

SAUK COUNTY HEALTH CARE CENTER'S COMMUNICATOR

**JULY
2015**

EXTRA EXTRA EXTRA.....CHECK OUT PAGE 6.....
..... A PRESS RELEASE FORM OUR HELPFUL AND FRIENDLY KITCHEN STAFF

From Kim

As we enter into this weekend's holiday, please make sure to recognize the true meaning of the Fourth of July. It is the celebration of the independence of our country. Let us not forget its true meaning and the freedom we are afforded here in America. Enjoy your time with your loved ones and be safe. As we reflect on the holiday here are some quotes to ponder from some famous people.

"Freedom is nothing but a chance to be better." Albert Camus

"If our country is worth dying for in time of war let us resolve that it is truly worth living for in time of peace." Hamilton Fish

"In the truest sense, freedom cannot be bestowed; it must be achieved." Franklin D, Roosevelt

"One flag, one land, on heart, one hand, One Nation evermore!" Oliver Wendell Holmes

July 02 PAYDAY	July 15 Nurses Meeting
July 03 HOLIDAY	July 16 CNA Meeting
July 04 Independence Day	Quality Assurance
July 06 Medicare	July 17 PAYDAY
July 07 Department Head	July 20 Medicare
July 08 All Staff Casual 4 A Cause	July 21 Department Head Sauk County Board 6:30
Home Care Staff Meeting 2:00	July 25 Circus Parade
July 09 Board of Trustees	July 27 Medicare
HCC Foundation	July 29 Medical Records
July 13 Medicare	July 31 PAYDAY

"Thirsty? You're already dehydrated"

As temperatures continue to climb, it's important to recognize the signs of dehydration. Dehydration stresses the body to work to retain fluids lost through sweat. It also affects the cardiovascular system, decreasing blood pressure and increasing pulse. The body can tolerate a one to two percent water loss but more than that can cause problems.

Watch for signs of dehydration that include:

- Excessive sweating
- Thirst
- Decreased urine output or dark urine
- Headache
- Fatigue
- Cramping
- Dizziness

If symptoms of dehydration are exhibited, take time to rest indoors or in a shady outdoor area while rehydrating with water. For our residents, make sure that they spend limited time outdoors and when they are outside that they consume adequate fluids.

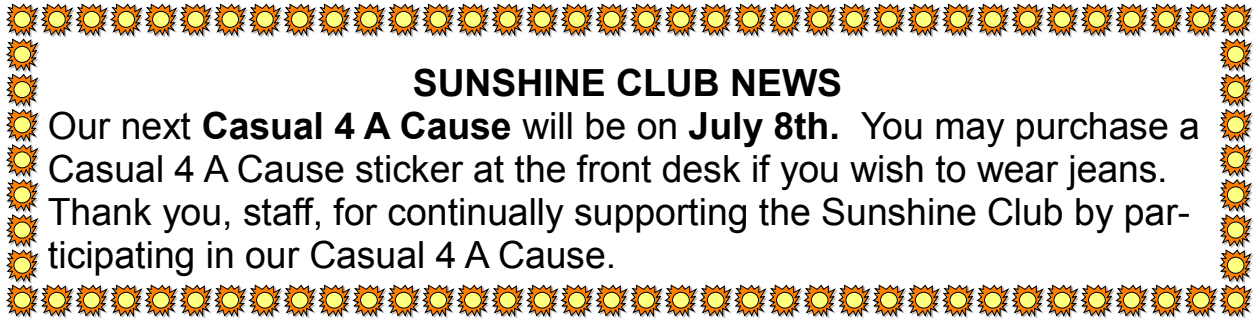
Take care to keep yourself and our residents healthy and safe this summer season

Jenny

July Anniversaries

Penny Bautch	9 years
Kelli Driese	12 years
Corinn Fauver	6 years
Christa Garstka	4 years
Diane Hall	15 years
Brenda Hansen	10 years
Viv Ida	26 years
Mary Jo Huber	33 years
Linda Jenkins	7 years
Sonja Johansen	12 years
John Peterson	25 years
Vickie Stone	24 years
Jenny Vosen	2 years

Congratulations Everyone!



SUNSHINE CLUB NEWS

Our next **Casual 4 A Cause** will be on **July 8th**. You may purchase a Casual 4 A Cause sticker at the front desk if you wish to wear jeans. Thank you, staff, for continually supporting the Sunshine Club by participating in our Casual 4 A Cause.

Staff Development Notes:
 Nurses meeting is Wednesday, July 15th / CNA meeting is Thursday, July 16th
 Mobility Webinar – Thursday, July 9th (2-3pm) Nurses/CNAs/ Restorative invited.
 Look for a flyer in an upcoming check for information on the Family Fun Carnival planned for August 15th. We hope to see you all there. It is sure to be a blast!
 Thank you all for your hard work in promoting resident centered care

The “Good Deed” board is used to recognize coworkers for being “caught doing good deeds”. Write their name, date and what they are being recognized for on a slip and hang it on the board. You must sign the slip. Each month one lucky person will receive a gift. **Tim Green** is the winner of the “Good Deed” award this month. Tim was nominated by Lisa Burris for taking a resident to dialysis when he missed the taxi. **Congratulations Tim!**

From John and the Activity Department:
 We took 1st place in the Non-Profit category for the Butter Fest Parade! A big THANK YOU, to those who walked, assisted with float building & donated items. It was all much appreciated. The residents are looking forward to entering projects & attending The Sauk County Fair. We will also be attending both the Cazenovia Parade & Baraboo Circus Parade during July. The Activity Department very much appreciates all the assistance given to facilitate these outings for our residents.



Tessa Johnson

Welcome our new volunteer/ students for the middle college program. They will primarily be working with the Activities Department.



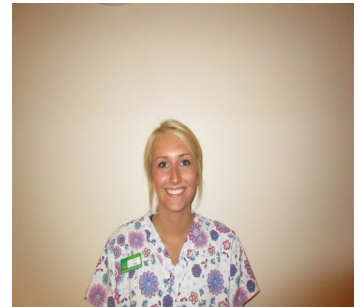
Kayla Watzlawick

Welcome our New Employees



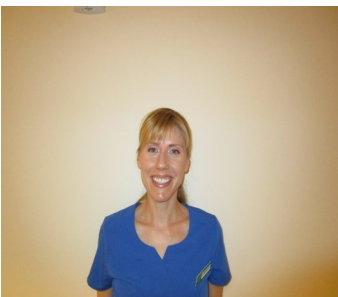
My name is Nicole Dewitt and I am going to be working as a CNA on the pm shift. My hobbies include hunting, fishing, riding 4 wheeler, and riding motorcycle. My boyfriend and I are only twenty and own a home already. I am excited to be part of the staff.

My name is Ali Lohr. I will be working at the Health Care Center as a CNA. I will be graduating from UW- La Crosse this coming spring with a major in Biology: Biomedical Science Concentration and a Minor in Chemistry. After completing my undergraduate degree, I plan to attend medical school.



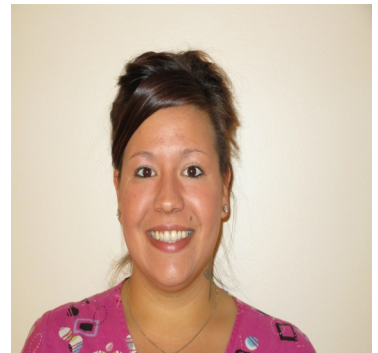
My name is Brenda Miller and I will be working as a CNA on the pm shift. I have two grown sons and enjoy sewing, walking my dog, and spending time with my nieces and nephews.

My name is Megan Runde and I am going to be working as a CNA. I enjoy reading mysteries, swimming, and boating. I am currently attending Carroll University in Waukesha and I am working toward a degree in Ultrasound and Psychology.



My name is Lisa Schlough and I will be working as a CNA on the weekend day shift. I am married and reside in Reedsburg. I am currently attending MATC working toward my nursing degree. I love to workout, so you may see me on my breaks, doing laps around the building.

Hi! My name is Alisha Schultz and I am a CNA. I have been a CNA for 11 years and I am going to school to become an RN. I grew up in Wonewoc and currently live in Elroy. I am excited to meet all of the residents and staff and start my new job.

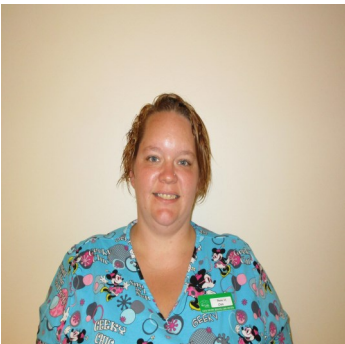


Hi! I am Krista Kramer and I will be working in the dining department. I am originally from Iowa and now live in Loganville. I will be getting married in a little over a year. I look forward to meeting everyone.



Hi, my name is Criss Swanson and I will be the new night shift nurse. I live in Baraboo by Devils Lake and I like to hike. I enjoy our new Basenji puppy who's name is Cairo.

Hello! My name is Emma Ahlstrom and I am a dining assistant. I live in Reedsburg and I am studying at MATC, in the accounting department. I am a huge animal lover and I live with my dog and 4 cats.



Hello, my name is Rose Herbeck and I am a CNA working on the day shift. I currently reside in Lone Rock with my husband and our three children. Along with our three year old dog, Bently and our ten month old kitten, Brooklyn. I am looking forward to meeting and working with everyone here.

Fourth of July Trivia Questions

Question 1:How many hotdogs are consumed on July 4th each year?

Answer:Americans consume 150 million hotdogs on July 4th each year.

Question 2:How much money is spent on fireworks every year?

Answer:Americans spend around 211 million dollars every year on fireworks.

Question 3:Who invented fireworks?

Answer:The Chinese invented fireworks.

Question 4:How many people have cook outs on July 4th?

Answer:Over 74 million people have cookouts on July 4th.

Question 5:When did the Liberty Bell crack?

Answer:The first Liberty Bell cracked when it was being tested. It and the second bell were re-melted and forged again. The

Question 6:When did the Fourth of July become a national holiday?

Answer:This is the only three-part answer to the Fourth of July Trivia Questions. The Fourth of July became an unpaid holiday

Sauk County Health Care Center

July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 PAYDAY Full Moon	3 Holiday	4 Independence Day
5	6 Medicare 1:30 Sauk County Fair Week	7 9:30 Dept. Head	8 All Staff Casual 4 A Cause 2:30 Home Care Staff Meeting	9 5:15 Board Of Trustees 4:30 HCC Foundation Meeting	10	11
12 Sauk County Fair Ends	13 Medicare 1:30	14	15 Nurses Meet- ing 2:00	16 CNA Meeting Quality Assurance 10:00	17 PAYDAY	18
19	20 Medicare 1:30	21 9:30 Dept. Head Board of Supervisors 6:30 West Square Building	22	23	24	25 Circus Parade
26	27 Medicare 1:30	28	29 Medical Records 8:00	30	31 PAYDAY Full Moon	

Once in a Blue Moon ... is a common way of saying *not very often*, but what exactly is a Blue Moon? According to the popular definition, it is the second Full Moon to occur in a single calendar month. The average interval between Full Moons is about 29.5 days, while the length of an average month is roughly 30.5 days. This makes it very unlikely that any given month will contain two Full Moons, though it does sometimes happen. On average, there will be 41 months that have two Full Moons in every century, so you could say that *once in a Blue Moon* actually means *once every two-and-a-half years*. During July 2015 we have two full moons. They occur on July 2nd and July 31st.

Ordering food from the SCHCC Kitchen

You have the ability to order food here at SCHCC for a very low cost. How to order food from SCHCC:

1. You must pick up an order form and pay at the front desk.
2. You then deliver your order form to the dietary department.

Lunch must be ordered and paid no later than 9:30 am .

Supper must be ordered and paid no later than 3:30 pm.

*Orders must be placed no later than 1 hour prior to pick up.

**Night shift staff can order food as well. Orders must be placed the day prior. Order forms can be found with the charge nurse. You must pay with your order form. (Exact change must be given as the charge nurse does not have any change to give.)

**Night shift staff will obtain their food order with the charge nurse's help, as it will be kept in the Activity Department's refrigerator.

SAUK COUNTY HEALTH CARE CENTER

NAME _____

DATE _____

PICK-UP TIME _____

MENU OPTIONS

Daily special	\$4.00	_____
Dinner salad w/protein	\$4.00	_____
Hamburger	\$1.00	_____
Hot dog	\$1.00	_____
Deli sandwich	\$1.00	_____
Salad Sandwich	\$1.00	_____
Side Salad	VEGGIES ONLY	\$1.00 _____
Soup		\$1.00 _____
Fruit w/cottage cheese		\$1.00 _____
Dessert		\$1.00 _____

LUNCH

All orders must be received by the dietary dept. no later than 9:30am.

SUPPER

All orders must be received by the dietary dept. no later than 3:30pm.