
THE CONNECTION

“Living at Extended Care”



WARM WISHES for the Holiday Season!
TO YOU AND YOUR FAMILY
MAY PEACE, JOY, HOPE AND PROSPERITY
FOLLOW YOU INTO THE NEW YEAR

HIGHLIGHTS

- Halloween Costumes and Trick-or-Treating
- New Lifts, Beds and Mattresses





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

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



Snowball Dance

Main Dining Room—February 2018

You're invited to attend a special night of entertainment and a Winter Wonderland! 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.

St. Patrick's Day Ice Cream Social

Our annual St. Patrick's Day Ice Cream Social will be held in March. Residents, families, and SHC Team members are encouraged to attend. Lucky the Leprechaun helps makes the event more festive as we fill his "pot of gold" with quarters to help with Extended Care's bingo fund, so bring your quarters!

Be sure to check the calendar for the date!
Please contact Kris Radke at 406-488-2338 for more details.



*Mark
Your
Calendar*

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
<u>Services Offered:</u>			
Hair Styling	No Charge	Manicures & Pedicures	No Charge
Haircuts	\$10.00	Perm	\$50.00
<i>Check with Kris for scheduling appointments</i>			
• 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"

When in Doubt, Clean it out!

Regularly scheduled medicine cabinet cleanout is important because:

- Your medications could have expired.
- Certain drugs may have lost their potency.
- You may have old prescription medications that are no longer useful or safe.
- You want to avoid accidental ingestion by young children and pets.
- You want to prevent potential drug abuse.



When discarding unused, expired, or recalled medications, take precautions to endure that you protect children, pets, and the environment from potentially negative effects:

- Follow any specific disposal instructions on the drug label or accompanying patient information.
- Don't flush medications unless information instructs you to do so.
- Take advantage of programs that allow the public to take unused drugs to a central location for proper disposal.



Recently, District II Drug and Alcohol distributed disposal bags to Northeast MT counties. DeTerra Disposal bags were taken to several location, and they are an at-home medication disposal system that does not need to be mailed –in or taken to a disposal site.

RESIDENT'S RIGHTS

Should you have any questions or concerns, we encourage you to bring it to any management member. We strive to always be at the table for all discussions.

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.

The Quarterly Resident's Rights focus will include:

- Exercise of Rights
- Self Determination
- Services and Charges
- Choice of Medical Care
- Freedom from Restraints and Abuse
- Privacy

HELPFUL INFORMATION

Staff Appreciation

We are honored for the privilege of providing our residents and family the personalized exceptional care promised. Your verbal and written appreciation are always accepted and appreciated. Monetary gifts are neither expected nor permitted directly to any staff member. Donations may be made to the Foundation for Community Care to benefit Extended Care or contact Marlys for further discussion.

Gifts

Please remember to let nursing staff know about new clothing items, so items may be properly marked by laundry. If there are any items that need to be noted, please let the nursing staff know.

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.

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.

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.

JOYFUL EXPERIENCES

Pumpkin Painting

Fall is a time for pumpkins and creativity. Residents and staff showed off their creative skills by painting and decorating pumpkins. The pumpkins all had unique themes and everyone enjoyed the afternoon!



Residents and Staff painting pumpkins



Lois Lang



Pat Sult



Lylia Volk



Sheila Walby and Bonnie Laroque

13th Annual Barn Dance

Residents, family and friends, staff and volunteers were treated to live entertainment by Meadowlark featuring Richard Halvorson and Signe Verhasselt, during the 13th Annual Barn Dance on October 21st. The night began with homemade pizza, snacks, and soft drinks donated by Blue Rock. Line dancing and two-stepping aren't everyday activities at Extended Care, but they have grown into a tradition that everyone enjoys.



Sherman and Marlys Dynneson,
and Keith and Tammy Dynneson



Nola Goodman and
Chase Usselman, volunteer



Residents and Staff performing a line dance



Anna Mathieu and her son, Bruce



Kris Radke and Erma Carranza dancing with volunteers



Marjorie Larsen

JOYFUL EXPERIENCES

Halloween Costumes and Trick-or-Treating

Halloween is always an exciting time at Extended Care! Residents and Staff enjoy dressing up and having fun together. The preschool class was also dressed up and enjoyed showing off their costumes to everyone. The residents, staff and preschool class had story-time together, which included a “spooky” tale.

The residents were greeted later in the evening by Trick-or-treaters from the community. The halls were lined with lots of cute ghosts, ghouls, and witches.

Thank you to everyone who helped make this day and Holiday a SUCCESS!



Sheila Walby, Jessica Gray, and Ralph Lynde



Nola Goodman, Marlys Anvik, Anna Mathieu, Jessica Price and Sandi Kittleson



Larry Torgerson, Mary Fink, and Vera Anderson



Amber Berry and Erma Carranza



Robert Gross, Marlene Schultz, and Jenna Jablonsky



Orin Anderson, Shelby Stein, and Bonnie Laroque



Joan Ritter and Kris Radke



Jeannette Parsons and Sarah Parsons



Kathy Koffler and Robert McGinnis



Margaret Erickson, Shayla McKague and Elaine Fields



Florence Linder, Ralph Lynde, Jen Doty, and Margaret Erickson handing out candy to preschool class



Residents and preschool class listening to a story



JoAnn Brower, Kris Radke, and Pat Sult

MATTERS OF THE HEART

Improvements

We have been busy here at Extended Care working hard to ensure our promises of delivering personalized, exceptional care is met. It is our mission to continually find improvements that make Extended Care a great place to call home. As you may have already witnessed, every resident received a new bed and mattress with features that allow more choices for the resident, wider bed width and updated technology that benefits the comfort for each resident and safety for the staff when assisting them. Brand new sheets and blankets were introduced at the same time. You may recall that some of the funding for this major project was donated through the Foundation for Community Care grant funding process. We are grateful for the extended support beyond operational means to implement wonderful additions to Extended Care.

In addition, we have replaced all of the lifts utilized in the facility to brand new options that will make it easier and safer for all involved. A total of 7 were purchased allowing for each wing to have the type and amount of lifts needed to safely transfer residents accordingly.



New bed and mattress



New linens on a new bed and mattress



Staff received training on operating new lifts



Assembly line of new bed frames

Meet the newest members of our TEAM!



Sandi Kittleson,
Admin Assistant



Catalina Langwald,
CNA



Cierra Larson,
CNA



Cammy Heck,
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.

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

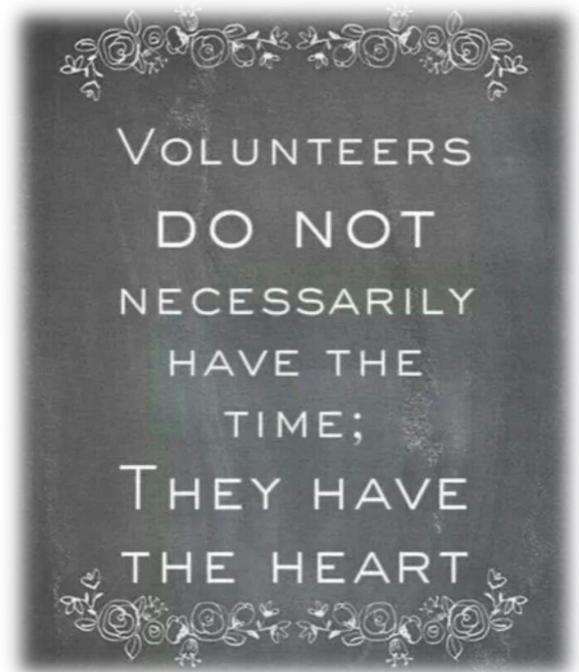
Fax: (406) 488-2260

Main Nurses' Station:

(406) 488-2329

Angel Avenue Nurses' Station:

(406) 488-2328



We would like to thank all of our volunteers and supporters for your generous support of Extended Care's mission!

To become a volunteer, please contact Kris Radke at 406-488-2338.



104 14th Ave NW * Sidney, MT 59270