) x 703=BMI

- 19 to 25 indicates a healthy weight
- 26 to 30 is overweight (excluding well-muscled individuals)
- 31 or higher is considered obese

Waist Circumference: Number of inches around your unclothed abdomen, just above the hip bone, can indicate your risk for some diseases like diabetes.

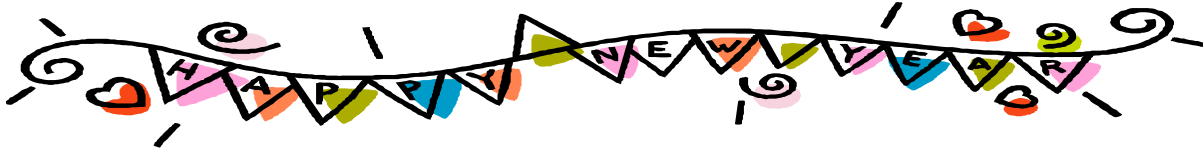
- A measurement of less than 35 inches is desirable for a woman and less than 40 inches for a man.



Wishing you a happy and healthy New Year!

Pat McKeehan, Director of Nursing

Admissions/Marketing:



Happy New Year Everyone-- I wish you only good things in 2011.

As I reflect on 2010, I think of all of the residents and their families that have come and gone and the progress and changes they have made in their lives.

Our Therapy Department has received many compliments and thanks for the rehabilitation programs they implement. One of our current residents recently made a pot of chili as part of her last phase of therapy and it was gone within an hour.

Our short term respite stays have been a success as well in 2010. It has given caregivers the 'break' that they have needed.

We are working on some new ideas for 2011 and as they develop, I will share them with you.

Please feel free to stop by and take a tour of our facility--- you are welcome anytime.

Once again, have a safe and blessed New Year.

*Mary Margaret Moore,
Director of Admissions / Marketing*

Dietary:

Happy New Year!

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. Did you plan a special New Year's Day luncheon with a "lucky" menu? Here are some lucky foods:

1. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.
2. Many parts of the U.S. celebrate the New Year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog is considered lucky because it symbolizes prosperity.
3. Cabbage is a "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency.
4. Lentils represent money, being both green and coin-shaped.
5. Long noodles represent long life.
6. In some places, rice is a lucky food that is eaten on New Year's Day.
7. The Spanish ritual on New Year's Eve is to eat twelve grapes at midnight. The tradition is meant to secure twelve happy months in the coming year.

News from the Social Service Department:

Resident's Rights in a Nursing Home Continued:

22. The right to assured privacy for visits by the spouse, or if both are residents of the same home, the right to share a room within the capacity of the home, unless not medically advisable as documented in the resident's medical record by the attending physician.
23. The right upon reasonable request to have room doors closed and to have them not opened without knocking, except in the case of an emergency or unless not medically advisable as documented in the resident's medical record by the attending physician.
24. The right to retain and use personal clothing and a reasonable amount of possessions, in a reasonably secure manner, unless to do so would infringe on the rights of other residents or would not be medically advisable as documented in the resident's medical record by the attending physician.
25. The right to be fully informed, prior to or at the time of admission and during the resident's stay, in writing, of the basic rate charged by the home, of services available in the home, and of any additional charges related to such services, including charged for services not covered under the Medicare or Medicaid program. The basic rate shall not be changed unless thirty days notice is given to the resident or, if the resident is unable to understand this information, to the resident's sponsor.
26. The right of the resident and person paying for the care to examine and receive a bill at least monthly for the resident's care from the home that itemizes charges not included in the basic rates.
27. (a) The right to be free from financial exploitation;
(b) The right to manage the resident's own personal financial affairs, or, if the resident has delegated this responsibility in writing to the home, to receive upon written request at least a quarterly accounting statement of financial transactions made on the resident's behalf. The statement shall include:
 - (i) A complete record of all funds, personal property, or possessions of a resident from any source whatsoever, that have been deposited for safekeeping with the home for use by the resident or the resident's sponsor;
 - (ii) A listing of all deposits and withdrawals transacted, which shall be substantiated by receipts which shall be available for inspection and copying by the resident or sponsor.
28. The right of the resident to be allowed unrestricted access to the resident's property on deposit at reasonable hours, unless requests for access to property on deposit are so persistent, continuous, and unreasonable that they constitute a nuisance.
29. The right to receive reasonable notice before the resident's room or roommate is changed, including an explanation of the reason for either change.

Happy New Year to all Residents, Visitors and Staff!

Virginia Kellett, LPN / Director of Social Services

Financial Services:

More important than ever...

If you have been notified of any changes in health or pharmacy coverage for your loved one, please bring the new card(s) in to be copied right away. By promptly notifying Delaware Court of new insurance information, we can avoid any charges being missed, going unpaid, or being left to the resident's responsibility because of a lack of timely filing of claims.

If you ever have any questions about insurance payments or charges, please feel free to contact Pam Demmings.

Resident for the Month of January
Helen Walker



“How do you start to write about a person who gave you life; who raised you and loved you in good times and bad; who sacrificed so you didn’t have to; who loved you when no one else would; who loves all people and all things living? There is not enough paper in the world to tell how special this person is. But I will try.

Helen was born on July 6 in a small town called Tiro in Crawford County, Ohio. She attended Tiro schools and graduated from Tiro High School. Shortly after that, she and her brother, Wallace, and her sister, Mary Lou, moved to Mansfield along with their mother. Her father, who had been the editor of the Tiro World newspaper and a prominent Crawford County official, passed away before they left Tiro.

In Mansfield, she enjoyed working at JC Penney and later at the Hughes Keenan Corporation as a secretary. It was there that she met the absolute love of her life, her future husband Frank. They married in 1945. In 1949, they moved to Delaware when the company relocated here. Helen and Frank built their one and only home on Heffner St. where they raised three children, Mary Lou, Steve, and Chris. She was a stay at home mom, active with her three children and raising them to always love and care for others and respect all people even though their opinions or beliefs might be different than yours. She was a true believer in hard work and the importance of doing well in school. She pushed her children to be the best. Mary Lou went on to become a registered nurse and Steve and Chris became teachers. She lost her husband of 40 years to cancer in 1985.

Helen loves to cook for her family. She was always a self proclaimed nutritionist who believed in taking vitamins and minerals as well as eating fresh vegetables and fruits long before it was the popular thing to do. She is also a self-proclaimed sweet tooth!! She loves anything sweet. Candy, ice cream, you name it.

In 1965, she went back to work as Secretary to the Principal at Hayes High School. She worked at Hayes for thirty years for seven different principals (or should I say they worked for her)! She truly loved every teacher, every custodian, every cook, but especially every kid she ever met. She always said there are no “bad kids”. She was an advocate for all. There are literally hundreds of stories of kindness she bestowed on the staff and students of Hayes High School. To this day, a picture of Helen hangs in the office of the school recognizing her as Mrs. Hayes High School. A scholarship was established in her name that is given yearly to a deserving senior at the school. Upon her retirement in 1995, the City of Delaware proclaimed “Mrs. Helen Walker Day” in Delaware to honor her long tenure at Hayes. How appropriate that she lives in Hayes Hall at Delaware Court!

When Helen retired in 1995, she slowed down a bit and really began to enjoy her 8 grandchildren and 9 great grandchildren (with two more on the way)!! She also enjoys birds, cats, and all living creatures. She enjoys poetry and can recite many poems learned in childhood still today. She is also a music lover, particularly the old hymns and songs of the 20’s, 30’s, and 40’s. She is an accomplished piano player and likes to hear the piano played for her. Helen is a member of St. Mary’s Catholic Church.

I hope you’ll stop in and sing a song or recite a poem with her. She would love that!”

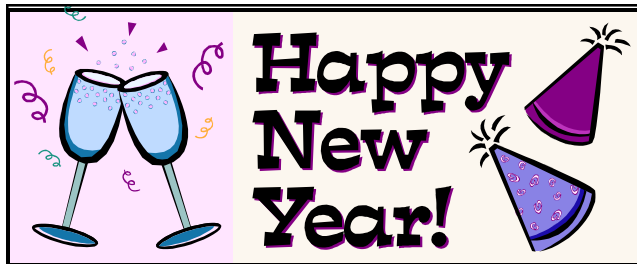
CONGRATULATIONS, HELEN!

-Submitted by her son, Chris Walker



The Residents
 and Staff
 wish to thank
 Kathy Simpkins,
 STNA
 for making wonderful
 snowflake ornaments
 for our dining room tree
 with resident photos
 inside!
 Thank You, Kathy!

JANUARY BIRTHDAYS



RESIDENTS:

Jan. 11 Arlene McDowell
 Jan. 26 Kermit Blankenship
 Jan. 27 Margaret Layton

Delaware Court wishes you a Happy Birthday!

STAFF:

Jan. 05 Connie Lyons
 Jan. 18 Michael Brown
 Jan. 20 Mary Ellen Bailey
 Jan. 23 Sheri Ruh
 Jan. 24 Pam Kirk
 Jan. 26 Deb Rinehart
 Jan. 26 Annemarie Rayburn
 Jan. 31 Pam Howard

RECIPES FROM STAFF, RESIDENTS AND FAMILY

Ham with Pineapple

- 1 (12 pound) bone-in ham
- 1/2 cup whole cloves
- 1 (20 ounce) can pineapple rings in heavy syrup
- 1/2 cup packed brown sugar
- 1 (12 ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 (4 ounce) jar chopped maraschino cherries

1. Preheat the oven to 325 degrees F.
2. Place ham in a roasting pan. Score the rind of the ham with a diamond pattern. Press a clove into the center of each diamond. Drain the juice from the pineapple rings into a medium bowl, and stir in the brown sugar and lemon-lime soda. Coat the ham with this mixture. Arrange the pineapple rings over the outside of the ham. Place a maraschino cherry in the center of each pineapple ring, and secure with a toothpick.
3. Bake uncovered for 4 to 5 hours, basting frequently with the juices, until the internal temperature of the ham is 160 degrees F. Be sure the meat thermometer is not touching the bone. Remove toothpicks and serve.

Serves 20.

Lasagna-Stuffed Mushrooms

- 1/4 pound lean ground beef
- 1/2 cup fat-free small curd cottage cheese
- 1 egg
- 1 tbsp. finely chopped green onion
- 1 tbsp. chopped fresh parsley
- salt and pepper to taste
- 1/4 cup prepared pasta sauce, divided
- 6 large fresh mushroom, stems removed
- 1/4 cup shredded mozzarella cheese, divided

1. Preheat oven to 375 degrees F. Spray an 8x8 baking dish with cooking spray.
2. Brown the ground beef in a skillet. Mix together the cottage cheese, egg, green onion, parsley, and salt and pepper in a bowl. Stir in the cooked beef.
3. Place the mushrooms, hollow sides up, close together in the prepared baking dish. Spoon about 1 tbsp. of the filling into each cavity.
4. Bake until the filling is set, about 15 minutes. Remove from oven, spread the pasta sauce on top and sprinkle mozzarella cheese over the sauce. Return to oven and broil until cheese is melted, about 5 minutes. Let the mushrooms stand 5 minutes before serving.

Servings: 2

Granny's Filled Cookies

- 3 cups all-purpose flour
- 1 (8 ounce) pkg. cream cheese, softened
- 1 cup butter, softened
- 12 ounces any flavor fruit jam or SOLO pie filling

1. Mix cream cheese and butter well in large bowl until well blended and creamy.
2. Add in flour slowly, beating well after each addition. Roll dough into 1-inch balls and wrap well in cellophane. Store in fridge overnight.
3. Preheat oven to 350 degrees F.
4. Roll our dough balls flat and place a 1/2 tsp. full of jam in the center. fold sides over and place on ungreased cookie sheet.
5. Bake for 13-15 minutes until brown and jam starts to bubble hard. Cool for 3 minutes and place on cooling rack. Sprinkle with powdered sugar if desired.

Sweet & Sour Beans

- 8 bacon strips, diced
- 2 medium onion, halved and thinly sliced
- 1 cup packed brown sugar
- 1/2 cup cider vinegar
- 1 tsp. salt
- 1 tsp. ground mustard
- 1/2 tsp. garlic powder
- 1 (28 ounce) can baked beans, undrained
- 1 (16 ounce) can pinto beans, rinsed and drained
- 1 (15 ounce) can lima beans, rinsed and drained
- 1 (15.5 ounce) can black-eyed peas, rinsed and drained

1. In a large skillet, cook bacon over medium heat until crisp. Remove with slotted spoon to paper towels. Drain, reserving 2 Tablespoons drippings.
2. Sauté onions in the drippings until tender.
3. Add brown sugar, vinegar, salt, mustard and garlic powder. Bring to a boil.
4. In a 5-quart slow cooker, combine beans and peas. Add onion mixture and bacon; mix well. Cover and cook on high for 3-4 hours or until heated through.

Servings: 15

Oatmeal Pancakes

- one cup 1% milk
- 2 Tbsp. butter, melted
- 1 egg
- 1 tsp. baking powder
- 1 cup old-fashioned or
- 1 cup flour
- rolled oats
- butter
- 1 Tbsp. brown sugar

1. Whisk milk and egg together in a large bowl.
2. Mix in oats and let mixture sit 10 minutes to allow the oats to soften.
3. Stir in brown sugar and 2 Tbsp. melted butter, then stir in baking powder and flour until lumps of flour are gone.
4. Additional milk and/or flour as needed to reach desired thickness.
5. Melt butter to coat a hot griddle or frying pan. Cook on one side until bubbles form, then flip and cook another 2-3 minutes.

Yield: 12 medium-sized pancakes

DELAWARE
COURT
HEALTHCARE CENTER

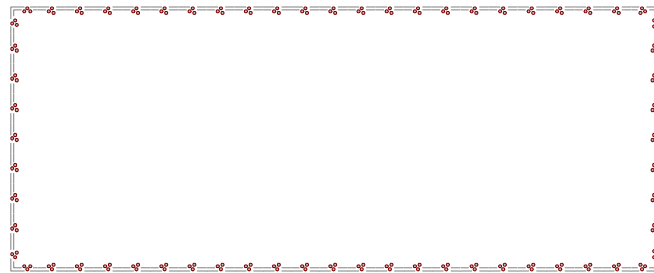
A LEVERING MANAGEMENT SENIOR LIVING RESIDENCE



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Happy
New Year!



DON'T DANCE SO FAST

Anonymous

When the day is done, do you lie in bed
with all your undone chores dancing in your head?
Do you run through each day on the fly?
When you ask 'How are you?'
Do you stop to hear the reply?
Slow down, don't dance so fast,
Time passes by, and the music won't last.
Ever stop to watch your children at play,
or listened to the sounds of a rainy day?
Ever followed a butterfly's erratic flight,
or watched the sun fading into the night?
Slow down, don't dance so fast,
Time passes by, and the music won't last.

Ever told your children, "We'll do it tomorrow,"
and in your haste not see their sorrow?
Ever lost touch and let a friendship die,
'cause you didn't take time to call to say 'Hi?'
Slow down, don't dance so fast,
Time passes by, and the music won't last.
Don't run so fast to get somewhere,
that in your haste you miss the fun of getting there.
When you worry and hurry through your day,
it's like an unopened gift that's thrown away.
Life's not a race, so take it slower.
Enjoy the dance before the music is over.