

VOLUME 2 · ISSUE 1

JANURARY · FEBRUARY · MARCH 2014

Prairie Grove

HEALTH AND REHAB HERALD



Resident Spotlight:
Betty Hawkins

Life Long Living
& Activities

Talking Heart to
Heart

Life Long Living

at Prairie Grove Health & Rehab

April Fool's Day

April 1st



Resident Birthday Party

April 30th
2:00pm

P.G. Christian Sings

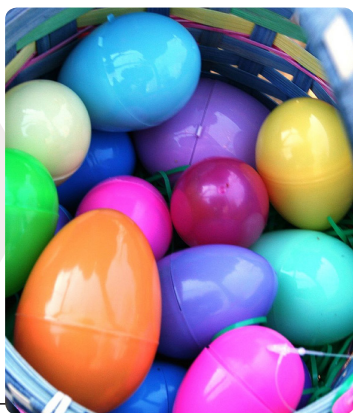
April 2nd 10:00 am

Easter Arts and Crafts

April 16th at 2:00 pm

Easter Egg Hunt

April 20th
2:00 pm



Movie & Popcorn

Every Sunday at 7:00 pm

Exercise

Tuesdays and Thursdays at 10:00 am

WII Games

April 26th at 10 am

What's Happening at PGHR

2014 has brought many changes to Prairie Grove Health & Rehab! From new administrative staff to new floor staff, new medical equipment and new life, 2014 is off to a great start and we look forward to making it our best yet!

Please help us as we welcome Leon Ruiz to our administrative team as our Business Office Manager. Leon brings several years of experience in the healthcare field including billing and insurance. Leon has roots in the Chicago area where he has family and visits often.

On the nursing side, Karyn Fitch is training with Sarah Hayes to assume the role of MDS/ Careplan Coordinator and we want to both congratulate Karyn and thank Sarah for her time with us as she moves on to new things.

If you haven't heard, we are now part of the new Telemedicine movement. We'll discuss that more as we integrate it into our processes.

Lastly, Dr. Deere finally gave birth to Juliet Saffron Deere on January 16, 2014. Congrats Debbie Deere, we know you'll be a fun mom with a really lucky kid!



Activities

Live Music and Festivities



Pat Hall is the Hospice Liaison for Washington Regional Medical Center. Our residents love to listen to his mix of well-known religious and secular songs. Pat Hall comes monthly and always fills the room with residents, staff, and department heads alike!



Pat Hall's Music

Valentine's Day Party

Residents of Prairie Grove Health and Rehab celebrated Valentine's Day with a festive party on February 14th. Everyone loved getting together to socialize over cupcakes, cookies and punch. Residents shared the love with their families, friends and neighbors through hand-crafted Valentines.

Ralph and Belinda come to visit PGHR every Tuesday except the third. They play both traditional gospel music and well-known country music. We thank Ralph and Belinda for their over four years of service to our residents.



Ralph & Belinda's Music



From our Kitchen to Yours



Home-Style Meatloaf Recipe

Ingredients:

- 1 1/2 pounds ground meat
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup bread crumbs or crackers
- 2 table spoons brown sugar
- 3 tablespoons fancy mustard
- 1/2 cup ketchup
- Salt and pepper for taste

Directions:

1. Preheat oven to 350 degrees
2. In large bowl, combine the meat, egg, onion, milk, and bread OR crackers.
3. Season with salt and pepper and place in a lightly greased baking dish.
4. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
5. Bake at 350 degrees for 1 hour.



Easter Celebration

Join us for an Easter Egg Hunt
April 20th at 2:00 pm

FACILITY FUN

Mardi Gras Mambo

Laissez les bons temps rouler —or let the good times roll! In March we did just that with a Mardi Gras celebration in true southern fashion. Residents enjoyed Mardi Gras traditions such as beads, masks, and an assortment of king cakes. Residents took a swing at a piñata, taking it out of commission before a camera was readied.

Sham-ROCK

Found it! Residents played "Find the shamrock" which led to a pot of gold. Laura S. was the winner taking home a \$10 cash prize. Residents had lots of goodies to eat and dressed up for the occasion!



CELEBRATE



YOU'RE INVITED TO OUR MONTHLY
Birthday Bash
EVERY 4TH FRIDAY AT 3:00 PM

Resident Birthdays

January:

Christine H.
Claude S.

February:

Claude D.
Mary M.
Laura S.
Harry F.
Martha A.
Barbara N.

March:

Martha Loud A.
Curtis B.
Shannon F.
Lilden H.
Jenaldi B.
Betty S.



RESIDENT SPOTLIGHT

Betty Hawkins

Betty Hawkins was born in Murphysboro, Illinois August 14, 1938 to Ray and Ellen Hanna. Betty was married to Owen Hawkins for 35 years and has one biological child and seven step children. She previously enjoyed cooking large meals for her family. Her favorite foods are fried chicken, mashed potatoes and corn. She enjoys going out to eat with her granddaughter. Betty worked at Wal-Mart in Bentonville, Arkansas for 20 years.

At PGHR, Betty serves as a member of the resident council and likes to take part in pet therapy here at the facility. A few of her favorite passtimes are playing bingo and reading. She enjoys walking around the facility for exercise and watching shark tank, soap operas and listening to country western music. She has many other hobbies such as arts & crafts and shopping. Betty has a love for jewelry and likes to socialize.

Employee Spotlight: Sherri Sena!



Congratulations to Sherri Sena for being chosen as Prairie Grove Health and Rehab's employee of the quarter! She consistently puts her job first, making sure the residents are pleased in every possible way. Sherri is a housekeeper at our facility, she started working at the facility in dietary in 1997 and then was moved to housekeeping, where she has made an excellent addition to their team.

Sherri, has a positive attitude and a great sense of teamwork, she is always willing to help her co-workers. When she is not busy with her work duties she is often seen visiting with the residents, families, and staff members of Prairie Grove Health and Rehab. Sherri loves the residents and staff here at Prairie Grove Health and Rehab, and enjoys working at the facility. We love you too Sherri, and are very thankful to have you as part of our team!



Nursing Notes: Have you planned for your future?

Have you planned for your future? There are several options available to ensure you get what YOU want regarding health care services provided. It is very hard on family members to make decisions regarding end of life care, the emotions often override what we know or think our loved ones would want.

A living will is a legal document that a person uses to make known his or her wishes regarding life prolonging medical treatments. It can also be referred to as an advance directive, health care directive, or a physician's directive.

Generally, a living will describes certain life prolonging treatments. You, indicate which treatments you do or do not want applied to you in the event you either suffer from a terminal illness or are in a permanent vegetative state. A living will does not become effective unless you are incapacitated; until then you'll be able to say what treatments you do or don't want. A living will is only used when your ultimate recovery is hopeless.

- Who do I want to make decisions for me?
- What medical treatments do I want/not want?
- How comfortable I want to be?
- How I want people to treat me?
- What I want my loved ones to know?

In medicine, a "do not resuscitate" or "DNR is a legal order written either in the hospital or on a legal form to respect the wishes of a patient not to undergo CPR or advanced cardiac life support (ACLS) if their heart were to stop or they were to stop breathing.

A patient with a DNR Comfort Care-Arrest Order (DNR-CC-ARR) will receive all the appropriate medical treatment, including resuscitation, until the patient has a cardiac arrest (heart has stopped beating) or pulmonary arrest (patient has stopped breathing), at which point only comfort care will be provided.



Heart disease is a term that covers many types of diseases. This will include diseases of your heart vessels, heart arrhythmia problems, infections and heart defects. Sometimes you may hear the term cardiovascular disease which is interchangeable. This refers to conditions that involve blocked blood vessels that can lead to a heart attack, chest pain or stroke. Many types of heart disease can be prevented or treated with healthy lifestyles choices.

Symptoms of heart disease can include chest pain, shortness of breath, pain, numbness or coldness in your legs or arms. You may not be diagnosed with heart disease until you have had a heart attack, heart failure, or a stroke. One of the major causes of problems with the heart is atherosclerosis or a buildup of fatty plaques in your arteries. It is usually caused by an unhealthy diet, lack of exercise, being overweight and smoking.

Heart disease risk factors include: your age, your sex (men are at greater risk), family history, smoking, poor diet, high blood pressure, high cholesterol, obesity, lack of exercise, high stress, poor hygiene and diabetes. The greater the number of risk factors in your life,

the greater the risk of heart disease.

Patients that develop heart disease have a greater risk of heart failure, heart attack, stroke, aneurysm, peripheral artery disease or sudden cardiac arrest.

When you visit your doctor you need to have a list of your risk factors, any physical diagnosis you may have, and be prepared to discuss your diet, smoking, and exercise routine. He may choose to do blood tests, chest x-ray, EKG, holter monitoring, or an echocardiogram. When serious problems are detected he may do a cardiac catheterization, heart biopsy, CT scan or MRI.

There are medications that you can take that help to control your heart disease. It is essential that you take medications exactly as prescribed by your physician. More importantly you must make lifestyle changes. This will include eating a low-fat and low-sodium diet, exercise 30 minutes a day, quit smoking and limit your alcohol intake. You must take responsibility for your health.

If you would like to learn more about the many types of heart disease, I am including a web site reference to the mayo clinic:

www.mayoclinic.com/health/heartdisease

Do something
today that your
future self will
thank you for.



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Prairie Grove

HEALTH AND REHABILITATION

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