

Oakview Medical Care Facility February 2020

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 the 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 the flu.

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 2020

- 2/2 – Ground Hog Day Treat at 2:30
- 2/4 – Catholic Mass at 2:30
- 2/6 – Jaycee Bingo at 6:45
- 2/11– Monthly Birthday Party at 2:30
- 2/14– Valentines Day Social at 2:30
- 2/13—Green Music at 2:00
- 2/14—Charlie Cole at 2:30
- 2/14—Valentine’s Day Social 3:30
- 2/18—Marek Music Makers at 2:30
- 2/24– Danish Brotherhood Bingo
- 2/25– Resident Council at 2:00
- 2/25—Mardi Gras Celebration with Live Music at 3:30
- 2/27 – American Legion Bingo at 6:45
- 2/28— Leap Year Movie and Treat at 2:30



Beat the Blahs week February 17-21, a week full of fun

- 2/17– Country Western Day– Dress in your Western attire
- 2/18– Love Songs Day– Dress in reds, pinks, and heart attire
- 2/19– Sweating to the Oldies Day– Pull out your workout gear
- 2/20– Grooving to the 70’s– Wear peace and tie dye attire
- 2/21– Sock Hop Rock Day– Dress in 50’s style attire



February Birthdays

Residents

Ron Vandeneuvel	2/17
Arville Stewart	2/19
Julienne Anderson	2/22
Shirley Mahynski	2/23
Nancy Schwass	2/23
Paul Hodgen	2/25



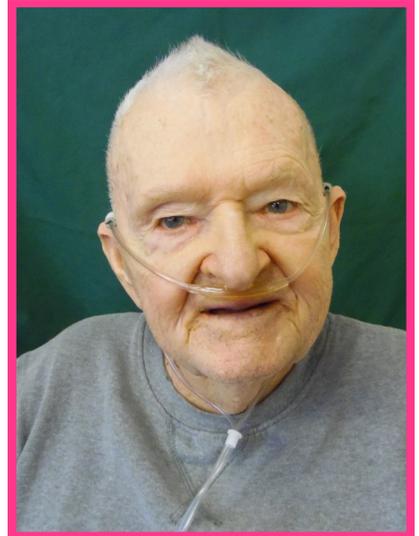
Employees

Shenallyn McNerney	2/1
Tanya Hofmann	2/4
Elizabeth Baker	2/6
Tresha Miszewski	2/9
Sally Rhodes	2/10
Michelle Romero	2/11
Beverly Lake	2/12
Colleen Smedberg	2/14
Lenora Jennings	2/17
Terri Brogren	2/17
Dana Habermehl	2/19
Laura Strong	2/19
Kimberly Iteen	2/22
Kimberley Steffes	2/25
Megan Yeck	2/27

Resident of the
month for
February is

Dennis Lloyd

Congratulations!

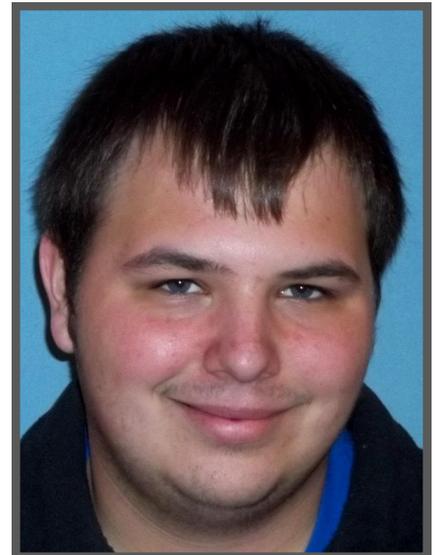


February Employee of
the Month is:

Keagan DeRooy

Keagan has been an employee of Oakview for 3 years. He started out as a CNA and later moved into a first shift Restorative position.

Congratulations!



Oakview Management Staff:

Administrator:	Jannice Lamm
Executive Assistant:	Kathleen Rodell
Human Resource Director:	Diane Swider
Corporate Compliance Director:	Deanna Bargert
Director of Nursing:	Linda Sagers
Assistant Director of Nursing:	Joann Keffer
Director of Dietary:	Dawn Wymer
Director of Financial Services:	Susan Razminas
Director of Maintenance:	Steve Wever
Director of Rehabilitation:	Monica Hatch
Director of Social Services	
Sutter Living Center:	Mary Jo Claire
Director of Therapeutic and Recreation Services:	Mandy Ohman

It's that time of year again.... Flu season is upon us.

All Visitors

Due to Respiratory and Gastro Intestinal Illness

****Reported out in our community****



Please.....

If you have any symptoms, please reschedule your visit.

***Keep out resident, staff, and you safe...
Be sure to wash your hands before and after
your visit.***



****Signs are posted on visitor doors of the facility as well***

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.

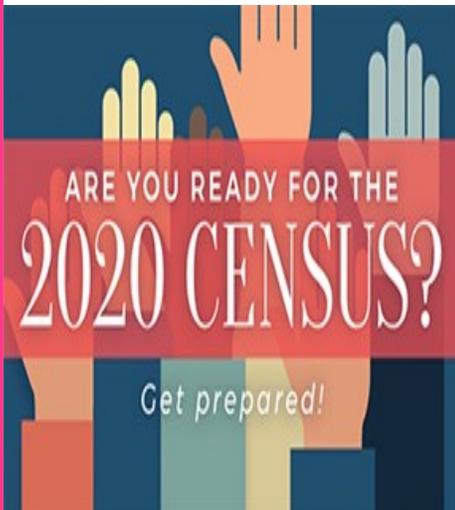
3i: If a nursing home patient desires treatment by a licensed member of the healing arts, the treatment shall be made available unless it is medically contraindicated, and the medical contraindication is justified in the patient's medical record by the attending physician or a physician's assistant to whom the physician has delegated the performance of medical care services.

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.

What You Need to Know About Census 2020



You're likely familiar with the census—it happens every 10 years—yet there are often misconceptions about how it works and why it is done. Census 2020 is coming and being counted will help our community create jobs, provide housing, support programs for older adults, fund K-12 education, prepare for emergencies build schools, roads, hospitals, and libraries and more. It is important that you are counted!

There are changes being made in how the count will be done in 2020, which may make it more difficult and confusing, and lead to opportunities for scammers to take advantage of seniors. Here are some things to help you be prepared and confident when filling out your census information.

How it works: Each home will receive a request to respond to a short questionnaire—online, by phone, or by mail in mid-March. This mailing will include a unique Census ID code for your residence. 2020 will mark the first time that you will be able to respond to the census online and you also have the option of responding by phone or to a census representative. A reminder postcard and letter will be sent before a census worker will come to your home to try to fill out the census. Census workers will have proper identification and never ask for a Social Security or banking information. Census forms are filled out by household. Everyone living at the address matters and everyone needs to be counted, including children.

What will be asked: Items like name, gender, age, birthday, race, ethnicity, relationship to head-of-household, owner or renter, and phone number are asked on the Census. The Census will not ask about citizenship or immigration status.

Funding: As mentioned, federal funding is determined through the census. The distribution of more than \$675 billion in federal funds, grants, and support to states, counties, and communities are based on this census data. For each person that is not counted properly in Michigan, the state will lose approximately \$1,800 in state and federal funds per person each year for the next ten years. You matter!

FYI: Expect the census information to come out in mid-March, and if you happen to travel to a different state in the winter months, but spend more than six months each year in Michigan, then you should still respond as a Michigan resident. You can use the unique Census ID code sent to your Michigan address to respond online or by phone, or you can wait to respond until you get home. The census is completely confidential. The Census Bureau cannot release any identifiable information about individuals, households, or businesses, even to law enforcement agencies. The Census Bureau can only use your answers to produce data and statistics.

(over please)

You can learn more about the census at <https://mivoicecounts.org/> or by calling (517) 492-2400. Here in Mason County, you can contact the Lakeshore Resource Network (231- 845-5300), Mason County District Library (231- 843-8465), both members of our county coalition.