

SAUK COUNTY HEALTH CARE CENTER'S COMMUNICATOR

SEPTEMBER 2007 *Upcoming Events*



Sept 23	First Day of Autumn	Oct 18	Medicare
Sept 24	Medicare		Quality Assurance
Sept 27	Medicare	Oct 19	PAYDAY
Oct 1	Medicare	Oct 22	Medicare
Oct 4	Medicare	Oct 24	Bake Sale
	Board of Trustees	Oct 25	Medicare
Oct 5	Payday		Casual 4 A Cause
Oct 8	Medicare	Oct 28	Safe Halloween
	Columbus Day	Oct 31	Halloween Social
Oct 11	Medicare		
Oct 15	Medicare		
Oct 17	Nurses Meeting		
	Chili Luncheon		



EMPLOYEE ANNIVERSARIES — OCTOBER

John McCarthy	5 yrs	Joan Leak	18 yrs
Marietta Rick	6 yrs	Rita Lomasney	26 yrs
Jodie Mittlesteadt	7 yrs	Kelly Lange	27 yrs
Lara Rabuck	8 yrs	Anita Pagel	29 yrs
Michelle Heiser	13 yrs	Teresa Stemper	30 yrs
Sherry Karstetter	13 yrs	Ellen Connor-Andres	31 yrs
Deb Steinmetz	14 yrs		

Congratulations



WELCOME TO OUR NEW EMPLOYEE

Hello, my name is Debra Lipscomb and I am working as the LTE ATA. I enjoy gardening, fishing and hiking with my husband and two terriers.

The **Sunshine Club** received no nominations for the Sunshine Award this month. Be sure and submit the name of an employee whom you feel deserves some special recognition for doing a good job. Put their name in the break room Suggestion Box and they will receive a free movie ticket if chosen.

The price of movie tickets will be increased beginning October 1, 2007. We are now charged \$6.80 for adult tickets (250—1000 tickets) and \$5.50 for children (100 or more tickets) The Sunshine Club will be charging \$7.00 for adults and \$5.75 for children beginning October 1. The normal evening price for movies is \$8.50 for adults and \$6.50 for children so it is still a substantial savings.

The Sunshine Club would like to sincerely thank all employees for supporting the Casual 4 A Cause fundraisers. It helps to fund our cards/gifts to ill employees or those who experience a significant event and birthday cards to all staff. The next Casual 4 A Cause Jean's Day will be October 25.

Also, we would like to sincerely thank the anonymous donor who gave the Sunshine Club a monetary gift of \$120. Your generosity is greatly appreciated.

Attention All Staff currently using the time clocks: Beginning **Monday, September 24, 2007**, please punch on both the old (red) timeclock as well as the new (black) timeclock. Please punch on both clocks until further notice, we are beginning to test our new timekeeper/payroll interface. Please punch for all of your normal punches including your lunch breaks.

Feel free to make yourself familiar with the new (black) time clock and it's functions. You can check your punches, transfer departments and check your most recent punches just as you can on the red time clock. There will be signs by the timeclock for you to see the procedure of changing dept, coding as a supervisor, etc.

Jim Risgaard, our representative from **Nationwide Retirement Solutions** will be here on **Tuesday, October 9, 2007** in the One North Conference Room, **1 - 3:30 pm**. If you would like to talk with Jim about ways to save money for retirement, please stop in the Personnel Department to make an appointment. Even if you would just like information to consider this choice, feel free to make an appointment for your questions.

Dates to Remember

Apple Bake on Tuesday, October 9. 2:00 p.m. in the Resident Dining Room. All staff, residents and visitors are welcome to attend this event. Warm baked apples and ice cream will be served. So delicious!! Maple Hill Apple Orchard has generously committed to donate 2 bushels of apples.

A **Chili Luncheon** will be held on Wednesday, October 17. The Activity Department will be serving from 10:30 a.m. -1:00 p.m. Sign-up sheets will be available for the p.m. and NOC shifts. Watch the bulletin boards for the information. Chili luncheon will be \$3.00 and will include a bowl of chili, bread, dessert and soda. Single bowl of chili will be \$1.50. All proceeds will help support the 5th Annual Safe Halloween.

Bake Sale Wednesday, October 24. This bake sale will be done a little differently this month. It will be held from 8:30 a.m.-3:00 p.m. or until everything is gone in the employee break room. There will be a lot of great items for sale including pies, cookies, bars, cheesecake, slices of pie, caramel corn and much more. If anyone has a special request please contact any activity staff and we will make it for you. All proceeds will benefit the Safe Halloween.

The **5th Annual Safe Halloween** will be held on Sunday, October 28 from 1:30 p.m. - 3:30 p.m. for ages infant - 5th grade. Last year we had over 500 kids come through the facility. It is a fun day, but we would not be able to have this event without your support. If anyone would like to donate candy (we try and stay away from hard candy) or a monetary gift, please see an activity staff person. Donations can be made by individuals, departments, units, families and businesses. There are several county departments from Baraboo that also have helped support this event. This has become a favorite event in the community, so let's make this year even better. We are also in need of volunteers to help with passing out candy, the refreshment area, decorating, haunted house and bake sale. Thanks— Margaret Burggraf

A BIG THANK YOU TO ALL STAFF FOR YOUR CONTINUED GENEROUS SUPPORT OF ALL OF OUR FUNDRAISERS. YOUR GENEROSITY IS SINCERELY APPRECIATED!



Remember that all employees are invited to wear jeans and Packer shirts, etc. on Packer game days.

Go Pack Go!

**SUNDAY, SEPTEMBER 23
SUNDAY, SEPTEMBER 30
SUNDAY, OCTOBER 7
SUNDAY, OCTOBER 14
SUNDAY, OCTOBER 21**

**MONDAY, OCTOBER 29
SUNDAY, NOVEMBER 4
SUNDAY, NOVEMBER 11
SUNDAY, NOVEMBER 18
THURSDAY, NOVEMBER 22**

**THURSDAY, NOVEMBER 29
SUNDAY, DECEMBER 9
SUNDAY, DECEMBER 16
SUNDAY, DECEMBER 23
SUNDAY, DECEMBER 30**

In-services now available are: **Break the Chain: Infection Control**, and **Preventing Falls in the Elderly** which includes a quiz. Both are mandatory for all staff. If you have any questions please contact LaVerne Jones at ext. 7608.

“HEALTHY YOU” - NATIONAL REHABILITATION WEEK

Hello, rehab teammates! Every day we take care of some very important people, but are we all taking care of ourselves? Here are some helpful steps to achieve a healthy, happy, old age.

1. **Don't smoke** or stop if you do smoke. Smoking is associated with high levels of heart disease, cancer, stroke and lung disease. Smoking is also associated with high levels of Alzheimer's Disease according to the 2005 report from the Institute for Natural Resources.
2. **Drink less alcohol.** One drink per day may be healthy, but less is best.
3. **Keep weight low and steady.** Obesity is the number one killer of Americans. Eat less calories, eat more fruits, vegetables, whole grains, plant fats and oils, nuts, beans and peas. Use less red meat, white potatoes, white rice, table sugar, refined flour and some pastas.
4. **Take your vitamins.** Harvard aging studies have shown that taking a multivitamin each day helps to prolong life.
5. **Exercise regularly.** Get a good cardiovascular work out. 30 minutes of walking briskly 3-4 times per week can significantly make a difference in lifespan. Stair climbing or lifting weights helps to slow the loss of age-related muscle mass and bone.
6. **Sleep well,** regular rest is key. Sleep disorders are major risk factors for heart disease, stroke, depression and even Alzheimer's Disease.
7. **Challenge your mind.** New learning causes growth and connections among the brains cells that resist brain aging.
8. **Stay positive, friendly and social.** Don't let stress get you! Have a good support system to keep you upbeat and happy with life's many challenges.

Remember, others depend on us to help them manage these helpful tips. Good food intake, daily restorative walks, activity involvement and therapy attendance are just some of the ways we help keep our residents rehabilitated.

Thank You!

Your Occupational, Physical and Speech Therapy Departments.



