

Mason County's

**Oakview**  
MEDICAL CARE FACILITY



County-owned and serving the community  
since 1966... "Like Family"



February 2019

# Sutter Living Center



activities >>>

## February Happenings

- 2-5-19 Catholic Mass @ 2:30 pm  
2-17-19 Sunday Service with Tom  
Vischers @ 2:30 p.m.  
2/18 – 2/22 Beat the Blahs Week  
(check calendar for daily  
themes)  
2-24-19 Sunday Service with Jeff  
Stakenas @ 2:30 pm  
2-27-19 Music by John Marek @  
2:30 pm

Check the February Calendar for entire list of activities.

### **\*\* New Location \*\***

#### Alzheimer's Support Group

Meets the 2nd Thursday of each  
Month

The Book Mark  
201 S. Rath Avenue  
Ludington

1:00 pm – 2:30 pm

Free, open to the public & confidential

## Oakview Residents and Families

From the desk of Jannice Lamm, CTRS, LNHA

## 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 Valentine's Day!

Jannice Lamm, CTRS, LNHA



FEBRUARY 14 – CELEBRATED AS (SAINT) VALENTINE'S DAY AROUND THE WORLD, NOW ONE OF THE MOST WIDELY OBSERVED UNOFFICIAL HOLIDAYS IN WHICH ROMANTIC GREETING CARDS AND GIFTS ARE EXCHANGED.

## 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

**PLEASE ASK THAT ALL FAMILY MEMBERS & FRIENDS DO NOT VISIT WHEN NOT FEELING WELL.**

## 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.

**People with dementia don't operate by a thought process. They operate by how they feel.**

### Let's Talk Communication

*It is thought that ninety percent of what individuals with dementia understand is not the words that we say to them but our body language and tone of voice. So, it is crucial that our tone of voice should convey a matter-of-fact, friendly, helpful, calm and respectful attitude.*

#### Positive Non-Verbal Communication:

- *Be aware of your body language and send a positive message*
- *Try a calm and gentle approach*
- *Make eye contact and be at eye level before speaking*
- *Touching a person's shoulder or holding a hand may help the person focus*
- *Praise non-verbally through a hug, smile or pat on the back*
- *Show the person what you want by demonstrating*

#### Positive Verbal Communication:

- *Speak slowly in a low-pitched voice*
- *Enunciate your words*
- *Begin your conversation socially*
- *Use short, familiar words and simple sentences*
- *Talk in a warm, easy-going, pleasant manner*
- *Ask simple questions*
- *Listen carefully*
- *Give positive instructions and avoid "don't" or "can't"*
- *Don't order the person around, or argue*
- *Avoid questions that require short term memory*
- *Give simple instructions, one task at a time*
- *Even if you no longer understand what they are saying still respond as though you do.*



