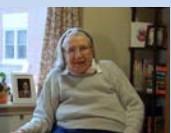




Steuben County Health Care Facility January-February 2012 Newsletter

“People may forget what you say.
People may forget what you do.
People will never forget how you make them feel.”

~Anonymous



RESIDENT'S VIEW

We welcome this contribution from our newest resident reporter, (Mable) Anna Scouten:

Residents of SCHCF are recipients of many benefits on a daily basis. A few of these include; good food, a nice room, personal care, laundry, physical therapy and many others. My favorite is a “juice wagon” for thirsty folks!

We wonder if some of these services so exactly fit the need that the resident was overjoyed finding it. We decided to ask some of them and this is what we heard:

One resident was very pleased to learn that we have a Resident Food Committee which listens to any food complaint and tries to correct the problem. They also review new recipes for us to try and suggest changes to the menu from time to time.

One resident was delighted that the nurse gave her the right pills each day, at the right times. This saved her from having to contend with a dozen pills a day by herself.

A resident recalled having been ill during the night. She was surprised, while comforted to be given follow up care without having asked for it.

Another resident was enthused that she could choose her own food from a menu.

We started out by naming a few of the benefits and services available to residents of SCHCF. There are a few more including; library, van trips, dentist, piano, beauty salon, exercise classes, banking account set up to pay for things like tv cable service, and a locked drawer in your room for safekeeping.

Please join me in this series of articles to see things from a resident's point of view.

~ Submitted by Anna Scouten of Keuka Unit.



SPOTLIGHT

Nita Kleinschmidt

Nita Kemp was born January 1, 1925. Abused as a child, she was removed from her birth home and placed in foster care when she was 11 years-old. Her foster parents, Mr. and Mrs. Baker, having no children of their own wanted to adopt Nita, but her birth mother wouldn't allow it. Over the years, other foster children came and went, but Nita stayed. Of her time with the Bakers she says, “I knew I was being loved and cared for.”

At 19, Nita met George Kleinschmidt on a blind date. They hit it off right away and were soon married. Their family grew quickly, with daughter Ruth arriving in 1945, and Carol in 1947. Since her birthday was so close to Christmas, it was never really celebrated during her childhood, “My husband was the first person to make a big deal about my birthday.” So Nita was always careful to make her daughters' birthdays special.

In 1959, Nita went to work for the William J. Keller printing company as a bookkeeper. After George passed away in 1974, the company was sold to Herford Jones Yearbooks and moved to Gettysburg, PA. Nita moved with them, and stayed until she retired as purchasing agent in 1978. Shortly afterward, she returned to New York to be closer to her family.

Nita lives on the Keuka unit, from which she blesses with the following benediction: “God always knew we would need glasses—look where He put our ears!”

This resident spotlight was contributed by our resident reporter ~ Kathy Strack of Waneta Unit.

****Our Social Worker has many helpful articles to help those feeling (SAD) Seasonal Affective Disorder****



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Example of an Ergometer

EXERCISE UPGRADE

At the Steuben County Health Care Facility we put a great deal of emphasis on physical activity for our residents. Remaining physically active is the only way to preserve strength, mobility and physical health. But there's more to it than just the ability to walk or transfer; staying active keeps us healthy in many ways. Regular exercise helps us sleep better, improves cardiovascular health, and can positively affect everything from skin integrity to digestion to insulin sensitivity.

For our residents, daily exercise groups also provide psychological benefits. Some enjoy the socialization and creative activities that are used while others find pride in achieving personal health goals.

In 2012, our residents will have a new tool to help work toward these benefits. Upper Body Ergometers, or UBEs, and Restorators, (fancy names for "arm bike") are frequently used in restorative rehab and fitness centers alike. Models designed for home or multiple uses can also be utilized as a Lower Extremity Restorator, a stationary bike essentially, only usable from a wheelchair or standard chair.

Our Facility was recently able to order three such devices, one for each of the units. We're very excited to add this equipment to the rotation (pardon the pun!) in our Restorative Nursing and Maintenance programs to improve the variety and effectiveness of programs offered. Residents capable and appropriate for such exercise will have these restorators available for use individually and in group scenarios, depending on their individual care plans. We're hopeful that this will further improve quality of life for all, and maybe even decrease necessary visits to Rehab Services!

~ **Dr. Joel VanSlyke, PT, DPT, MSPT** Director of Rehabilitation

RECENT EVENTS

We had a dog show in November and it was a huge success! We had dogs come in from the community, as well as many staff who brought in their dogs.



Major, a black lab, brought in by Bill Goodrich won "Best in Show," taking home a nice ribbon and a stuffed dog for Major.



"Reserved Best in Show" went to Violet, brought in by Terry Fleischmann. She also received a nice ribbon and a stuffed dog for Violet.

Our resident judges were Richard Freeman and Bunny Goldman.



Many breeds were represented: Corgis, Pugs, German Shepard, English Bulldog, Labrador Retrievers, Shih Tzu, Doberman,



and a few others. All of our participating dogs went home with a doggy bag full of goodies, and enjoyed showing themselves off for our residents!



Everyone had a good time watching them strut their stuff in the ring in the living room, and enjoyed petting them.

~ **Submitted by Dana Stratton, Activities Assistant**

Please submit your newsworthy items for publication in our next issue to **Nicole Walker** at nicolew@co.steuben.ny.us & visit www.SCHCF.org to view more facility photos

"To be 70 years young is sometimes far more cheerful and hopeful than to be 40 years old."

~ **Oliver W. Holmes Jr.**



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“Blessed are those who can give without remembering and take without forgetting.”
~Elizabeth Bibesco

Administrator’s Message

I would like to express my gratitude to our staff for the beautiful holiday decorations both inside and outside of the facility. As the season winds down, we can revisit the event with photos to cherish. Here is a sampling and soon there will be more available for viewing on our website. My thanks to all staff and department managers that came in for the Christmas party on December 10th. The event was festive and a true success with over 200 family members and friends in attendance.

May you enjoy good times,
good health
& true happiness in the New Year!



David McCarroll, Administrator
Steuben County Health Care Facility
7009 Rumsey Street Extension
Bath, New York 14810
(607)776-7651



We also enjoyed musical entertainment from Bath Haverling Third Graders in December



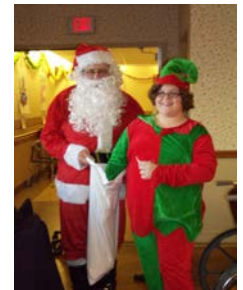
We received donations from the following organizations and individuals this Christmas. Their generosity enabled us to provide each resident at our facility with a gift at Christmas.

Join us in giving thanks to:

Bath American Legion, Hammondsport American Legion, Hammondsport Community Service Group,

St. James Church Hammondsport, Steuben War Veteran’s Memorial –Bath, Steuben County DSS Fraud & Legal Department, Centenary Methodist Women’s Church Group, Ladies of the Valley Quilt Guild; Sandy Bailey, Donna Craig, Steve & Lois Deming, Terry Fleischman, Rachel Gustina, Lucille Hess, Stacey Lee, Cyndi Peterson, Sue Sager, Barb & Deb Shader, Vince Spagnoletti, and Dana Stratton.

~Submitted by Gail Frey, Director of Resident Activities and our Volunteer Coordinator





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Food & Nutrition Department Lead Efforts to "Stop Hunger"



The Steuben County Health Care Facility collected food for Turning Point Food bank, part of Catholic

Charities on Liberty Street in Bath for the Christmas holiday. The table was set up in the lobby for our staff and visitors to contribute. It was a terrific display of generosity. We collected over 200 pounds of food item staples and Christmas treats. This drive was organized by our Food Nutrition Dept Manager Goldie Khork. *Many thanks to all who made a donation!*

SAFETY RESPONSE

On a Tuesday evening in November, the dish washer in the kitchenette on the Lamoka unit sparked and put out smoke. Residents were quickly protected from the smoke and the staff went after the fire with a fire extinguisher. The Bath Volunteer Fire Department arrived. They quickly ejected smoke from the Lamoka unit.

The fire plan worked and we are proud of our staff's response to the fire and the challenges that go along with it. The clean up after the fire was well handled by staff that came in and by midnight, areas outside of the Lamoka dining room were secure and fully cleaned. Our staff met a serious challenge swiftly, efficiently, and effectively. We applaud the onsite team:

Tanarra McDermott, Christine O'Dell, Philip Wright, Eugenia Clark, Myrtle O'Dell, Alisa Gerrard-Gough, Anabella Cranmer, Molly Leon, Tonya Murat, Nadene Pyer, Jennifer Wilson, Curtis Kirkum, Carolyn Avery, Patricia Ells, and Sandy Waight. *Staff Reporting In;* Jeff Johner, Ken McGlynn, Sue Sager, Becky Kilsdonk, Goldie Khork, Judith Bardeen, Harmony Smith, Samantha Kropp, Elaine Eddy and David McCarroll.



CHANGES IN MEDICARE

Medicare part A is defined as hospital related health insurance. **If** a Medicare beneficiary is hospitalized for at least three consecutive nights then returns to (or is admitted to) a nursing home such as ours **and** a doctor certifies the need for daily skilled care, like intravenous injections or physical therapy, **then** Medicare part A will cover the cost of room and board at the facility for the duration they are receiving those skilled services. Medicare pays for the first 20 days in full. During the 21st day up to a maximum benefit period of 100 days, a beneficiary is responsible for a daily Medicare co-insurance. Effective January 1st, 2012 the Medicare co-insurance amount will increase to \$144.50. Many of our nursing home residents have a secondary insurance coverage that covers a portion or all, of the Medicare co-insurance amount. *Our in-house experts are Cyndi Peterson, RN and Jennifer Jenkins in the business office.*

MEDICARE IN THE MAIL

Medicare Part D Prescription Drug Coverage open enrollment period has ended. Please provide our business office with a copy of your prescription plan's new card or renewal notice for 2012.

NAMI REMINDER

For Medicaid recipients, your Net Available Monthly Income (NAMI) payment is due the facility at the beginning of the month for the month of service and should arrive at the facility no later than the 5th of the month.

WELCOME NEW EMPLOYEES

Jennifer Coppola - Certified Nursing Assistant
Please accept our apology for misspelling your name in December's issue!

Rachel Burlingame - Certified Nursing Assistant
Daniel Dewert - Food Service Helper
Shannon Lynch - Certified Nursing Assistant
Aimee Varlan - Certified Nursing Assistant

"Crisis
creates
opportunity"
~Walter Klores