
THE CONNECTION

“Living at Extended Care”

IMPORTANT NEWS ON ACCESSING EXTENDED CARE FOR AFTERHOURS VISITING

We are excited to announce that our main entrance doors (main door-#12 and the door on North Memory Lane-#15) are now automated. Please note the following information:

Business Hours remain 8 a.m. – 5 p.m. Monday – Friday except Holidays.

- These two doors are equipped with a Call Button for access. Instructions are provided next to the Call Box in each entry way.
 - How to Enter After Hours
 - Push Call Button
 - Staff will Welcome you, ask for your name and who you are there to visit. Without this information, an individual will not be provided access.
 - Staff member will press a button that will produce a “clicking” sound at the door which indicates it is now open for entrance by the requesting party.
- New Features
 - This feature replaces the need to use the phone at the main entrance to gain access.
 - A camera will provide the Extended Care staff the ability to identify individuals as well as an intercom system to speak directly to the person requesting entry. The camera provides Extended Care staff that extra security step during afterhours.
 - For those with appropriate need/connection for visiting will be “buzzed” in using this new system.
 - When the call box is out-of-order, the phone will remain in place as a secondary means of communicating with the staff working. This phone only exists at the Main Entrance, so when communicating to visitors or family members not frequently visiting the facility, please make sure you refer them to access through the Main Entrance door.

*Each Resident will be interviewed for the identification of family members that live in Sidney and visit on a regular and consistent basis. For those Residents, a separate badge will be assigned to one family member for access without having to use the Call Button system. Education on that utilization will be provided at the time of distribution. You will be notified by the Business Office to initiate that process and setup education.

HIGHLIGHTS

- 5 Star Rating Maintained for over one year
- Record number of residents attend Richland County Fair & Rodeo





OUR MISSION

The mission of Sidney Health Center Extended Care is to help those we serve achieve their highest level of health and wellbeing. To meet our mission, we have identified core values to guide our organization: Integrity, Compassion, Accountability, Respect, and Excellence.



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OUR STAFF

Marlys Anvik	488-3917
Administrator	
Vicky Strasheim	488-2325
Director of Nursing	
Donna Coffman	488-2327
Director of Social Services	
Marilyn Usselman	488-2333
Director of Clinical Compliance	
Kristen Radke	488-2338
Director of Engagement	
Jessica Price	488-2296
Business Office Supervisor	
Sandi Kittleson	488-2300
Administrative Assistant	

WAYS TO MAKE A DIFFERENCE

Want to make a difference but don't know where or how to start?

The team at Extended Care strives to deliver on the promise of exceptional care to the residents. We are often asked by family members on how to enrich the daily life of the residents and/or say thank you to the staff. The following are different ways you can make a difference at Extended Care:

Volunteer

Volunteers are always welcome to help during activities and events. For more information on volunteer opportunities, please contact Kris Radke at 488-2338.

Thank You's

Individual employees are not able to accept gifts of any kind directly. Your verbal and written appreciation are always accepted. If there is something else you would like to do for the staff, please contact Marlys Anvik at 488-3917.

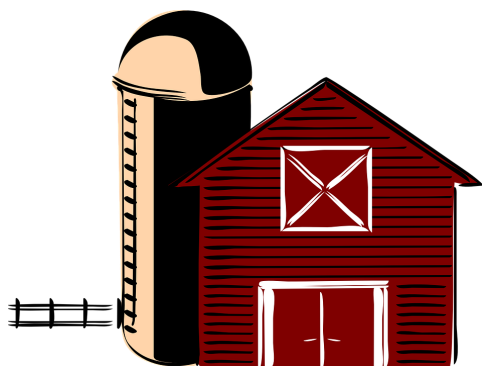
Donate

Foundation for Community Care has several accounts setup for donations to enrich Extended Care's mission. For more information on making a donation, please contact Marlys Anvik at 488-3917 or Gina Heckey at the Foundation for Community Care at 488-2273

Foundation for Community Care Accounts

- EC General Fund—Funds used to benefit identified needs at Extended Care
- EC Angel Avenue—Funds used to enhance and benefit dementia and Alzheimer awareness
- EC Activities—Funds used to enhance Resident engagement and activities
- EC Chapel—Funds used to enrich the faith outreach efforts

104 HAPPENINGS



Barn Dance

October 21, 2017 at 6:00 p.m. —Main Dining Room!

You're invited to attend a special night of entertainment and a good old fashioned Barn Dance! Residents, families, and SHC Team members are encouraged to attend. Watch for the post card invitation in the mail. For more information please contact Kris Radke at 406-488-2338.

Veteran's Day Program

Our annual Veteran's Day Program will be held in November. We like to take this time to honor and remember all those that have served in the military. Be sure to check the calendar for the date!

Please contact Kris Radke at 406-488-2338 for more details.



We would like to invite family and friends to participate in all of the events.

Regularly Monthly scheduled events happening at Extended Care.

For more information about any of the following listed events, please contact Kris Radke, Director of Engagement at 488-2338.

• Beauty Shop	Wednesday—Friday	9:00 a.m.	Beauty Shop
<div> <div> Services Offered: </div> <div> <div>Hair Styling</div> <div>No Charge</div> <div>Haircuts</div> <div>\$10.00</div> </div> <div> <div>Manicures & Pedicures</div> <div>No Charge</div> <div>Perm</div> <div>\$50.00</div> </div> <div> Check with Kris for scheduling appointments </div> </div>			
• Church Services	Thursday	10:00 am	Chapel
	Sunday	9:30 am	Chapel
• Bingo	Mon, Wed & Fri	2:00 pm	Dining Room
• Catholic Mass	First Tuesday	9:30 am	Chapel
• Pella Lutheran Communion	Last Tuesday	10:00 am	Chapel
• Exercises	Thursday	10:45 am	Chapel
• Movie Day	Monday	9:00 am	North Memory Lane Family Room
• Resident Council	Second Wednesday	1:45 pm	Dining Room

**All activities are subject to change.

KEEPING YOUR FINGER ON THE “PULSE”

10 Tips Dodge the Flu

1. Wash your hands.

Most cold and flu viruses are spread by direct contact.

2. Don't cover your sneezes and coughs with your hands.

Use a tissue, then throw it away immediately. If you use your hands, wash them immediately.

3. Don't touch your face.

Cold and flu viruses enter your body through the eyes, nose or mouth. Touching their faces is the main way children catch colds and a key way that they pass colds on to their parents.

4. Drink plenty of fluids.

A typical, healthy adult needs 8 glasses of fluids (8 ounces each) a day.

5. Get fresh air.

A regular dose of fresh air is important, especially in cold weather when central heating dries you out and makes your body more vulnerable to cold and flu viruses.

6. Do aerobic exercise regularly.

These exercises help increase the body's natural virus-killing cells. A good example of an aerobic exercise is walking.

7. Don't smoke.

Statistics show that heavy smokers get more severe colds and more respiratory illnesses. Even being around smoke profoundly affects the immune system.

8. Eat well.

A balanced diet including foods rich in zinc and Vitamin C will keep your immune system strong.

9. Limit alcohol consumption.

Heavy drinkers are more prone to initial infections as well as secondary complications.

10. Avoid crowds.

If there is a known flu outbreak, it is best to avoid crowded places.

Source: Geisinger Careworks

GEISINGER
HEALTH PLAN®

HELPFUL INFORMATION

Laundry/Marking Clothes

Please remember to let nursing staff know about new clothing items, so items may be properly marked by laundry. Also, if family members do the Resident's laundry, please put some type of marking on the clothes. We suggest using a permanent marker on the label. This allows us to make sure all laundry is returned to Residents.

Food Storage

We would like to remind everyone that brings in food for a Resident to properly mark the item. Please be sure to put the Resident's name and the date the food was brought into the facility on the item. All items not properly marked may be discarded.

Outside Medications

NO outside medication is allowed, i.e. Tylenol, cough drops. Please see a nurse at the Nurse's Station for any further guidance.

Visiting Pets

We love to have your pets visit, but they must be on a leash and their shots up to date. Please remember to clean up any messes that your pet may leave on the lawn.

Room Reservations

If you are planning any type of special celebration, please know that you may reserve one of our family rooms for your event. Reservations for a room must be made with the Nurse's Station at 406-488-2329 and are on a first-come first-serve basis.

Power Strips

All power strips will be provided by Extended Care. No outside power strips or extension cords are allowed to be brought into resident room.

RESIDENT'S RIGHTS

The Quarterly Resident's Rights focus will include:

- Complaints
- Grievances
- Transfer and Discharge
- Access and Visitation
- Medicaid Rights
- Accidents/Condition Changes
- Obtaining Records

Full descriptions are prominently displayed near the management offices and at the front Business Office. You may also contact the local Ombudsman, Irina Pulse at 406-345-2124, or any management members should you have any questions or concerns.

JOYFUL EXPERIENCES

Bus Adventure

Summer means that our community is experiencing new growth in the farmer's fields, neighborhood gardens, and the river is rising from the snow melt. Residents took an adventure on a bus on a warm summer day to see all the wonderful happenings of the community.



Jerry Larsen and Mary Fink



JoAnn Brower and Nichole Rohner



Mary Fink and Bonnie Laroque



Vera Anderson and Marlene Schultz



Margaret Erickson and Nola Goodman

Fresh Corn on the Cob

Residents were treated to fresh corn provided by Kim Schlothauer. Richard St. Germain, Food Services Director, grilled the corn on the barbecue grill in the courtyard. The residents, family, and staff enjoyed the sweet treat under the shade in the courtyard.



Corn cooking on the barbecue grill



JoAnn Brower and her son James



Robert Gross and Pat Sult



Residents enjoying the fresh corn



Residents enjoying the fresh corn

JOYFUL EXPERIENCES

2017 Richland County Fair & Rodeo

This year we had a record number of residents attend the Richland County Fair and Rodeo. Twenty-eight residents attended the Fair on August 3rd, and thirty-seven staff, volunteers, and family members assisted. Residents enjoyed shopping, exploring the exhibits and visiting the animals in the barns....and of course FAIR FOOD! **Thank you to everyone who helped make this outing a SUCCESS!**



Lillian Dasinger and Cleo Cundiff with her Fair Entry



Jerry Larsen and Jeremy Johnson (intern)



Billie Myers (volunteer) and Lois Lang



Ella Larsen and Kelly Markle



Front—Marlene Schultz and Robert Gross
Back—Nichole Rohner and Maggie MacKinnon



Pat Sult and her daughter-in-law Sue



Robert and Judy Lebsock and Teresa Stedman



Robert and Judy Lebsock and Camille Clausen



Mary Johnston, her daughter Mary, and her granddaughter



JoAnn Brower and Mary Fink



Front—Margaret Erickson and JoAnn Brower
Back—Bonnie Voorhees, Jessie Roberts, Nola Goodman, and Mary Fink



Marjorie Larsen, her daughter Rita, and Sean Montgomery (volunteer)

MATTERS OF THE HEART



Halloween—Trick or Treating



Each year Extended Care opens our doors to hundreds of Children for Trick or Treat. Residents line the dining room on Halloween night eagerly waiting for all the kids. We love Halloween at Extended Care and would like to invite family to pass out candy with our Residents! If you'd like to be part of the fun please be in the Main Dining Room by 5:45 on Halloween night.

Halloween—Candy Donations



Trick or treat has become a holiday tradition for many families in our community and we couldn't be happier! Extended Care is proud to offer a safe, warm environment for families....and of course LOTS of CANDY! We've never ran out of candy but we've come close a time or two. Candy donations are generously provided by SHC employees and families.



Candy Donations—Halloween 2016

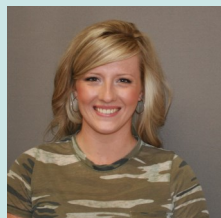
We wouldn't be able to welcome as many children without these candy donations. **If you would like to donate to this great event, donations can be dropped off at the Business Office or with Kris, 488-2338.**

Thank you!

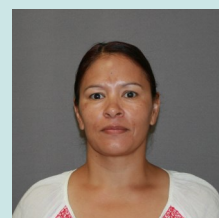
Meet the newest members of our TEAM!



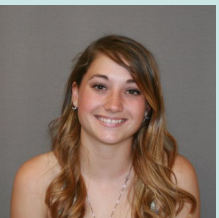
Samantha Bell,
LPN



Lacee Giddens,
CNA



Imelda Paez,
CNA

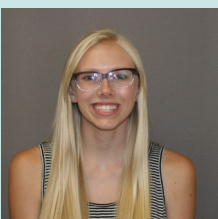


Amber Berry,
CNA

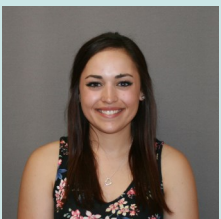


Kylie
LaFromboise,
CNA

If you are interested in joining our team at Extended Care, please visit www.sidneyhealth.org for a current list of openings or contact Human Resources at 406-488-2571.



Jocce Cundiff,
CNA



Lindsey Minow,
CNA

Contact Information

Location: 104 14th Ave NW

Sidney, MT 59270

Business Office:

Hours: Monday—Friday

****Except Holidays****

8:00 a.m. to 5:00 p.m.

Phone: (406) 488-2300

Fax: (406) 488-2260

Main Nurses' Station:

(406) 488-2329

Angel Avenue Nurses' Station:

(406) 488-2328

Christmas Store Donations

Each year at Extended Care, we set up a Christmas Store for our Residents to do their "shopping". It means so much to them to be able to pick out gifts for their loved ones. We are always looking for donations to fill our Store. Items can be new or gently used (aka re-giftable). We appreciate both! Please search your drawers, closets, desks and hearts...Items can be dropped off at the Business Office .

Items Residents enjoy:

- * Lotions
- * Wallets
- * Stuffed animals
- * Small trinkets
- * Pot holders
- * Makeup bags
- * Angels
- * Adult/Children Coloring Books
- * Purses
- * Slippers
- * Children's toys
- * Men's gifts
- * Dish cloths
- * Jewelry
- * Ladies Scarves



104 14th Ave NW * Sidney, MT 59270