



# The Oakleaf



Mason County's

**Oakview**  
MEDICAL CARE FACILITY



Oakview Medical Care Facility

October 2021

## Happy October!

COVID COVID COVID! We are ALL sick of it! We continue to be thankful for you all hanging in there with us. As you are all aware, Oakview is in outbreak until October 1st. As of September 27, 2021, according to the CDC, Mason County is at 14.58% positivity and this continues to define us as High Transmission. Rules and definitions are changing and we are waiting for the state to weigh in, please be looking for new education coming out soon. We are allowing compassionate care visits, please contact Mary Jo and Mandy to schedule those visits.

The 24th Annual Great Pumpkin Contest will be taking place again this year. The Great pumpkin party and voting will occur on October 29th. Pumpkins will be on display in the commons area for everyone to enjoy. We will be adding a Staff and Resident costume contest this year. So break out those creative juices family, friends and staff.



# **This Season a Flu Vaccine is More Important than Ever!**

Getting a flu vaccine is more important than ever during 2021-2022 to protect yourself, your family and your community from the flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.

Education via CDC Vaccine Information Statement for Influenza and Consent Forms has been distributed to residents and or resident's responsible parties. Please return if you have not done so already as influenza vaccination begins the first week of October

## **Flu Symptoms**

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever\* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)



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

\*It's important to note that not everyone with flu will have a fever.

## **How Flu Spreads**

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 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.

## **How to Prevent Flu**

CDC recommends 3 actions to prevent flu.

1. Get a flu vaccine.
2. Practice everyday preventive actions, Wash your hands, cover your coughs and sneezes, dispose of tissues promptly and stay home if you are sick
3. Take antiviral medication to treat flu if your doctor prescribes them.





## October Birthdays

### Residents

Marian Riffle	10/1
Gail Sterley	10/10
George Cooper	10/21
Ellie Swanson	10/28

### Employees

Lopez, Edna	10/1
Anita Young	10/1
Sara Parsons	10/6
Lori Smith	10/7
Ronda Clark	10/9
Kathleen Rodell	10/17
Jamie Alfnejd	10/21
Sally Cymbal	10/21
Deb Wahr	10/21
Kane Saunders	10/22
Kelly Bousson	10/23
Thomas Lawler	10/26
Hilary Brown	10/27
Demika Garcia	10/30

The Resident of  
the Month for  
October is

**Wilma Pipher**

**Congratulations!**



The Employee of  
the Month for  
October is

**Jamie Alfnejd**

**Congratulations!**





# Residents' Rights Month

October is "Residents' Rights Month," an annual event designated by the Consumer Voice to honor residents living in all long-term care facilities. It is an opportunity to focus on and celebrate awareness of dignity, respect, and the rights of each resident. The federal Nursing Home Reform Law guarantees residents' rights and places a strong emphasis on individual dignity, choice, and self-determination. The law also requires nursing homes to "promote and protect the rights of each resident." Residents' Rights Month is a time to raise awareness of these rights and celebrate residents.

This year's theme is "**Reclaiming My Rights, My Home, My Life.**" The theme acknowledges the impact of this past year on residents and highlights the need for residents' rights to be recognized, recovered, and reasserted. It emphasizes the recognition of the long-term care facility as the residents' home, and the importance of residents reclaiming their own lives. The theme focuses on raising awareness of federally mandated residents' rights while also underscoring the need for dignity and self-determination of all residents.

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.

**C. Planning and Implementing Care. The resident has the right to be informed of , and participate in, his or her treatment, including;**

**(7) The right to self-administer medications if the interdisciplinary team, as defined by 483.21 (b)(2)(ii), has determined that this practice is clinically appropriate.**







## **October is National Physical Therapy Month**

National Physical Therapy Month is celebrated each October. The goal of the month long celebration is to raise awareness of the important role that physical therapists and physical therapy assistant's play in helping people decrease pain, improve mobility, and engage in healthy lifestyles.

### **What is Physical Therapy?**

Physical Therapy (PT) focuses on restoring and improving mobility impairments as a result of illnesses, injuries, falls, neurological events such as a stroke or brain injury, or deficits related to the aging process. Physical Therapists are also trained to evaluate and treat certain spine conditions including back and neck injuries. A PT program may include, but is not limited to:

- ♦ Acute and chronic pain treatment
- ♦ Balance retraining
- ♦ Bed mobility training
- ♦ Evaluation and recommendation of assistive devices
- ♦ Falls prevention
- ♦ Functional gait and mobility training
- ♦ Lower extremity range of motion exercises, stretching and strengthening
- ♦ Manual therapy techniques
- ♦ Wheelchair seating and positioning



Oakview is very fortunate to have our own Physical Therapy staff. Monica Hatch is our full time Physical Therapist and Julie Nieboer is our full time Physical Therapy Assistant. These girls are working diligently to provide outstanding care to Oakview residents. Please take time in October to show your appreciation.

Jannice Lamm, LNHA, Administrator

