

The Oakleaf

Mason County's
Oakview
MEDICAL CARE FACILITY 

Oakview Medical Care Facility February 2019

February is National Love Month and American Heart Month!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Protect your heart this month and all through the year!
Happy Valentines Day!

Jannice Lamm, LNHA
Oakview Administrator



Flu Season

Influenza

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.

Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

Fever* or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches

Headaches, Fatigue (very tired) **It's important to note that not everyone with flu will have a fever.*

Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

How Flu is Spread

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.



Periods of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

Preventing Flu Season

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Cherie Hernandez RN, Infection Control Preventionist

Hospice Services Offered at Oakview

As a reminder, Oakview MCF has a contract with Harbor Hospice and Great Lakes Caring Hospice to help provide end of life care if requested by the resident and/or family. Hospice assists with symptom management for comfort and quality of life. Hospice care does not take the place of the care provided by Oakview staff members but is in addition and is covered by Medicare/Medicaid. For additional information or to arrange an informational visit with a hospice provider, please see a member of the Social Services Department.

Winter has officially arrived and we just want to make sure everyone is staying warm. So please make sure residents have appropriate winter apparel such as jackets, hats and mittens to use for going outdoors for outings and appointments.

Thank You



February Happenings

- 2/2– GroundHog Day
- 2/5– Catholic Mass at 2:30
- 2/5– Chinese New Years party at 3:30
- 2/7– Jaycee Bingo
- 2/12– Monthly Birthday Party at 2:30
- 2/14– Valentines Day Social at 2:30



Beat the Blahs week February 18-22, a week full of fun

- 2/18– Miss Match Day– You don't have to match or
- 2/19– Western Day– Dress in your western attire
- 2/20– Beach Day– Wear your beach attire
- 2/21– Crazy Hat or Hair Day–Get crazy with your hair or hat
- 2/22– College Day– support your favorite college

- 2/25– Danish Brotherhood Bingo
- 2/26– Resident Council at 2:30
- 2/28– American Legion Bingo



February Birthdays

Residents

Leola Masten	2/3
Lois Rozell	2/16
Ron Vandenheuvel	2/17
Arville Stewart	2/19
Nancy Schwass	2/23



Employees

Shenalyn McNerney	2/1
Lynnette Archey	2/2
Lucinda Heitz	2/3
Tanya Hofmann	2/4
Larry James	2/4
Alexandria Knapp	2/7
Samantha Lopez	2/8
Tresha Miszewski	2/9
Sally Rhodes	2/10
Adrianna Estrada	2/11
Beverly Lake	2/12
Tasha Steketee	2/12
Lenora Jennings	2/17
Terri Brogren	2/17
Dana Habermehl	2/19
Laura Strong	2/19
Kimberly Iteen	2/22
Jamie Lemmer	2/22
Heather Battice	2/24
David Tuka	2/26
Megan Yeck	2/27

A Friendly reminder:

TV's in resident rooms are to be turned down at 10 pm for quiet hours so that other residents can have a quiet environment to sleep. Please be courteous of others. We do have information for personal headphones that work well with the TV's if anyone is interested. Please contact the social work department.

We also ask that the volume on TV's that are located in the community areas be kept at a reasonable level for the area. Any issues with this please ask to talk to the charge nurse.

Resident of the
month for
February is
Lillian
Bourgette
Congratulations!!!!



Every month, we will include one of the Resident Rights or Responsibilities as written in Oakview's "Residents Rights and Responsibilities" policy. We want our residents and their families to know these important Resident Rights and Responsibilities. If you should have any questions about any of these, please don't hesitate to ask.

N. A patient is entitled to information about the health facility **rules and regulations** affecting patient care and conduct.