

SAUK COUNTY HEALTH CARE CENTER'S COMMUNICATOR

August
2015

See once in a while, once in a blue moon, people will surprise you , and once in a while people may even take your breath away.

- Meredith Grey

July 31st is a blue moon.....

July 31 PAYDAY	August 17 Medicare
August 3 Medicare	August 18 Board of Supervisors
August 5 Home Care Staff Meeting	August 19 Nurses Meeting Board of Trustees
August 10 Medicare	August 20 CNA Meeting
August 11 Dept. Head	August 24 Medicare
August 12 All Staff Casual For A Cause	August 25 Dept. Head
August 14 PAYDAY	August 28 PAYDAY

From The DON

Just wanted to take a moment to thank each and every one of you for working so hard with the recent changes we have made for our residents. Everyone has worked to make this facility even more home-like than it already was and several of our residents and families are noticing differences in their overall well-being already.

Please be encouraged that the changes we are making are for the overall betterment of our facility, residents, and community and that keeping an open mind and heart to change can really make a big difference in the lives of others.

Thanks for all your support,

Jenny

August Anniversaries

Ashley Buechler	4 years
Laura Clary	34 years
Arlene Degner	17 years
Angela Dehler	3 years
Marianne Gasser	10 years
Breanna Hainstock	4 years
Kim Jackson	7 years
Jessica Knuth	1 year
Miriam McBain	7 years
Gina Mitcham	6 years
Mary Quinlan	35 years
Nancy Rich	13 years
Denise Smith	33 years
Lonna Tracy	2 years

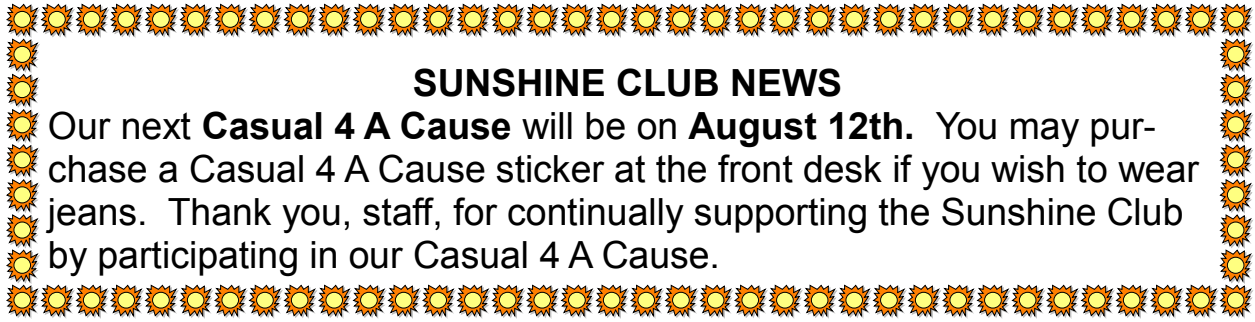
Congratulations Everyone!

Staff Development Notes:

Nurses meeting is Wed. August 19th
CNA meeting is Thurs. August 20th

Family Fun Fair is Saturday, August 15th 11am – 5:00 pm or later. Bring your kids/grandkids for a fun day in the sun! Please complete a RSVP slip and give it to Amanda.

Please ensure you are turning in your in-services. Don't let them pile up.



SUNSHINE CLUB NEWS

Our next **Casual 4 A Cause** will be on **August 12th**. 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.

Restorative Tip of the Month:

" I need you to help me. If I don't stay active, my mind , my body and my self worth can begin to fade away."

My heart muscles weaken and they don't pump as well. My bones, muscles, tendons and joints lose strength, flexibility and make me more susceptible to fractures, falls and weakness.

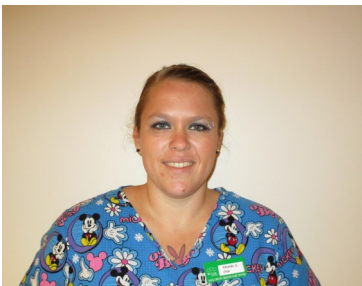
Digestive and urinary function can be less efficient which may lead to weight loss, obesity, constipation and incontinence.

My memory and my reflexes become slower and less efficient." I need you, help me, I can't do it without you."

Restore and maintain skills at each person's highest level, it's best for all of us!

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. Penny Bloedow is the winner of the good deed award this month. Penny was nominated by Morgan Corning for taking a resident for a walk outside even though she was already punched out. Congratulations Penny!

Welcome our New Employees



Hi, I am Amanda Swedlund. I just moved to Reedsburg. I have four children, three girls and a boy. I love to play volleyball and go snowmobiling. I grew up in South Dakota and have lived in Wisconsin for the past 15 years. I also love watching drag races and have recently attended my first NHRA race in Joliet Illinois.

Hi, my name is Kaitlin. I will be working AM's. I am a nursing student so that takes up a lot of my free time. During the open time that I do have, I love hanging with friends, being at my farm, and some day I hope to do lots of traveling as a nurse.



SAUK COUNTY HEALTH CARE CENTER August 2015

Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
						1
2	3 Medicare 1:30	4	5 2:30 Home Care Staff Meeting	6	7	8
9	10 Medicare 1:30	11 9:30 Dept. Head	12 All Staff Casual 4 A Cause	13 Packer Preseason Starts	14 PAYDAY	15 Family Fun Fair
16	17 Medicare 1:30	18 Board of Supervisors 6:30 West Square Build- ing	19 Nurses Meeting 2:00 5:15 Board of Trustees	20 CNA Meeting	21	22
23	24 Medicare 1:30	25 9:30 Dept. Head	26	27	28 PAYDAY	29
30	31 Medicare 1:30					

Nationwide Retirement Solutions representative, Bill Barnes, will be here at the Health Care Center on Monday, Aug 24, 2015, 11 am to 3 pm. He will be located in the Employee Break Room. Please plan to see him if you would like to participate in Nationwide Retirement Solutions or have any questions regarding your current plan.

Group Health Cooperative of South Central Wisconsin (GHC-SCW) Wellness Reimbursement is our way of thanking you for taking the time to stay healthy. By participating in a Wellness Reimbursement program, members can enjoy the benefits of a healthy lifestyle and receive a reimbursement.

WELLNESS REIMBURSEMENT

GHC-SCW members may request Wellness Reimbursement for participation in a GHC-SCW Wellness program. Visit each of the Wellness program pages listed below to review the reimbursement requirements you must meet and the proof of participation/purchase materials you must submit.

- Athletic Shoes
- Community Events
- Community Fitness Classes (Reimbursement does not apply to GHC-SCW classes, as these classes are already discounted for members.)
- Community Supported Agriculture (CSA)
- Doula Services
- Exercise for Excellence
- Weight Management

AMOUNT OF REIMBURSEMENT AND ELIGIBILITY INFORMATION

Each GHC-SCW member over the age of 18 is eligible for a Wellness Reimbursement. The total allowable reimbursement is \$100 per person with a maximum reimbursement of \$200 per household. If you have family coverage, you may submit for reimbursement under one GHC-SCW family member's GHCMYChartSM account.

After meeting the program requirements, request your Wellness Reimbursement. The deadline for 2015 reimbursement submission is January 31, 2016. GHC-SCW will reimburse up to \$100 for an individual 18 years of age or older who participates in one of the approved programs. Members submitting for reimbursement must have active GHC-SCW insurance as their primary coverage. Members with Medicare as their primary coverage and GHC-SCW as their secondary coverage are also eligible for reimbursement.

SUBMIT FOR REIMBURSEMENT

We've made it easier than ever to submit your reimbursement requests online by logging into your GHCMYChartSM account.