

# SAUK COUNTY HEALTH CARE CENTER'S COMMUNICATOR

June 2016

*I just want make sure that everyone takes a moment to say thank you to one of our fabulous CNAs this month. As everyone is probably aware, CNA week is celebrated every year in June. Our wonderful and incredibly dedicated CNAs are the rock of our facility. The care and time that they give to our residents is so important. So take a moment and thank one of our wonderful CNAs.*

*Thank you CNAs for all the wonderful care you provide to our residents. You are all so special and important.  
Thanks  
Jenny*

The front desk hours will be changing to  
8:00 to 4:00, until further notice.

**From Gina**

Thank you to all of our CNA's

CNA week is approaching June 9th—16th. I would like to take a moment and thank all of our hard working CNA's for their guts, courage, empathy, emotional strength, compassion, and professionalism. You are a big part of why the SCHCC is a 5 Star facility and you should all be proud of the excellent care you provide on a daily basis.

Thank you a million! Gina

## June Anniversaries

Betty Bendorf	29 years
Lisa Burris	12 years
Candice Corey	4 years
Nicole Dewitt	1 year
Theresa Dietz	21 years
Patty Dix	42 years
Brigitte Hainstock	4 years
Vonda Hainstock	12 years
Shannon Hovland	6 years
Linda Jenkins	8 years
Casey Mickle	2 years
Brenda Miller	1 year
Jodie Mittlesteadt	6 years
Sandra Mora	7 years
Bridget Reilly	18 years
Megan Runde	1 year
Lisa Schlough	1 year
Christine Swanson	1 year
Sharon Vanderhoof	25 years
Sabrina Wells	3 years

***Congratulations Everyone!***

Annual TB Questionnaire to be completed by  
staff by June 20th—see posters for details.

## Staff Development Notes:

Next All Staff Meeting: Wednesday, June 8<sup>th</sup>

Next Nurses Meeting: Wednesday, June 15<sup>th</sup>

Next CNA Meeting: Thursday, June 16<sup>st</sup>

June 9th - 16th National Nursing Assistants Week

June is National Alzheimer's Awareness Month

## SUNSHINE CLUB NEWS

Our next **Casual 4 A Cause** will be on **June 8, 2016**. 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.

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. **Malissa Young** is the winner of the good deed award for May. Malissa was nominated by Gina and Amanda for purchasing model planes/boats for residents to put together for an activity. It was a kind, thoughtful, and generous gesture. Congratulations Malissa!!!!

### From John and the Activity Department:

June is Dairy Month and we will be enjoying some of the Dairy Month activities. On June 11th, we will taking a group to the Dairy Breakfast. On June 18th, we will participate in the Butterfest Parade. We will be working on our float during the week before the parade. This years theme is "Celebrating Our Heritage". On June 21st, we will be enjoying the strawberry social that is provided by the Reedsburg Women's Group. We are looking forward to a busy, fun filled month and we appreciate all of your help and participation to make these activities enjoyable for our residents.

### Restorative / Maintenance tip of the month:

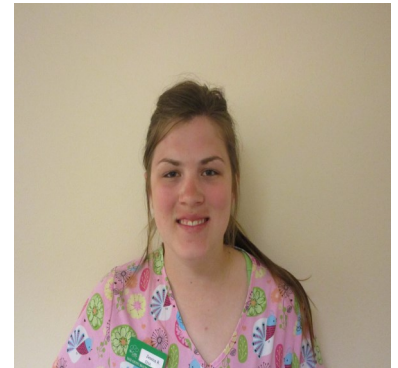
Positioning is very important for comfort, skin integrity and preventing contractures or loss of ROM. Tips to remember: 1) Pillows in bed NOT under knees, put under ankles to knee crease. 2) Pillow or knee abductor between knees, BUT if crossing ankles be sure pillow is between ankles too. 3) Position, reposition off of buttocks. 4) Be sure cushion in chair is not limiting resident's ability to bend at knees, cushion should go 1-2" away from knee crease. 5) Prevent ankle/foot drop, wear shoes whether ambulatory or not, feet supported by foot rest or floor. 6) Apply/remove splints with some range of motion prior. 7) As with knees and ankles, support hands, elbows and shoulders with pillows. 8) Lying flat as possible for resident to promote hip extension and neck extension, preventing stooped posture for transfers, ambulation and overall involvement in daily care. Positioning should not restrict movement, you position those that are not able to move themselves, they depend on us for keeping them at their best.

# Welcome our New Employees



My name is Farrah Tracy and I am a third shift CNA. I am a single Mom of three amazing kids. I love what I do as a CNA and a Mother.

My name is Jessica Richardson. I am a CNA working the night shift. I am currently in nursing school and I have just moved to Reedsburg.



**Did you know, here are some ways to get extra cash, learn about your wellness and obtain knowledge about your finances:**

**GHC offers Wellness Programs where you may be eligible for reimbursements.** Things like the Purchase of Athletic Shoes (at participating retailers), Community Supported Agriculture (CSA), Exercise for Excellence and Weight Management are just a few items that may have a reimbursement available. The total allowable reimbursement is \$100 per person with a maximum reimbursement of \$200 per household. (Please note there are reimbursement requirements you must meet and proof of participation/purchase materials you must submit in order to take advantage of this benefit.)

**Sauk County is hosting Biometric Screenings conducted by GHC.** This opportunity is free of charge for all GHC members and completion may help contribute to reduced health insurance costs to the employees of Sauk County. There are incentives of either \$50 or \$75 available to participants upon completion of the screening or the screening in conjunction with other activities. They are being held here at the HCC, at the West Square Building and the Law Enforcement Center. Please see the handout with your paycheck or see the bulletin board posting. Registration must be done online, the link for registration is available on a computer in each Team Station or contact your supervisor. Please see the posting on the bulletin board. (Reimbursements are also available upon completion of a physical performed by your physician, but must meet the Biometric requirements. The form for completion is available in the Personnel Office).

**Sauk County is hosting Lunch 'n Learns, sponsored by Summit Credit Union.** These Lunch 'n Learn sessions are geared toward ways to positively handle money, monitor your credit, prevent Identity Theft and much more. At this time, these free sessions are held at the West Square or Reedsburg Human Services (determined by number of participants). Please see the calendar distributed with your paycheck.

**Please check the bulletin boards regularly for new announcements, there is so much going on and we want you to be informed!!**

# SAUK HEALTH CARE CENTER

## June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Home Care Staff Meeting 2:30	2  SCHCC Foundation 4:00	3 PAYDAY	4
5	6 Medicare 1:30	7	8 All Staff Casual 4 A Cause	9	10	11
12	13 Medicare 1:30	14	15 Nurses Meeting 2:00  Board of Trustees 5:15	16 CNA Meetings	17 PAYDAY	18 Butterfest Parade
19  Father's Day	20 Medicare 1:30	21  Board of Supervisors 6:00 West Square	22	23	24	25
26	27 Medicare 1:30	28	29	30		
	<b>June 9<sup>th</sup> – 16<sup>th</sup> is National Nursing Assistants Week</b> <b>June is National Alzheimer's Awareness Month</b> <b>June is Dairy Month</b>					