

THE BANNER



Delaware Court Healthcare Center & Wesleyan Way Assisted Living

"A Family Tradition since 1956"

A Levering Management Senior Living Residence

July 2010

Summer Time

Jumping into July, and rolling out those lazy, hazy days of summer, when the Summertime living is easy. We can sit on the comfort of the old porch swing or under the shade of the old apple tree and ponder the moments of the summers of our youth, while sipping on a cool crisp lemonade. Our rapid pace of everyday life lets up a little, and all Nature invites us to take a stroll in the woods, along the beach, or just around your neighborhood block. Wild berries and flowers are in abundance and the new crop of corn is above knee high. This is the time to enjoy picnics, family reunions, trips, favorite vacation spots, fresh fruits, boating, playing in water, keeping cool, and the taste of homemade ice cream, and summer festivals. Let's all get reacquainted with our friends, loved ones and make new friendships. Sit back, relax and let our wonderful summer be a sweet, warm breeze blowing through our heart and soul as we enjoy our choice of activities with our friends and families. July is made up of parades with shiny red fire trucks, bicycles adorned with stars and stripes, bands marching, barbecues and spectacular fireworks in the evening.

The refreshing cool rains come and scatter, with thunderstorms near, from the piercing heat of the summer sun. Then in the west, as the sun sets revealing azure blue and silky pink skies with the lacing of white cotton-like clouds, the summer breeze becomes lighter. The charming fireflies illuminate the night with their iridescent glow, while the moon creates a heavenly romantic evening as all the stars shine with brilliance. The lawn becomes a playground for the creatures of the evening. The owl hoots in the barn; the masked ones look for berries and snacks, and the black and white one shuffles along and hopefully does not leave his scent behind. These are just a few, for there are many not always seen by the human eye, out enjoying the summer evening.

Our electric lines become a place for turtledoves to sit and coo, and the mockingbird becomes very playful with his mating dance. His repetition of other birds serenades us throughout the day and night. Kildare are nesting and protecting their eggs and newborns in the driveway. Suddenly, a buzz is near, the rapid fluttering of the wings of the magical tiny hummingbirds delight us by the hours, coming and going as they drink up nature's sweet nectar. We are surrounded with the majesty of a blanket of colorful, fragrant flowers, from blue bachelor buttons, fragrant carnations, roses, yellow and orange daylilies, purple petunias and those wonderful, delightful daisies. From garden flowers to wild flowers, all that Mother Nature has to offer, just sit back, relax, and enjoy the benefits of natural wonders.

America, home of the free and the brave, "Let Freedom Ring", Independence Day is Sunday, July 4th. This July 4th, make sure the ringing sound of "Life, Liberty and the Pursuit of Happiness" is once again heard from coast to coast, and to signify the Liberty Bell and the ringing of it 13 times when the Declaration of Independence was signed in 1776. The ceremony begins at the Liberty Bell in Philadelphia and honors the delegates from the 13 colonies who adopted the Declaration of Independence, and symbolically tapping the bell 13 times. Bell ringing has been a national July 4th tradition for more than 200 years, and in 1963, a joint resolution of Congress officially authorized the "Let Freedom Ring National Bell Ceremony". This 4th of July, make sure the ringing sound of freedom continues and celebrate patriotism with red, white and blue, and proud to be a part of the USA!

July is a month to declare our freedom from the day to day boredom and stress of life and to say life has been good to me. Take time to simplify our lives and take the opportunity to enjoy the gift of time, Mother Nature, all man has to offer, and just enjoy your life. Summertime, when the living is easy, just sit back, and drink in the

nectar of life. Stretch, grow, individually and independently, while enjoying our God given choice of activities, just being ourselves, taking in the splendor and serenity of life, or being with family and friends.

Have a wonderful summer!

Susan B. Barrows, SSD, ADC

Inside the "Banner" :

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Administrator:

The Patient Protection and Affordable Care Act (PPACA, Health Care Reform Act) signed into law by President Obama on March 23, 2010, contains the "Elder Justice Act of 2009" (EJA). The overall purpose of the EJA is to detect, prevent and prosecute elder abuse, neglect, and exploitation. The EJA is designed to address crimes committed against older persons using a multidisciplinary approach, raise national awareness of elder justice issues, and apply resources to the efforts of individuals, organizations and government entities confronting elder abuse and neglect on the front lines in healthcare settings. The EJA adds numerous new 'elder justice' provisions and specific long term care provider requirements by amending various sections in several titles of the Social Security Act (SSA).

The new requirements in the EJA leave many questions unanswered regarding the new obligations imposed on nursing, assisted living and MR/DD facilities. The American Health Care Association (AHCA) continues to work with other government agencies to provide further clarification and direction regarding the new reporting law, and the Ohio Health Care Association (OHCA) will work with state agencies and local law enforcement as facility members begin to comply with the requirements.

Ken Levering, Administrator

From Director of Nursing:

In future, pills may send out messages when swallowed

Not sure if a resident has actually taken her medicine? A new kind of pill could soon provide a definitive answer. Researchers at the University of Florida have developed a signaling technology that can be embedded into drug tablets. As such, they will be able to let providers know whether a pill has really been swallowed. While there are some small electronic components involved, the researchers believe that residents will pass them safely without suffering harmful side effects.

A small part of the new pill consists of a standard white capsule that has been coated with a label embossed with silvery lines. Those lines are the pill's antenna. The antenna is actually printed onto the medication using an ink made of nontoxic, silver nanoparticles. In addition, the pill contains a tiny microchip, which is approximately the size of the period punctuation mark.

When a resident ingests the pill, it communicates with the second part of the system, a small electronic device that the resident wears or carries. While this component is currently a stand-alone device, it may be built into a cell phone or watch in the future. The device then signals a cell phone or laptop that the pill has been ingested, taking the guesswork out.

Should this budding technology prove viable, researchers believe that we may soon be seeing it used to ensure compliance for residents on a strict medication regimen, and for other related purposes. Such a pill could dramatically improve compliance at nursing facilities, where patients often forget or refuse to take their medications.

The pill does not need a battery because it sends power via imperceptible bursts of extremely low-voltage electricity, according to an assistant professor of electrical and computer engineering at the University of Florida. These bursts energize the microchip to send signals relayed by the antenna.

June *McNight* article

July Word for the Month: 'Strength'

Confidence lets us stand strong and face every challenge.

Pat McKeahan, Director of Nursing

Admissions/Marketing:

Hello Everyone:

We are all quite excited to have Kelly Thorpe, our new Activity Director with us. She brings to the table new ideas, insight, and a great attitude. We wish her the very best.

I am anxious to incorporate new activities and ideas into my marketing, which should impact the impression of tours and new residents. Activities play a crucial role in the lives of our residents and our staff, as well. An active resident is a happy resident. I want to remind everyone of our Day Respite Program for our working caregivers, or caregivers who just need a break in their daily routine. Stop by and say hello to Kelly.

Welcome Kelly, from all of us...

*Mary Margaret Moore,
Director of Admissions / Marketing*

Activities:

Hi Everyone! My name is Kelly Thorpe. I am the new Activity Director here at Delaware Court, and I'm very excited to get to know all of you!

I started working in the activities field in high school. I shadowed an excellent Activity Director, and quickly decided that making people smile and brightening lives was my calling in life. I was a motivational speaker for 2.5 years, and then decided to stay home with my twin babies, Abbigail and Aiden (now 5 1/2). After my third baby, Logan, was born (he's now 3 1/2), I decided to get back to work to help with finances and to interact with people over the age of 2.
☺

I worked at an assisted living facility as the life enrichment coordinator and management assistant, and fell in love with the activities field. I moved on to work at a long-term care facility, became a certified activity director, and I now can't imagine doing anything else.

I enjoy scrapbooking, singing, reading, writing, helping others, cooking and walking. My heart belongs to my boyfriend Dan, my 3 children, and helping people. I hope to cheer the residents at Delaware Court for years to come.

With a smile,
Kelly Thorpe, ADC

Dietary: Food Safety During an Emergency

Steps to follow during a power outage for obtaining and storing food safely:

1. Keep an appliance thermometer and make sure the freezer is at 0 degrees F. or below and the refrigerator is at 40 degrees or below.
2. Freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or coolers after the power is out.
3. Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you may not need immediately--this helps keep them at a safe temperature longer.
4. Plan ahead and know where dry ice and block ice can be purchased.
5. Store food on shelves that will be safely out of the way of contaminated water in case of flooding.
6. Have coolers on hand to keep refrigerator food cold if the power will be out for more than 4 hours. Purchase or make ice cubes and store in the freezer for use in the refrigerator or in a cooler. Freeze gel packs ahead of time for use in coolers.
7. Group food together in the freezer--this helps the food stay cold longer.

News from the Social Service Department:

The next few months, the Social Service department will be reviewing some of Delaware Court's policies. This month, I am reviewing the Resident's Grievance policy.

If a resident experiences problems regarding care, food quality, activities, medications, or any other issues, the most important step is to take immediate action. Speaking up is a good way to bring attention to your concern and quickly resolves the issue.

The purpose of the grievance committee shall be to resolve all complaints and grievances from residents or responsible parties of the residents. The grievances shall be resolved by a committee composed of the Administrator, a licensed social worker, our Director of Social Services, current Ombudsman for Delaware Court, two (2) residents appointed by the Resident's Council, and two (2) community representatives. The resident grievance form will be available from the receptionist and nurse's station and when completed, should be returned to the receptionist or nurse. The grievance committee will meet in seven (7) days and make recommendations to resolve the issue. The committee will have thirty (30) days to respond.

If unable to resolve the grievance, it will go to the Board of Directors of Levering Management for review. If a grievance is not resolved, the resident/advocate should report the grievance to the Ohio Department of Health and the Ohio Department of Aging. No employee shall perform any act of reprisal because a grievance has been filed. The Grievance Committee will meet at least annually to review the purpose of the committee. A complaint must be in writing, containing the name and address of the person filing it, and briefly describe the alleged action.

If you would like a copy of the resident's grievance policy and procedure, a copy may be obtained at the nurse's station or in the receptionist's office.

Virginia Kellett, LPN / Director of Social Services

Financial Services:

A Friendly Reminder...

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 of the Month:

Glenna Lee Reynolds AKA Penny

As some of you may know Glenna was named queen at our spring prom we had last month. A queen she is indeed!

Glenna was born in Marion, Ohio on August 26. She acquired the nickname Penny as a young girl, and some people only know her by that name! Penny grew up in Marion and met her future husband, John, at the skating rink. She said he was a very good skater and he taught her how to skate. Well, he must have been more than just a good skater, because they ran away to Newport, Kentucky and got married in 1949. Together they raised four boys: Greg, Melvin, Steve and Jeff. Penny and John were happily married for 43 years. They enjoyed fishing at the Delaware Dam together and driving around town to stop for ice cream. Since then the family has expanded and Penny now has 11 grandchildren and four great-grandchildren.

Penny became a nurse and worked at Sawyers Sanitarian in Marion while her husband worked for Coca Cola. When not working, she was very busy selling Avon, raising the boys and making clothes for herself, her family and the neighborhood children. She also made clothes for ceramic yard geese, babies, and had an interest in paper dolls. Penny loved to bake and decorate cakes and grow a garden. She said her garden was the smallest in the neighborhood but from it grew the best vegetables! Penny also recalls her days as a Cub Scout leader as some of the best times she has had. She loved doing crafts of all sorts and enjoyed being around the children. Penny also enjoyed going to church and has been a member of Emanuel Baptist in Marion since 1945.

Penny is a very active resident here at Delaware Court. A few of her favorite activities are craft night, bingo and sipping coffee with her friends in the morning. Penny is always willing to help out and almost always the last to leave an activity! She is there to talk with, laugh, hold a hand or give a hug. We feel very lucky to have found our shining Penny!



Congratulations, Penny!

OHCA JULY 2010 HERO OF LONG-TERM CARE

The Ohio Health Care Association would like to honor **Kathy Simpkins**, STNA at Delaware Court, as its July 2010 Hero of Long-Term Care. OHCA's *Heroes of Long-Term Care* program honors individual long-term care employees for their service to residents, the facility, and to their community. *Heroes* are nominated from long-term care employees across the state. Kathy was nominated for her caring service to others. Congratulations Kathy!



JULY BIRTHDAYS

**Delaware Court
wishes you a
Happy Birthday!**

RESIDENTS:

July 5 Henrietta Ruhl
July 6 Helen Walker
July 14 Florence Lloyd
July 20 Martha Keys
July 26 Edna Boggess
July 29 Ed Crumb

STAFF:

July 2 Michelle VonKaenel
July 3 Penny Dixon
July 4 Fatmata O'Conner
July 9 Kate Roshon
July 12 Kimberly Miller
July 16 Jennifer Augenstein
July 16 Virginia Kellett
July 16 Joycelyn Watts
July 30 Deb Armbruster

RECIPES FROM STAFF, RESIDENTS AND FAMILY

Peach Bavarian (submitted by Mary Lou Bosh)

- 1 (16oz.) can sliced peaches
- 2 (3 oz.) pkg. peach or apricot gelatin
- 1/2 cup sugar
- 2 cups boiling water
- 1 tsp. almond extract
- 1 (8oz.) carton Cool Whip, thawed

Drain peaches, reserving 2/3 cup juice. Chop peaches into small pieces; set aside. In a bowl, dissolve gelatin and sugar in boiling water. Stir in reserved juice. Chill until slightly thickened. Stir extract into whipped topping; gently fold into gelatin mixture. Fold in peaches. Pour into oiled 6 cup mold. Chill overnight. Unmold; garnish with additional peaches if desired.

Pineapple Angel Dessert

(submitted by Mary Lou Bosh)

- 1 angel food cake
- 2 pkgs. instant vanilla pudding
- 2 cups milk
- 8 oz. cream cheese, softened
- 1 (20 oz.) can crushed pineapple, drained
- 1 (8 oz.) container Cool Whip Lite, thawed

Tear angel food cake into small pieces and place in a 2 quart bowl. Beat cream cheese, milk, and pudding mix together thoroughly. Pour over angel food cake pieces and fold in. Mix Cool Whip and well-drained pineapple together and pour over cake and pudding mixture. Fold together. Place in refrigerator to chill.

Penne, Tomato & Mozzarella Salad (allrecipes.com)

- 1 (12 oz.) pkg. penne pasta
- 1/4 cup olive oil
- 1 bunch green onion, chopped
- 1 clove garlic, minced
- 1 cup quartered cherry tomatoes
- salt and pepper to taste
- 5 oz. mozzarella cheese, diced
- 1/2 cup grated Parmesan cheese
- 4 oz. fresh basil
- 12 large black olives, halved

1. Cook pasta in a large pot of boiling salted water as directed on package, until just tender. Drain and set aside.
2. Heat olive oil in a small saucepan. Add green onions and cook, stirring occasionally, for 2

(Salad continued)

or 3 minutes. Stir in garlic and cook for 2 minutes.

3. Add pasta, tomatoes, salt and pepper. Cook over low heat to warm through. Stir in mozzarella and Parmesan cheese. Coarsely tear basil leaves in halves or thirds; add to pasta with olives, and serve immediately. Servings: 6

Pineapple Bacon Burgers (allrecipes.com)

- 2 lbs. lean ground beef
- 1/2 cup prepared barbecue sauce
- 1 (8oz.) can sliced pineapple
- 8 slices bacon

1. Prepare grill for indirect cooking.
2. In a large bowl, mix together hamburger meat and barbecue sauce. Season with salt and pepper.
3. Shape into 4 large patties. Place a slice of pineapple on top of each. Crisscross 2 bacon strips around each burger, and secure with toothpicks.
4. Brush oil on grate. Place burgers on grill over medium low heat. Cook, covered, until the burger is cooked through. Turn often to avoid burning the bacon. Servings: 4.

Red, White & Blueberry Fruit Salad

- 1 pint strawberries, hulled and quartered
- 1 pint blueberries
- 1/2 cup white sugar
- 2 Tbsp. lemon juice
- 4 bananas

Mix the strawberries and blueberries together in a bowl; sprinkle with sugar and lemon juice and toss lightly. Refrigerate until cold, at least 30 minutes. About a half hour before serving, cut the bananas into 3/4-inch thick slices, and toss with the berries.

Servings: 8

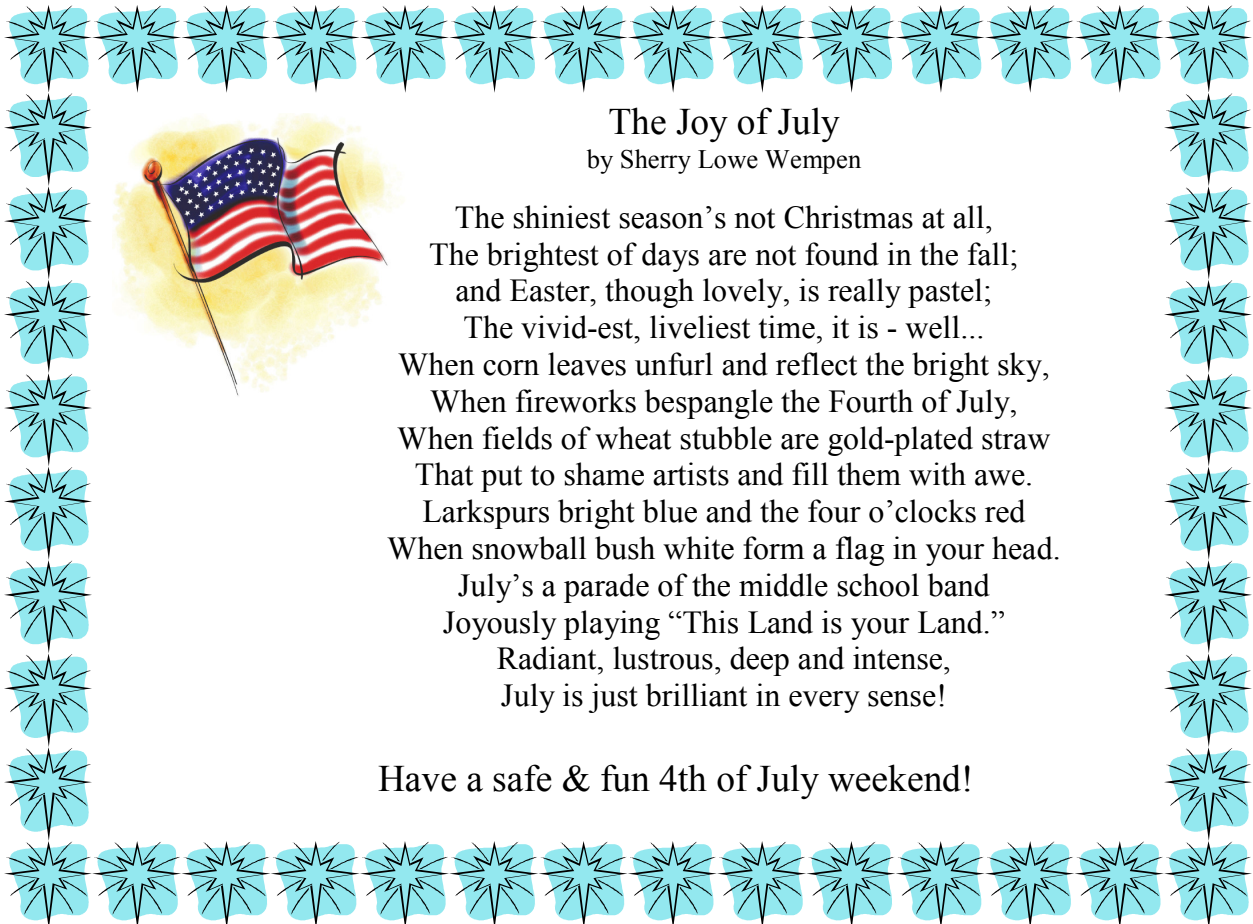
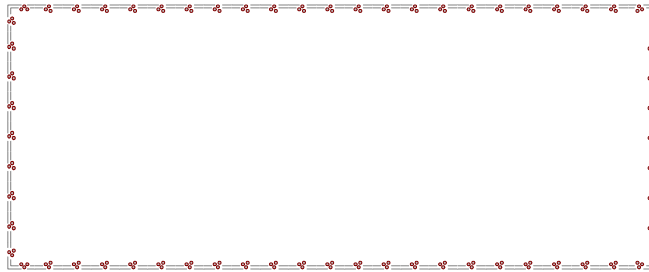
Creamy Watermelon Pie

- 1 can (14oz) sweetened condensed milk
- 1/4 cup lime juice
- 1 and 2/3 cups whipped topping
- 2 cups cubed seeded watermelon
- 1 graham cracker crust (9 inch)

In a bowl, combine milk and lime juice; fold in whipped topping and cubed watermelon. Pour into crust. Refrigerate for at least 2 hours before slicing. Garnish with mint if desired. 6 servings.



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The Joy of July

by Sherry Lowe Wempen

The shiniest season's not Christmas at all,
The brightest of days are not found in the fall;
and Easter, though lovely, is really pastel;
The vivid-est, liveliest time, it is - well...
When corn leaves unfurl and reflect the bright sky,
When fireworks bespangle the Fourth of July,
When fields of wheat stubble are gold-plated straw
That put to shame artists and fill them with awe.
Larkspurs bright blue and the four o'clocks red
When snowball bush white form a flag in your head.
July's a parade of the middle school band
Joyously playing "This Land is your Land."
Radiant, lustrous, deep and intense,
July is just brilliant in every sense!

Have a safe & fun 4th of July weekend!