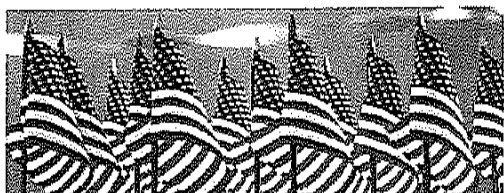


SAUK COUNTY HEALTH CARE CENTER'S COMMUNICATOR

**JUNE
2015**

If anyone would like information regarding retirement, it is available in the Personnel Office. There are webinars on the Employee Trust Fund websites for public viewing also. Very good information!!



May 22 PAYDAY	June 11 Board of Trustees
May 25 Memorial Day	June 14 FLAG DAY
May 26 Department Head Medicare	June 15 Medicare
June 1 Medicare	June 16 Sauk County Board 6:30
June 3 Home Care Staff Meeting	June 17 Nurses Meeting
June 5 PAYDAY	June 18 CNA Meeting
June 8 Medicare	June 19 PAYDAY
June 9 Department Head	June 20 Butterfest Parade
June 10 All Staff Casual For A Cause	June 21 FATHER'S DAY
	June 22 Medicare
	June 23 Department Head

Saff Development Notes:

Thank you to all staff who took part /assisted with a wonderful Nursing Home Week. It was such a success and the resident's enjoyed being a part of the festivities!

Thank you to all of the RNs for completing the IV insertion training. You all did a great job!

If you did not make it to the last CNA meeting, make sure you see Amanda to complete your mandatory Alzheimer's training. Module 1 of 4 was completed during April's meeting.

Next CNA meeting is Thursday, June 18th. CNA Week is June 11th – 18th

Have you filled out a good deed lately for a coworker who has gone above and beyond?

June Anniversaries

Betty Bendorf	28 years
Lisa Burris	11 years
Candice Corey	3 years
Theresa Dietz	20 years
Patty Dix	41 years
Brigitte Hainstock	3 years
Vonda Hainstock	11 years
Shannon Hovland	5 years
Cassandra Mikle	1 year
Sandra Mora	6 years
Jodie Mittlesteadt	5 years
Bridget Reilly	17 years
Tom Spinelli	3 years
Sharon Vanderhoof	24 years
Sabrina Wells	2 years

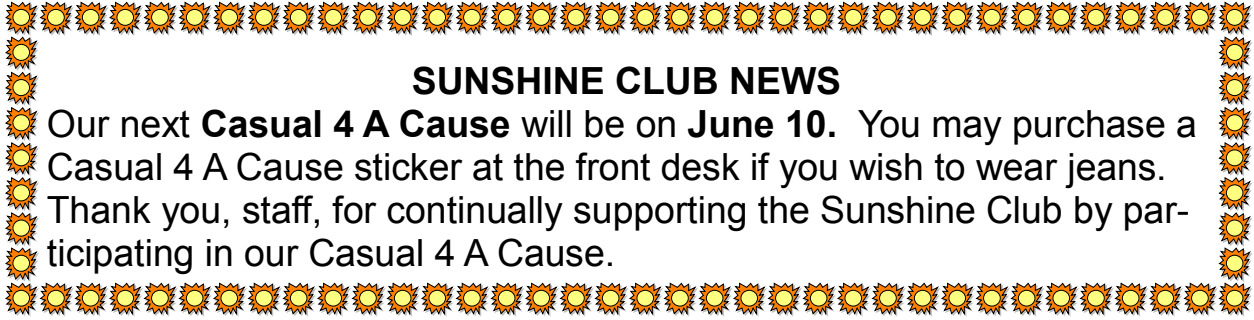
Congratulations Everyone!

REMINDER!!

Any request off that is put into Onshift does not carry over to Kronos. Please complete time off request forms. Thanks!

Restorative Tip of the Month

Restorative tip of the Month: Body position while seated is very important to a person's involvement in task/activity. Hips should be centered, feet firmly supported on foot rest or floor and arms resting without having to shrug shoulders. Reposition for comfort/skin integrity. **THANKS!**



SUNSHINE CLUB NEWS

Our next **Casual 4 A Cause** will be on **June 10**. 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.

From John and the Activity Department:
Nursing Home Week was a huge success. Thanks to everyone for doing their part to put the “fest” in FIESTA. It was a fun week for our residents as well as our employees. Thanks Again!!

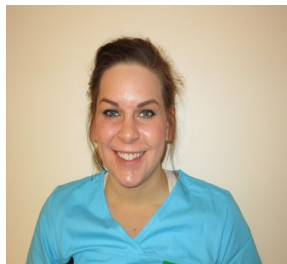
Now we are looking forward to gardening and spring and summer activities and travels. Also, keep an eye out for the donation thermometer for our gazebo. A fund raising campaign will be starting soon.

Also, we will need volunteers to help with the Butterfest Parade and float.

Welcome our New Employees



Hello, my name is Christen Nelson. I am a newly hired dining assistant. I have two kids, Richard and Chloe. I am new to Sauk County and Wisconsin. I am from Harford County Maryland. I look forward to working here and meeting every-



My name is Courtney Pulvermacher and I will be working as a casual CNA. I am currently going to Edgewood College and will be starting my second semester in the Henry Predolin School of Nursing. I am from Plain where I live with my parents and younger sister. In high school I loved to do swimming, track, and basketball.

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. **Tammy French** is the winner of the “Good Deed” award this month. Tammy was nominated by the PM River Valley staff for going the extra mile

Are You Living On The Edge?

If you're a caregiver to a family member or friend in addition to your normal, day-to-day healthcare job, you may be so busy that you don't even realize your own health and/or stress levels have been impacted. However, those who provide care to a family member or friend must absolutely keep their own health at the forefront. Here are some of the warning signs to keep in mind:

Common Signs & Symptoms of Caregiver Stress & Burnout

- You're constantly exhausted, even after sleeping or taking a break
- You're engaging in unhealthy coping behaviors like drinking excessively or smoking
- You can't seem to concentrate
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing, even when you're not caregiving
- You're increasingly impatient and irritable with the person you're caring for
- You feel helpless and hopeless

Do not dismiss any of the above items if you're experiencing them. Consider cutting back on your caregiving obligations if possible (either through asking another family member to chip in or through a caregiving service). If you still feel overly stressed or distraught, call your doctor right away so he/she can evaluate you and recommend resources to help.

Sauk County Health Care Center

June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Medicare 1:30	2	3 2:30 Home Care Staff Meeting	4	5 PAYDAY	6
7	8 Medicare 1:30	9 9:30 Dept. Head	10 All Staff Casual 4 A Cause	11 5:15 Board Of Trustees	12	13
14	15 Medicare 1:30	16 Board of Supervisors 6:00 West Square Building	17 Nurses Meeting	18 CNA Meeting	19 PAYDAY	20 Butterfest Parade
21 Father's Day	22 Medicare 1:30	23 9:30 Dept. Head	24	25	26	27
28	29 Medicare 1:30	30				

Reminder to staff that they need to punch out any time they are leaving the grounds or parking lot areas. Also, please be respectful to our neighbors, do not throw cigarette butts or any litter on the ground on Clark Street.