

The Flashlight

As for me and my House, we will serve the Lord Joshua 24:15

April 2011



Dishes and Desserts

Saturday, April 23rd

2:00pm-4:00pm in the Chapel

Join us for a Chapel full of tables set
with beautiful dishes.

Each table has its own theme and look.

We will be serving dessert
and you may choose which
beautiful table you will dine at.

If you are interested in hosting a table
please see Michelle Roesener



State Survey Results

Our annual state survey results may be found in the front entry way at MCH. You are welcome to read them anytime.

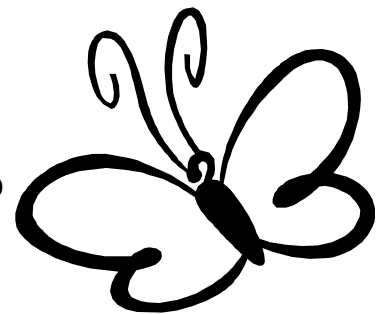
Wish List

- Fabric for wheel chair and walker bags
- Spring/summer nail polish colors
- Beads for crafts and jewelry making.

Volunteers Needed

We are looking for volunteers during the summer months to enjoy some time on the patio or going for walks with our elders. If you have 30 minutes a week or more you could spare, please call Michelle at 402.764.2711.

We also would appreciate anyone with a green thumb who would be willing to help up keep our patio looking beautiful this summer.



MCH Mission Statement & Our Scripture

The Mission of Midwest Covenant Home is to provide a Christian living environment in which residents are able to live with dignity while receiving quality care.

As for me and my House, We will serve the Lord Joshua 24:15

Meet our Department Managers

Administrator: Chris Young chris@midwestcovenanthome.org
Activity Director: Michelle Roesener michelle@midwestcovenanthome.org
Office Manager: Darcy Rystrom darcy@midwestcovenanthome.org
Assisted Living Coordinator: Linda Perry linda@midwestcovenanthome.org
Assistant Assisted Living Coordinator: Alice Petro
Dietary Manager: Doug Chos doug@midwestcovenanthome.org
Assistant Dietary Manager: Sara Noble
Housekeeping/Laundry Supervisor: Trish Murray trisha@midwestcovenanthome.org
Maintenance Supervisor: Vern Tallman vern@midwestcovenanthome.org
Interim Director of Nursing: Helen Werth helen@midwestcovenanthome.org
Assistant Director Of Nursing: Katherine Adkins katherine@midwestcovenanthome.org
Social Service Director: Joyce Micek joyce@midwestcovenanthome.org

Our Deepest Sympathy

Blessed are they that mourn: for they shall be comforted.

Matthew 5:4 (King James Version)

Stanton Moore

Thank You

- To the daughter of Dona Wiesman for the delicious cupcakes.
- Arla Quick, Arlene Struble, Josephine Rystrom families for the memorial money.
- Salem Lutheran Circle #1 for the money for ice cream.
- Pastor Brenda for having Bible study the month of March.
- All who have shared their time with our Elders.

A Note from Nursing

It is beginning to feel like spring time again, warm weather and green grass. It seemed like a long winter.

In January we had our state survey and in March we had a federal survey. We are working on a few things we need to improve on to make an even better place for your loved one to live in. We did have the flu bug the end of January and beginning of February but we are better now. We continue to work on mastering the MDS 3.0. We have also hired some new staff, and welcomed new residents to our family in the past few months. We continue to want to give your loved one the best possible care we can provide. If there is any concern or question please do not hesitate to call myself or the nursing staff and we will assist you.

Katherine Adkins ADON

May Care Plans

May 3

Fern Wyman
Herbert Richert
Faith Conrad

May 10

Laverne Schmidt
Emma Stromberg
Trudy Johnson
Dorothy Rust

May 17

Donnie Peterson
Helen Westring
Dona Wieseman
Vern Jones

May 24

Morris Nieslen
Rita Kirkpatrick
Carolyn Larson
Freda Shockey
Hannah Meline

April Birthdays

- 18 Orpha Moore
- 19 Don Zersen
- 25 Ralph Donelson
- 28 Berneice Anderson



Chris's Corner

For the past two months, I have shared with our readers the results of our most recent compliance inspections or surveys. I am quite surprised to report that this month's article will be another one of those reports.

Periodically, and chosen randomly, a facility will be selected to be surveyed by a team from the Federal level of Centers for Medicare and Medicaid (CMS). Midwest Covenant Home was one of those fortunate facilities this year.

Likely, sounding like a broken record by now, the surveyors find deficient practices of the facility and provide a detailed report of those findings. From there, the facility prepares a Plan of Correction, addressing any and all citations found by the surveyors. Those deficiencies included:

- An employee file required an updated background check, based on their hire date being prior to current State and Federal requirements.
- A nurse was observed standing while feeding a resi-

dent who required assistance in the dining room; a staff member placed a used crumb catcher on another resident's table and dignity issue related to the use of our crumb catchers for residents.

- Inappropriate assistance with (Activities of Daily Living (ADL's) performed for dependent residents.
 - Failure to follow care plan of a resident
 - Failure to adhere to a food form diet order.
 - Labeling of food in kitchen cooler
 - Hand washing techniques
 - Proper glove use
- Policy for handling soiled linens with the potential for blood-borne pathogens.

The last time that we have been surveyed by a Federal Survey team was 7-8 years ago, so we were all somewhat nervous about the process. Fortunately, even considering the issues identified, the staff performed quite well.

April will bring a gathering and celebration of the Midwest Covenant Conference in Omaha, NE. This year celebrates the 125th anniversary of the organization. Each year at the annual meeting, we are invited to attend and "Tell the Story" of Midwest Covenant Home to our colleagues in the

conference. This year our story changes. Pastor Ken Carlson, currently serving as Superintendent of the Conference will retire from that position after many years of service. He and his wife Nancy have given years to the mission of the organization and are now looking forward to a new journey in their life. Pastor Carlson, while serving in this role for the Conference, also serves as a Board Member for Midwest Covenant Home. During his tenure, this facility has enjoyed so many changes and added amenities, including but not limited to The Plaza-Assisted Living, Park Villa – Independent Apartment remodel, Loving Arms-Hospice Room, the Main and Family Dining Rooms. His direction has been greatly appreciated and we will sincerely miss working directly with him. Many of the employees and fellow Board members were able to express their thanks, congratulate and offer their best wishes to Pastor and Nancy at our Christmas Party this past December.

We look forward to the new opportunities coming our way with the new Administration at the Conference. Please stay tuned to the May Newsletter for an introduction to our new Superintendent.

Best regards,
Chris

Greetings from The Plaza

Greetings from The Plaza, Hello spring!!!! It's so nice to hear all the birds singing, and some of the flowers are starting to stick their green little noses out of the ground, that reminds me, I need to get out to the pond and get the spring clean up done! (Actually I didn't do the fall clean up, oh what a mess!)

So with the warmer weather, comes motorcycle riding! (Yay!!) Look twice for the motorcycles; it might be me on my bike!

We had the state fire marshal make his annual visit to The Plaza. Some of the area's for improvement are:

1. Oxygen shall be stored in an approved storage area and according to Fire Marshal Memo and Interpretation. The oxygen tanks that were stored in the resident's room have been moved to a closet away from the resident's room.
2. Fire drills shall include various times and locations and with frequencies according to the Code (bi-monthly) to include time of drill, simulated fire scenario, exits means of escape and or point of safety, names of staff and residents involved, approximate time of each resi-

dent to reach the point of safety, comments regarding the drill and name of person conducting the drill. All drills are required to be initiated by the fire alarm system. We will be writing down how long it takes each of our residents to evacuate their apartment and get to the safety destination chosen by staff.

3. Every two months, all employees will be instructed and kept informed of their duties and responsibilities under the safety plan. We will do this at the staff meetings
4. Care is taken to minimize the combustible fuel loads in resident rooms. So when you put magazine on top of magazine, or newspapers, the fire marshal considers this a fire risk, and we need to put the paper products into the recycle bins, don't pile them up in the apartment.
5. Remodels/additions to the fire alarm system shall meet the requirements of NFPA 72, Plan Review Process of the Nebraska Fire Marshal's Office and acceptance tests. This was done, prior to the upgrade of our system.
6. Electric device shall be

removed from bed. A shelf was installed so that the alarm clock is visible for the resident to see, in the middle of the night, and won't have to keep it in their bed.

7. The fire alarm system shall be inspected according to NFPA 72 for times and frequencies to include semi-annually.

The fire marshal visited every apartment and storage closet in the assisted living, for the most part everything is good, we just need to be mindful of the paper products and get them to the recycle bin.

We would like to thank the Arla Quick family for the memorial monies, they sent to Midwest Covenant Home. It is greatly appreciated.

We would like to welcome Joyce Elgin to the Plaza family.

Just a reminder, if you are not feeling well, please wait to come see your family or friends here at The Plaza, we don't want any of the colds or flu that are out there.

Happy Spring
Linda Perry LPN, ALC.

Park Villa Resident Council

Meeting called to order by Linda Perry.

Those present:
Annette Lindburg,
Dorothy Simpson,
Grace Russell, Betty Corbit, Betty Nieslen, Edith Ahlquist, Marilyn Fredrickson, Linda Perry and Connie Dittmer.
Absent Chris Young.

Devotions and prayer led by Betty Corbit.

Treasurers Report:
Given by Dorothy Simpson. There was \$42.27 balance. After today's contributions the balance is \$51.27.

No Old business to discuss.

New Business

Discussed the tornado drill scheduled for Wednesday. We welcomed Marilyn Fredrickson to Park Villa. No shopping trip today. Will set a date to wash the windows in Park Villa. Discussed Dr. Pollens coming.

Meeting was adjourned by Linda Perry at 10:15am.

The Plaza Resident Highlight

Leland "Pete" Peterson

Leland (Pete) was born on August 8, 1928 in Franklin NE. He had 2 sisters and 1 brother. His sisters names are Virginia and Frances. His brother's name is Edwin. Pete went to school in Ord up until 8th grade when he moved to Osceola Nebraska. While he lived in Osceola he went to school 8th and 9th grades. Then Pete moved to Shelby where he worked doing many things. He used to deliver the paper for over 200 people in Shelby. He hauled trash in his pick up to the dump for other people. He mowed lawns for people and he was also a volunteer firefighter in Shelby. Pete really didn't do much traveling. Pete loved to fish. He would go to the canal and fish all day. He states he only fell in once. He used to catch catfish and bullhead. He also used to do wood working. He had his own shop. He also played Bingo once a week at the senior center in Shelby. Pete's favorite color is green. He loves to eat peanut butter M&Ms and drink Mountain Dew. Pete enjoys living with us at The Plaza. He says the staff and residents are very nice and friendly. He also says the rooms are nice.





Alzheimer's Support Group ~ Life is a Gift

On March 14th, we held our monthly Alzheimer Support Group meeting. Aloha Schmid, RN from Tabitha Health Care in York spoke at our meeting. The topic of discussion was "Life is a Gift", a book written by Bob and Judy Fisher. When they wrote this book they wanted to know what is important to people who are faced with a terminal illness and they came up with the idea of conducting a survey. They sat down with Hospice patients and interviewed them and some of the questions asked were: "What are you most proud of?", "What is your greatest joy?", "What is your greatest disappointment?", "What is the most important thing you ever done?", "What do you regret?". When they set out to conduct this survey, they initially wanted to see what people were thinking when told they have a terminal illness. What they learned instead surprised them. The interviews taught them that living life to your fullest and remembering what is important to you should be one of your main focuses in life. They also learned that it is important to grant and seek forgiveness. You should keep priorities, family, simple pleasures, romance, integrity and forgiveness at the forefront of your life. Life is a gift, live every moment to the fullest.

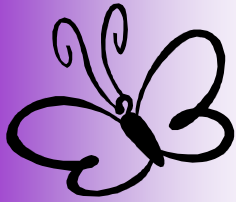
Our Alzheimer Support Group meets every 2nd Monday of each month and it is from 6:30 to 8:00pm. If your loved one has been diagnosed with Alzheimer's or a form of Dementia, this is for you. It is a time for you to visit with others who have loved ones with this disease. We do schedule speakers that will present topics you want to learn more about. We listen to each other's stories and lend a shoulder for support. This is a hard time for you and we want you to know that you do not have to walk this path alone. We hope that we will see you there. If you have any questions about this, please call Amy Kula, Marketing Director at 764-2711.

Testimonials

From the Johnson Brothers (son's of Irene and Ralph Johnson)

Having grown up just 4 houses away from MCH, we've always known it as a caring place, but I want you all to know how much we have appreciated the loving care that Irene and Ralph have had in the two years they have been in assisted living. Mom's concern was more for the care of Ralph after her death than her own, but she found the living environment in AL to be liberating from cooking and cleaning~ which had become very difficult for her~ and to have a caregiver just outside their door was a great comfort to Dad.

Our heartfelt thanks to your staff for their attention to the physical, emotional and spiritual needs of those to whom care is given. We were all deeply touched by the conference with Dr. Jameson, Pastor Kerry, Hospice and many from MCH in determining Irene's wishes for her last days on earth and the thoughtful, gracious, genuinely personal dignity options presented for Mom and Dad. It was good that we all were able to be with her that weekend before her death. I hope that there wasn't too much distraction from the noise and laughter from us brothers, we are serious sometimes. We all agreed years ago that Mom's home going was going to be a celebration, not something to be dreaded and morbid.



April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>All Activities Are subject to change.</p> <p>9:45am Daily Devotions</p>				<p>1 Ice Cream 1:00 Bookworms</p> <p>April Fools Day *silly hat day</p> <p>6:30 Movie Night</p>	<p>2 10:00 Lutheran Video</p>
<p>3 9:45 Morning Worship</p> <p>1:30 Terry Campbell</p>	<p>4 Men's Coffee Library Cart 2:30 Sing Along 6:30 Game time</p>	<p>5 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study</p>	<p>6 9:00 Cookies Current Events 10:00 Meth. Video 2:30 Polk Co. School Kids 6:30 Wii Wed.</p>	<p>7 10:00 Lutheran Communion Rich Hughes Returns! 6:30 Read the Polk County News</p>	<p>8 Deep Fat Fryday! 1:00 Bookworms 6:30 Movie Night</p>	<p>9 10:00 Lutheran Video</p>
<p>10 9:45 Morning Worship</p>	<p>11 Birthday Party 6:30 Game time</p>	<p>12 10:00 Baptist Video 2:30 Bingo 7:00 4-H Speech Contest</p>	<p>13 9:00 Cookies 10:00 Meth. Video 2:30 Memorial Service 6:30 Wii Wed.</p>	<p>14 6:30 Read the Polk County News Bus trip 1:00 Child Readers</p>	<p>15 1:00 Bookworms 6:30 Movie Night</p>	<p>16 10:00 Lutheran Video</p>
<p>17 Palm Sunday 9:45 Morning Worship</p>	<p>18 Library Cart 2:30 Sing Along 6:30 Game time Orpha Moore</p>	<p>19 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study Don Zersen</p>	<p>20 9:00 Cookies 10:00 Meth. Video 2:30 Bible Study 6:30 Wii Wed.</p>	<p>21 Dye Easter Eggs Easter Egg Hunt 10:00 Methodist Communion 6:30 Read the Polk County News</p>	<p>22 Good Friday Service with Pastor Bob Johnson 6:30 Movie Night</p>	<p>23 10:00 Lutheran Video Dessert and Dishes 2:00pm-4:00pm</p>
<p>24 9:45 Morning Worship Easter Sunday</p>	<p>25 Library Cart 2:30 Sing Along Men's Coffee 6:30 Game time Ralph Donelson</p>	<p>26 10:00 Baptist Video 2:30 Bingo 6:30 Manicures 7:00 Bible Study</p>	<p>27 9:00 Cookies 10:00 Meth. Video 2:30 Bible Study 6:30 Wii Wed.</p>	<p>28 Shopping Day! 6:30 Read the Polk County News Berniece Anderson</p>	<p>29 Grill Out for lunch 1:00 Bookworms 6:30 Movie Night</p>	<p>30 10:00 Lutheran Video</p>



April 2011

The Plaza Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	All Activities Are subject to change.				1 Ice Cream April Fools Day *silly hat day	2 10:00 Lutheran Video
3 9:45 Morning Worship 1:30 Terry Campbell	4 Library Cart 2:30 Sing Along	5 10:00 Baptist Video manicures 2:30 Bingo 7:00 Bible Study	6 10:00 Meth. Video Root beer Floats 2:30 Polk Co. School Kids	7 10:00 Lutheran Communion Rich Hughes Returns! Shopping 6:30 Read the Polk County News	8 Deep Fat Fryday!	9 10:00 Lutheran Video
10 9:45 Morning Worship	11 Birthday Party Alzheimer's Support Group	12 10:00 Baptist Video 2:30 Bingo manicures 7:00 4-H Speech Contest	13 10:00 Meth. Video Sundaes 2:30 Memorial Service	14 6:30 Read the Polk County News Bingo 1:00 Child Readers	15 Shopping	16 10:00 Lutheran Video
17 Palm Sunday 9:45 Morning Worship	18 Library Cart 2:30 Sing Along	19 10:00 Baptist Video 2:30 Bingo manicures 7:00 Bible Study	20 10:00 Meth. Video Easter Dinner 2:30 Bible Study	21 Coffee Club Easter Egg Hunt 10:00 Methodist Communion 6:30 Read the Polk County News	22 Good Friday Service with Pastor Bob Johnson	23 10:00 Lutheran Video Dessert and Dishes 2:00pm-4:00pm
24 9:45 Morning Worship Easter Sunday	25 Library Cart 2:30 Sing Along	26 10:00 Baptist Video 2:30 Bingo manicures 7:00 Bible Study	27 10:00 Meth. Video Banana Splits 2:30 Bible Study	28 6:30 Read the Polk County News	29 Grill Out for lunch Shopping	30

615 East 9th Street
PO Box 367
Stromsburg, NE 68666

Phone: 402.764.2711
The Plaza Phone: 402.764.2710
Fax: 402.764.4352
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We're on the Web
www.midwestcovenanthome.org

Join Your Loved One for Lunch

Midwest Covenant Home invites you
to be our special guest.
ONE COMPLIMENTARY MEAL
Please call the kitchen (402) 764.2711
before 9:00am for

Either our Noon or Evening Meal.
615 East 9th Street
Stromsburg, NE

*Please redeem this coupon at the
time of your visit.

Resident dining with _____
On April _____, 2011.

This coupon expires April 30, 2011

