

SAUK COUNTY HEALTH CARE CENTER'S COMMUNICATOR

JULY
2013



July 19 PAYDAY
 July 22 Medicare
 July 24 Salad Luncheon
 July 29 Medicare
 Aug 2 PAYDAY
 Aug 5 Medicare
 Aug 6 Department Head
 Aug 8 Board of Trustees
 Aug 12 Medicare
 Aug 14 All Staff Meeting
 Casual 4 A Cause

Aug 16 PAYDAY
 Aug 19 Medicare
 Aug 20 Department Head
 Aug 26 Medicare



Thoughts from John...

Thanks to everyone for your donations and purchases for the Pie Social. Everyone enjoyed it and it was a big success.



We will soon be starting to raffle "baskets" to contribute to the Alzheimer's Walk in September. Again, we would like to have several each week to display for bids. Anyone or groups/departments that would like to contribute, please see me. This was a great success last year. The Alzheimer's Memory Walk is scheduled for Saturday, September 21, so look for different fund raisers throughout August and September to help support this cause.



Residents did very well this year at the fair. Several blue ribbons, even Grand Champion & Reserved Grand Champion awards! Thanks to all the staff who helped in any way.



We will again be having a Salad Luncheon coming up on July 24th. Watch for posted signs for time and prices.
 Thanks, John Peterson



LaVerne's In-Service Corner

The next Mandatory **All Staff Meeting** has been scheduled for Wednesday, August 14 at 7:00 a.m., 1:30 and 2:30 p.m.

All staff— Modules 1—4 on dementia care are available on DVD in the in-service room.

Don't forget that you get in-service credit for All Staff meetings, Nurses' meetings, and CNA meetings.
 Thank you. LaVerne



SUNSHINE CLUB NEWS

Our next **Casual 4 A Cause** will be on **August 14, 2013**. You may purchase a Casual 4 A Cause sticker at the front desk if you wish to wear jeans. The Sunshine Club is donating the prize for the Fish Award, so please continue to nominate people for this award by putting their name on the bulletin board in the service hall. As always, the **Sunshine Club** will continue to send birthday cards to all staff, gifts for staff who experience illness, deaths, births etc. and will periodically provide treats for staff on special occasions. We also provide a copy of the *Reedsburg Independent* for staff use in the break room.

EMPLOYEE ANNIVERSARIES — AUGUST

Angie Dehler	1 year	Rita del Valle	12 years
Ashley Buechler	2 years	Arlene Degner	15 years
Breanna Hainstock	2 years	Denise Smith	31 years
Debbie Lange	2 years	Laura Clary	32 years
Gina Mitcham	4 years	Mary Quinlan	33 years
Kim Jackson	5 years		
Miriam McBain	5 years		
Marianne Gasser	8 years		

Congratulations Everyone!

Welcome Our New Employees



Hi, my name is Crystal Beesley. I will be working here as an RN on Day/PM shifts.



My name is Shyla Indereieden. I live in Reedsburg and am currently going to MATC for Nursing. I recently moved here from St. Cloud, MN and I love the Vikings!



Hello, my name is Mark Menne and I am going to be working as a CNA every other weekend. I am married with two kids. I am currently in school at MATC Reedsburg. I, one day, will be an RN. Who knows, maybe someday I will be an RN in this facility.



Hi, my name is Anna Meyer. I'm from Sauk City and will be working here as a CNA.



Hello, I'm Lonna Tracy, a new CNA here. I'm from Wonewoc and am a mother to 3 wild boys. I enjoy being outdoors as much as possible.

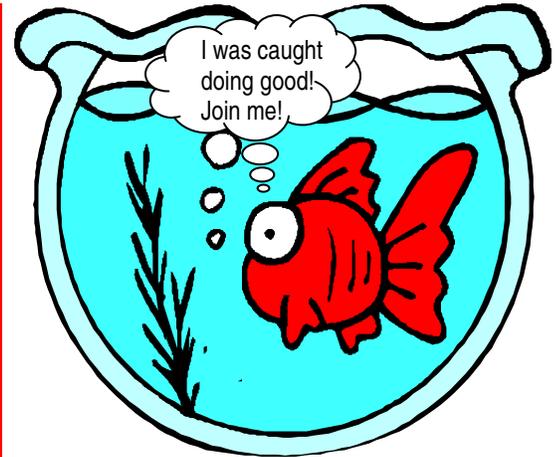
Please be a courteous smoker and neighbor, and dispose of your cigarettes in your vehicle. Thank You!



ATTENTION ALL STAFF!

The “Fish Philosophy” Bulletin Board is to be used to recognize co-workers for being “caught doing good”. Write their name, date and what they are being recognized for on a fish and hang it on one of the hooks. You must sign the fish. Each month one lucky person will receive a gift.

The winner for June is Tammy Woirol of the ESS Department. Tammy was nominated for always being a good, flexible and willing worker. The July winner is Colleen Johnson of the Dietary Department, nominated by Kim Jackson. Colleen was nominated for always being helpful, having a smile on her face, and for always making breakfast go smoothly. Thank you ladies for going above and beyond for our residents and your co-workers.

**DURING THIS TIME OF EXTREME HEAT AND HUMIDITY...**

Be aware of the signs of dehydration, heat exhaustion and heat stroke both here at work and at home with your family. Remember to especially be aware of those most vulnerable to excess heat—young children, the elderly and chronically ill.

Dehydration: Altered mental states, lethargy, lightheadedness, and dizziness, dry mucous membranes, decreased skin turgor (loss of elasticity), rapid heart rate, and orthostatic hypotension (blood pressure drops upon standing or rising).

Heat exhaustion: Headache, dizziness, fatigue, nausea, vomiting, muscle cramps, rapid pulse. May develop slowly over a number of days. Profuse perspiration, cool moist skin, normal or elevated temperature can also be caused by depletion of body fluids and electrolytes due to exposure to intense heat or the inability to acclimate to heat, resulting in prolonged or severe diaphoresis. May progress to *heat stroke*.

Heat Stroke: Headache, dizziness, fatigue, nausea, vomiting, muscle cramps, rapid pulse. May develop quickly (within a matter of minutes). Other symptoms are absence of perspiration, hot, dry, red or mottled skin, slow deep respirations, *extremely high temperatures* (104 degrees F or above rectally), mental confusion, disorientation, delirium, irrational behavior, diminished level of consciousness or loss of consciousness (may be abrupt), signs of shock and coma.

Things to do to prevent heat related illness.

Wear loose fitting, light weight, light-colored clothing; avoid sunburn; seek a cooler place; drink plenty of non-alcoholic beverages; take extra precautions with certain medications; avoid hot spots such as a parked car. Never leave anyone in a parked car for any period of time.