

THE BANNER



Delaware Court Healthcare Center & Wesleyan Way Assisted Living

"A Family Tradition since 1956"

A Levering Management Senior Living Residence

June 2010

The Wonders of June

June is jumpin' right in, and all the miraculous, wonders of Summer are here: the wonderful warmth of the bright sunshine, and the beautiful, clear azure blue skies, with a few surprise rain showers, refreshing and replenishing our Earth. All of the favorite feathered friends have arrived, making their presence known with their cheerful songs and creating their homes near our homes. There is a vast variety of singers and multiple collage of vibrant colored feathers. Humming birds are amazing, delightful, and extremely busy. They are chattering, fussing, flittering rapidly here and there, as they zoom in to take in the sweet nectar provided by us and Mother Nature. There is so much enjoyment and entertainment for all in just sitting back, relaxing and gazing into the world of Mother Nature that can be seen day and night. The amazing sights, sounds, scents and the sweet taste of the upcoming summer enfolds before us.

This wonderful month brings to mind Flag Day, weddings, and most of all, Father's Day. Our Fathers are very special in our lives. They are special people, no home should be without, for every family would agree, they are nice to have about. Dads are a happy mixture of a 'small boy' and a 'man', and they are a necessary person in our family plan. Sometimes our Dads are most demanding and stern, firm and tough, but underneath their tough exterior, they are loving, gentle and kind. They are only looking out for the best and trying to teach us the right way. This is their way of leadership. When we are in any kind of trouble, Dad reaches out and offers his gentle guiding hand, and you can always count on him to help and understand. We do not take time to thank him and praise him for all he has taught us throughout our lives, as often as we should. We love and adore him, and while that's understood, it's only fair to emphasize his importance and his worth. If your Dad is near, be sure to bless him and yourself with a miracle for just being himself. Give him your appreciation and a very special hug each and every day.

Have a very Happy Father's Day, from our residents and staff at Delaware Court.

Susan B. Barrows, ADC/SSD

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*"Small boys become big men
through the influence of big men
who care about small boys."*

-Anonymous

Administrator:

Medigap Coverage to Change

A Medigap policy is a supplemental coverage policy that fills in the gaps in original Medicare. Medigaps can help cover Original Medicare deductibles, coinsurances and some additional benefits.

There will be some changes to Medigap plans beginning June 1, 2010. These changes will only affect plans that are sold after June 1, 2010. After that day, all Medigap plans sold will cover the hospice benefit. Plan K will cover 50% of the hospice coinsurance, and Plan L will cover 75% of the hospice coinsurance. All other plans will cover the hospice coinsurance completely.

The at-home recovery benefit and the preventive care benefit will no longer be included in Medigap plans sold starting June 1. However, these benefits will still be covered under Part B. Plan G sold after June 1 will increase its coverage of the part B excess charge from 80% to 100%. The excess charge is the amount a doctor is allowed to charge over the Medicare approved amount if the doctor is not a participating provider. Plans E, H, I, J and high deductible J will no longer be sold as of June 1, 2010. With the changes to all the Medigap plans, these plans would have been identical to other plans. Two new plans will also be created and sold beginning June 1. These plans are M and N.

Ken Levering, Administrator

From Director of Nursing:

FDA to take closer look at diabetes drug

The Food and Drug Administration (FDA) is reviewing new data and reports on the safety of GlaxoSmithKline's (GSK) blockbuster diabetes drug Avandia and will present findings at a public meeting this summer.

Discussions about the drug's cardiovascular side effects were recently reignited after internal FDA reports expressing concern about Avandia surfaced in The New York Times and other reports. In one report, GSK sought to suppress negative findings about Avandia's side effects -- from intimidating independent physicians to downplaying published studies -- since 1999, the year Avandia was approved. The report also contained statements made by two FDA officials that rosiglitazone, the active ingredient in Avandia, should be 'removed from the market'. GSK issued a statement rejecting the Senate findings.

Sales of Avandia have steadily decreased over the last few years while sale of Takeda's Actos have increased, partly based on fewer heart-related side effects. Avandia prescriptions for the year ending in July 2009 were down 28% to 1.6 million. During the same period, Actos had over 8 million scripts filled, earning \$1.7 billion. Avandia will begin losing some patent protection in 2012. Actos will hold a majority of its patents until 2016.

Advertising materials for Actos had targeted Avandia's safety risks in the past. Just days after Avandia picked up a second black-box warning, in 2007, Actos launched a campaign touting the drug's ability to "lower blood sugar without increasing your risk of having a heart attack or stroke."

Word for the Month: TEAMWORK

Individually we are special; Together we are spectacular.

Pat McKeegan, Director of Nursing

Admissions/Marketing:

National Nursing Assistants' Week
June 10-17, 2010

Nursing assistants are key players in the lives of the people in their care, and each of our nursing assistants creates an environment of caring for the resident.

The nationwide observance of Nursing Assistants Week provides an opportunity to recognize their role in the health care system. Nursing assistants provide the best care to make the resident's transition from the hospital to our facility to home the easiest and most effective. They also provide emotional support to our long-term residents.

I want to thank all of our nursing assistants who so diligently work to improve our resident's quality of life. Congratulations and keep up the wonderful work!

*Mary Margaret Moore,
Director of Admissions / Marketing*

Treasure Remembered

by James M. Carr

For all the stories that were never to be told,
Back to a time when I was a boy so long ago,
I knew a man whose kindness touched the hearts of many,
And he would often be the first to lend you his last penny,
Yes his heart was pure gold forged from out of love,
Right from the hands of the Almighty who sits high above,
There were times I must of drove him crazy as if he were my toy,
With all my "want to's" and "why not's" when I was a boy,
He loved and cared for all those that he knew,
His family, friends and most of all you,
Many happy memories I carry within my heart,
Vowed never to forget and never to be apart,
As a boy I would look up to this man with great awe,
For you see he was my friend and he is my Grandpa.

News from the Social Service Department:

Father's Day

Not many countries of the world celebrate fathers with their own official day. However, that is what is done in the United States every third Sunday in June. Father's Day is a special day for dads when they are pampered by their children, given gifts, and maybe even surprised with breakfast in bed. Father's day is all about family and a celebration of the father's role in the family. Father's day means more than "have a happy day." It means "I love you" first of all, then "thanks for all you do". It means "you mean a lot to me and that I honor you."

We have many grandfathers here at Delaware Court who will be celebrating Father's Day with their families at our luncheon on June 19th. Remember Grandfathers are fathers who are 'Grand'. Their love has always been unselfish, placing their family first above all.

We say "thank you" and "Happy Father's Day" to all our dads and grandfathers.

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.

Dietary:

Nutrition and the Elderly: Are the Seniors in your life eating well?

Poor nutrition and malnutrition occur in 15 to 50 % of the elderly population. Symptoms of malnutrition are weight loss, disorientation, lightheadedness, lethargy, and loss of appetite. Some seniors skip meals while other consume too few calories.

Here are some tips to ensure proper nutrition:

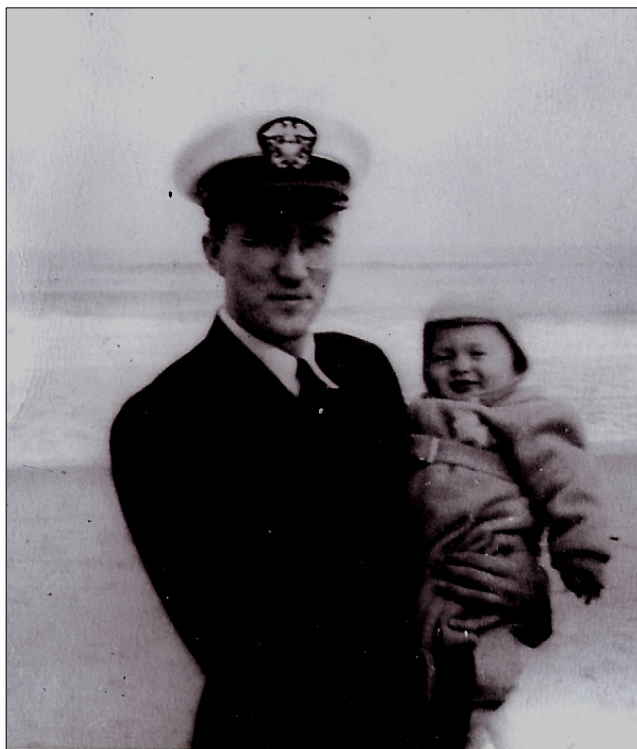
1. Offer nutritionally-dense foods. Encourage whole, unprocessed foods that are high in calories and nutrients for their size. For example, healthy fats (nut butters, nuts, seeds and olive oil), whole grains (brown rice, whole wheat bread, oats and whole grain cereals), fresh fruits and vegetables (canned and frozen are also good choices), and protein-rich beans, legumes and meat and dairy products.
2. Enhance aromas and flavors. Intensify flavors with herbs, marinades, dressings and sauces. Combine textures, such as yogurt with granola.
3. Make eating a social event. Food may become more interesting when other people are around.
4. Encourage healthy snacking. Eat several mini-meals throughout the day, making sure that each meal is nutritionally-dense with plenty of fruits, vegetables and whole grains. Whole grains and fortified cereals are a good source of folate, zinc, calcium, Vitamin E, and Vitamin B12, which are often lacking in a senior's diet. Cut back on prepared meats, which are high in sodium and saturated fats.

Resident of the Month:

Allan Burkhard

Allan Anthony Burkhard was born on February 18 in his parents' home on Lynwood Avenue in Springfield, Ohio. His mother was Mary Elizabeth Hufnagel Burkhard and his father was John Edward Burkhard. Allan spent many a Saturday afternoon at the movies during those hot 1930 summers with his older brother, Bob.

Allan attended the Latin School in grades 6 through 8. In school Allan learned to play the violin and later, the trombone. He attended Springfield Catholic Central High School and graduated a year or two early and then attended St. Joseph's in Rensselaer, Indiana, and took the pre-med track. He later transferred to Western Reserve University in Cleveland, Ohio, where he met his wife Onalee Ann Stacey, completed his degree in dentistry, and was active in the Army Specialized Training Program. Upon graduating, he went into the Navy and they moved to Virginia Beach, where he was stationed until he got out in 1948. Allan's first son, Jan, was born during this time.



Allan and his son, Jan

Upon leaving the Navy, Allan moved his family back to Springfield where he set up his dental practice downtown in the Arcue Building on East High Street, where he would practice for another 42 years. Two more children were born: Mark in 1950 and Susan in 1951. In addition, Allan now has 6 grandchildren and one great-grandchild.

Allan's hobbies were collecting stereo and hi-fi equipment and records, photography, camping and hiking in the mountains...especially in the Grand Tetons, working on his 1965 2+2 Pontiac Catalina Convertible with 4 on the floor, and gardening. He still enjoys watching the Antiques Road Show, and learning about history and nature.

Almost every Spring and Autumn, Allan would take his family to Southern Ohio to Lake Hope, Old Man's Cave, the Smoky Mountains, or to Florida. In the winter months, there were a few winters just perfect for ice skating on the pond in Snyder Park, with bonfires, roasted marshmallows, and hot chocolate to keep everyone warm.

Submitted by his daughter, Susan

Congratulations, Allan!

Volunteer Appreciation Banquet

Volunteer of the Year: Brenda Holmes
Resident Volunteer: Mary Lou Bosh
Staff Volunteer: Kim Miller

A special Volunteer Banquet was held on Saturday, May 22, for all our devoted and caring volunteers. We are grateful that we can count on your caring and compassion that you give so freely to our residents. Your positive outlook, genuine warmth and eagerness to lend a helping hand, you set an example wherever you go and whatever you do! Your gentle smiles and attitude shines for everyone with your special touch. Your life shines out in your service. Noble living, noble deeds and others blossom from the seeds of goodness from your loving hearts.

-Susan Barrows

DELAWARE COUNTY EVENTS FOR JUNE

Saturday, June 12, SUMMER FESTIVAL 2010
Center for Older Adults, 800 Cheshire Rd., Delaware
12-8 pm, Admission and parking are free
Pig & Corn Roast, \$6 in advance, or \$7 at the door

Sunday, June 13, Art in the Park, 1-5 pm, Free
Gallant Woods Preserve, 2151 Buttermilk Hill Rd., Delaware
Artists and musicians will display and sell original works of art.

June 25 and 26, Powell Festival
Friday, 5-11pm; Saturday, 12-11pm
Live bands, food, arts & crafts, and Saturday night fireworks!
Village Green Park, 47 Hall St., Powell

June 25-27, Showtime Horse Show Series-
Purina Mills Hunter Classic, Delaware County Fairgrounds
236 Pennsylvania Avenue, Delaware



JUNE BIRTHDAYS

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

RESIDENTS:

June 08 Jean Loyacano
June 10 Doris Stoner
June 27 Avalee Dill

STAFF:

June 15 Cindy Henderson
June 19 Becky Robinson
June 24 Sharen Gardner

RECIPES FROM STAFF, RESIDENTS AND FAMILY

Angel Pecan Pie

(submitted by Pam Reynolds)

- 3 egg whites, stiffly beaten
- 1 cup crushed Ritz crackers
- 1 tsp. vanilla
- 1 cup sugar
- 1 cup chopped pecans
- 1 small (8oz.) carton Cool Whip

Beat sugar and beaten egg whites until sugar is dissolved. Fold in crushed crackers, pecans (reserve one Tbsp. for garnish), and vanilla.

Put in ungreased 8-inch pie pan, scooping sides up, leaving shallow indentation in middle. Bake at 350 degrees until light brown and sounds crunchy when slightly tapped with spoon. Cool completely. Fill middle with Cool Whip, top with the reserved chopped pecans. Refrigerate to set. Enjoy!
Serves 6-8.

Simmering Chicken Strawberry Kabobs

- 1 cup lemon juice
- 2 (8 oz) cans pineapple chunks, juice reserved
- salt and pepper to taste
- 2 tsp. ground cinnamon
- 3 skinless, boneless chicken breast halves, cubed
- 1 cup butter or margarine, melted
- 2 Tbsp. brown sugar
- 1 tsp. ground nutmeg
- 24 large strawberries

1. In a shallow glass bowl, combine lemon juice, juice from pineapple, salt, pepper, and one tsp. cinnamon. Mix together. Add cubed chicken and marinate for one hour in the refrigerator.
2. Preheat grill to medium heat.
3. In a small bowl, combine the melted butter or margarine, one tsp. cinnamon, brown sugar and nutmeg.
4. Lightly oil grate. Using metal or soaked wooden skewers, arrange chicken, pineapple chunks and strawberries on each stick. Brush kabobs with butter or margarine mixture; place on grill and cook approx. 8 to 10 minutes, turning on all sides, until chicken is cooked through and strawberries are sizzling.

Serves 6.

Quick and Easy Grilled Potatoes

- 2 large russet potatoes, scrubbed
- 2 Tbsp. olive oil
- salt and pepper to taste

1. Poke each potato with a fork and place in microwave oven. Cook on high for about 2 1/2

(Potatoes, continued)

minutes, then turn over and continue cooking for 2 1/2 minutes. Slice each potato in half the long way, and cook for 2 more minutes on high.

1. Preheat grill for medium heat.
2. Brush the potato tops with olive oil and season with salt and pepper.
3. Cook on grill for 15 to 20 minutes, turning once. Serve with your favorite toppings.

Serves 4.

Five Minute Ice Cream

- 1 (10oz) package frozen sliced strawberries or any frozen fruit
- 1/2 cup sugar
- 2/3 cup heavy cream

Combine the frozen strawberries and sugar in a food processor or blender. Process until the fruit is roughly chopped. With the processor running, slowly pour in the heavy cream until fully incorporated. Serve immediately, or freeze up to one week.

Serves 4.

Dairy Month Cookies

- 1/2 cup butter or margarine, softened
- 1 cup sugar
- 1/2 cup cottage cheese
- 1 egg
- 1/2 tsp. vanilla
- 1/4 tsp. lemon flavoring
- 1 3/4 cups flour
- 1/2 cup chopped nuts

With electric mixer, mix ingredients in order given until smooth. Bake at 350 degrees for 10 to 12 minutes.

Rootbeer Float Cake

Cake: 1 pkg. yellow cake mix, 1 1/4 cups rootbeer, 2 eggs, 1/4 cup vegetable oil

Frosting: 1 packet (1.3 oz.) whipped topping mix, 1/2 cup cold root beer

Cake: Combine all ingredients and beat for 3 minutes. Bake in 9x13' greased pan at 350 degrees for 30 to 35 minutes or until tests done. Let cool completely.

Frosting: Beat frosting ingredients until stiff peaks form. Frost cake and chill until serving time.



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