

VOLUME 3 · ISSUE 3

Prairie Grove

HEALTH AND REHAB HERALD

| From our Kitchen:
| Peach Cobbler

| Life Long Living
| & Activities

| Technology for
| Seniors

Life Long Living

UPCOMING ACTIVITIES

Old Tyme Music
August 21st at 10 am

End-of-
Summer Bash
September 18th



Coffee Social
Sept 1st at 9 am

Karaoke
Sept 10th at 2 pm

Movie Matinée
Saturdays at 2 pm



United Nations
Day
September 24th

A Full activities calendar is available at the front desk, or online at pghr.net/newsandevents
Family and Friends are always welcome!



YOU'RE INVITED TO OUR MONTHLY
BIRTHDAY BASH
Check monthly activities calendar for time & dates

Resident Birthdays

July:

Gladys B. 7/10
Bill C. 7/10
Esther S. 7/23

August:

Betty H. 8/14
Lorene H. 8/17
Bessie W. 8/19
Deborah T. 8/23
Marie H. 8/23
Maxine D. 8/23
Deloris K. 8/28
Ron E. 8/31

September:

Michael A. 9/10
Lois S. 9/13
Reba H. 9/21
Duane C. 9/29



We're on the move to end Alzheimer's **WALK TO END ALZHEIMER'S** **September 12, 2014**

On September 12, the Prairie Grove Health and Rehab team will join others across North West Arkansas in a walk to end Alzheimer's. This yearly event is a special time to ban together in the fight against Alzheimer's because there is great strength in numbers. As a group we strive to honor and remember those we have lost, as well as raise awareness.

Alzheimer's Association's Mission: "To eliminate Alzheimer's disease through the advancements of research to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. "

FACTS ABOUT ALZHEIMER'S:

- #1** It's the only cause of death in the top 10 in America that cannot be prevented or slowed down.
- #2** Almost two thirds of Americans with Alzheimer's Disease are women
- #3** One in Three seniors dies with Alzheimer's or another dementia
- #4** Alzheimer's Disease is the 6th leading cause of death in the US
- #5** only 45% of people with Alzheimer's disease or their caregivers report being told of their diagnosis.

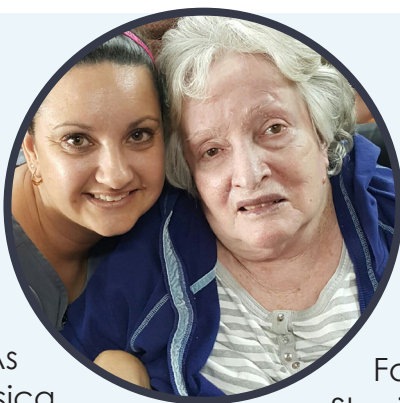
EMPLOYEE SPOTLIGHT

Jessica Webb

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Jessica Webb became a nurse at our facility in April of this year. She is a graduate of Northeast Technology Center. As a part-time team member, Jessica worked tremendously hard and showed compassion to our residents, and she quickly became a full-time nurse. Jessica loves to be with people which is reflected in her patience and excellent resident care.

Jessica has a positive attitude, very outgoing, friendly, and always willing to lend a hand to her co-workers. Jessica has brought new ideas to this facility whether it is about the care of a resident to activity ideas. She is a terrific team player. We are very lucky to have her as a member of our family. Keep up the good work Jessica!!!



RESIDENT SPOTLIGHT

Josephine Clark

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Josephine is an Arkansas native who moved to PGHR in February 2014.

Family is everything to Josephine. Sharing stories about her children and siblings brings her much joy. She has two daughters, Georgette and Brenda, and eleven grandchildren and great grandchildren.

In her younger years, Josephine loved gardening- especially growing flowers. Her children would say she had a magic green thumb. Josephine's hobbies also included knitting and crocheting. She loves to attend most activities happening within the facility and will try anything, but she is never happier than when her children come to visit!

From our Kitchen to Yours



just peachy — COBBLER —

Ingredients:

- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 2 cups sugar, divided
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup milk
- 4 cups fresh peach slices
- 1 tablespoon lemon juice
- Ground cinnamon or nutmeg (optional)

Directions:

1. Melt butter in a 13- x 9-inch baking dish.
2. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
4. Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.

Stay Cool!

Serve with your favorite vanilla ice cream!

Queen's Pageant

On September 11th at 11am, PGHR will host our Annual Queens Pageant. Young men from the community volunteer to escort our lovely participants. It is not only a day for participants to enjoy pampering, but for residents to get to know each other better.

The winner will advance to the District Queen's Pageant September 17th.



get social!

www.pghr.net
Facebook.com/PGHealth

Like Us On  facebook

CELEBRATE *Good Times!*

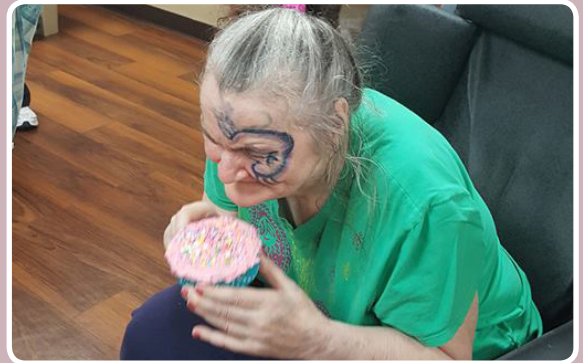
We called on everyone to strut their stuff for National Nursing Home Week! Staff and residents made it a special time of entertainment and education for all while focusing on bringing to life the sub theme of "Familia, Vida and Amor" (family, life, love). We were excited to show how our facility, as part of culture change, brings these vital attributes of quality care to the forefront, irrespective of anyone's age or physical or intellectual ability.

NH Week events included Piñatas, the sombrero dance, taco battle Tuesday, w/c relay races, a carnival day and an outdoor fun day to wrap up the week.



Caring for our Care Team

During May and June, we joined the nation in setting aside special weeks to recognize those who give direct care to our residents. While this season of celebration was certainly busy and daily duties did not stop, taking time to express gratitude to our Nurses and CNAs was rewarding in itself. From wearing silly hats to games and friendly competition, a great time was had by all! Our residents didn't miss an opportunity for fun or a chance to say "Thank You" to those who provide professional and compassionate care each and every day!



Book Club

RESIDENT SUMMER READING PICKS

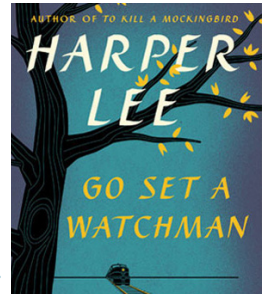
Reading has been a life long hobby for many of our residents. Getting lost in a good novel is an excellent way to escape the summer heat and "explore" past times and new places using our imaginations.

While some enjoy wild western adventures of cowboys or the thrill of suspense and mystery novels others prefer collections of poetry and the sentiments of romance novels.

We polled our residents and the results are as diverse as the readers themselves. Below is our compilation of Resident Picks.

HOT OFF THE PRESS

Great American Author, Harper Lee has helped shaped the minds of many students with her classic novel, "To Kill a Mocking Bird", published in 1960.



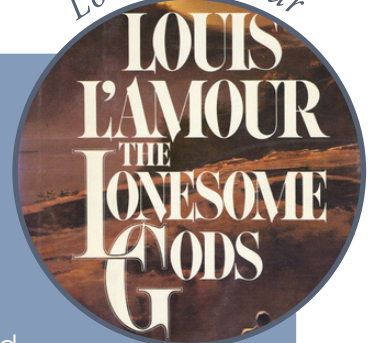
On July 14, 2015 was the highly anticipated and controversial release of the sequel written decades earlier, "Go Set a Watchman".

Clarence E. Muford



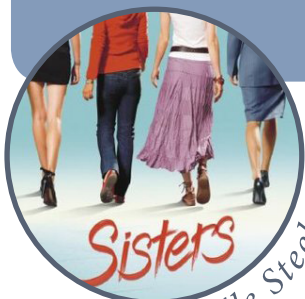
Clarence E. Muford western novels are where you can find a few of our residents' favorite characters such as, Hopalong Cassidy and other men of Bar-20 Ranch.

Louis L'Amour



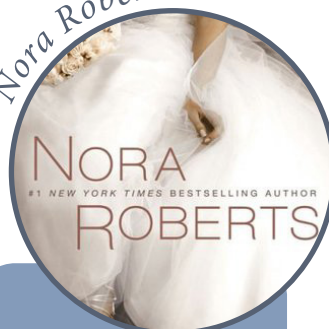
Another great American writer of both western novels and poetry collections, Louis L'Amour carries on Clarence E. Muford's Hopalong Cassidy character.

Since 1973, Danielle Steel has been writing books that are among residents' favorites. Between the romance and drama, our residents never get bored with her long list of novels.



Danielle Steel

Nora Roberts



Nora Roberts has written more than 209 romance novels and was the first author to be inducted into the Romance Writers of America Hall of Fame.

Those seeking more of a thrill might reach for one of Stephen King's books. He has written spooky titles such a Carrie, The Shining, The Stand, and Shawshank Redemption.

Stephen King



Technology in the Skilled Setting

Written By
Catherine Purser,
LNFA, LCSW



From wireless home monitoring to the easy-to-use 'Jitterbug' phones with catchy ring tones, technology for senior citizens has been popping up left and right. In a rapidly evolving technology climate, the residents in our skilled nursing facility can draw far more benefits from technology than one might imagine, including more social interactions, physical exercise, and more!

Loneliness is a prevalent problem among nursing home populations, where isolation from friends and family can often lead to feelings of depression and even early death. Although physical exercise and interpersonal activities at the long-term care facilities have long been used to combat the loneliness and boredom, signs point to technology being a beneficial addition to daily routines.

"According to United Healthcare's 2012 100 @ 100 survey of centenarians, staying socially engaged is just as important to healthy aging as genetics and maintaining a healthy body. Many forms of technology are available to help residents be more socially engaged."

Programs like Skype and FaceTime, which allows video chat, can be used to maintain contact not only with family but also with friends who may live states or even entire continents away.

Imagine how special this technology could be to those residents who must remain away from family on holidays or birthdays. Where a phone call can be seen as impersonal or even just fail to meet the need for 'connection', a video call allows the resident to see the person they are speaking to in real time. It allows for watching the facial expressions and body language, which are a large part of how humans communicate.

Social networking sites such as Facebook can also fill this need for socialization, with faster response times than physical mail or even email. Social networking sites allow the resident to be a part of their family's lives in a more frequent way than an occasional phone call could, and allow them to "watch" events as they unfold through photos and videos. Facebook also allows the residents to 'follow' topics that they find interesting and receive posts on these topics, providing a safe gateway into the vastness of the internet.

Digital games are often overlooked when considering technology for seniors. In addition to promoting hand eye coordination and cognitive function, games can also help battle boredom. Gaming devices such as the Wii can promote exercise in a fun, engaging way while hand held app games, such as Tetris, can be beneficial for those who are bed or wheelchair bound. Best of all, games have various subjects and mechanics. If one isn't engaging to an individual, another might be.

Overall, technology could benefit the aging population and those in long-term care settings in many unique and previously unimagined ways. No longer the sole domain of the wealthy and young, it has become more accessible than ever with a rising population of elderly taking the technological leap.

Websites such as *senior-learning.wikispaces.com* offer simple, easy to use guides to help the aging not only get online and use programs like Skype and email, but also how to be safe while doing it. There are more resources than ever before, and we should use the tools that we are provided to create the highest standard of living possible.



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Prairie Grove

HEALTH AND REHABILITATION

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