

At Home
with
El Dorado Manor

El Dorado Manor & Assisted Living
Box 97
Trenton, NE 69044

“Where love is ageless...”

NOVEMBER 2017



Happy Thanksgiving Day

Newsletter Editor: Jaynee Janousek

NONDISCRIMINATION NOTICE

It is the policy of El Dorado Manor & Assisted Living that all resident admissions, room assignments, resident services, or employment are provided without regard to RACE, COLOR, NATIONAL ORIGIN, DISABILITY, OR AGE. For further information about this policy, contact Carla Sapp, Section 504 Coordinator, 1-308-334-5241 or 1-800-642-6112.

From the Administrator Desk...

November 2017

WOW! I can't believe how beautiful the snow looks from my office window! I am having a great time celebrating Halloween and I am SO looking forward to Thanksgiving!! I hear that Mary is fixing up some amazing dishes in the kitchen! My mouth is watering already! I am excited about the Winter Wonderland happening in the courtyard this year! As we close out another year, I am reminded of all of the blessings in my life! With four amazing children, a wonderful granddaughter, my mom and all of the family close by, I have many reasons to be grateful! I want all of you to know, the joy you bring to my life. Not everyone can say that when they leave their family for work, they are joining their other family for the day! I have come to cherish each of you and I am grateful that you allow me to come into your home five days a week to spend time with you! God is so good! This time of year brings us all to a time of reflection of past holiday memories with family and friends, some of whom have gone to Jesus and some who remain. My memories bring thoughts of love and warmth, chaos and noise, along with the magical wonder of Gods' gift of Jesus. This time of year should be the way we feel all year around, with love for each other and thanksgiving for all of our blessings. As we settle in and watch the snow through the window, I would encourage everyone to think back on your favorite holiday memories and also consider how we will make this year just as special and memorable together. I look forward to spending these moments with my new second family! May the grace of God pour lovingly over this home and all who enter! God bless!

Rebecca



El Dorado Manor's Dept. Head List

Administrator – Rebecca Steinhour
D.O.N. – Elaine Berry RN
A.L. Coordinator -- Robin Cook LPN
Activity Director -- Jaynee Janousek
Social Services Director – Shelley Kefalas
Dietary Manager -- Mary Vrbas
Maintenance Dept. – Scott Propp & Eric Lucas
Environmental Services – Jeanne Hunkins
Medical Records – Carla Sapp
MDS Coordinator – Beth Scott
Office Manager – Kim Oberg
Rehab – Sara Podoll
Medical Director -- Richard Klug MD
Facility Chaplain -- Richard Stahly

El Dorado Manor's Board of Directors

Chairman - Linda Cook
Vice-Chair -- Cliff Johnson
Secretary -- Phyllis Bach
Member -- Craig Schmitz
Member—Phyllis Daugherty

Phone Numbers

1-308-334-5241 regular line
1-800-303-5241
1-308-334-5243 FAX

Resident & Staff News

November's Birthdays

Resident's

Devonnabelle Reynolds 18
Barb McConnell 30

Staff

Anita Mockry 4
Rhea Hernandez 23



November resident of the month honors go out to Shirley Walter. Shirley moved to El Dorado Manor in March of 2013 from Stratton. She lived many years in the Denver area prior to moving to Stratton. Shirley participates with things that she enjoys around the facility and her son Jerry, joins in also helping his mom or others. She has a good sense of humor, enjoying a good laugh now and then. Please stop in and visit, she would love to see you and have a chat over a beverage of your choice.

Below is Shirley celebrating a past Halloween.

November's birthstone is Topaz.

November's flower is the Chrsanthemum.

Employee's anniversary dates:

11/16/87 Barb Masur MA/AL
11/28/90 Donna Whiting RN
11/30/2010 Shelley Kefalas Social Service

New residents to introduce are George Atwood on our Assisted Living Wing, Jeannine Eisenach and Cec Brown to the Nursing Facility. Please stop in and welcome them and tell the rest of us hi.



On Oct. 19th we had a chili cook off. Judges stated that there were NO BAD chili's! Elaine Berry (WINNER), Laura Anderson (2nd place), Kim Oberg, Nic Losey, Karma Rousselle, Jaynee Janousek and El Dorado's cooks added the 7th entry. Judges were resident's Gary Hobbs, Marilyn Matson, and Shirley Rodgers. Staff Tess Andrews and Joni Wright. And a visitor Erin. What a good time!!!! And tasty chili!!!!



This & That



Dear families,
Well fall is in the air and with the leaves changing there will be some changes to our facilities on call /emergency dentist. With some of the Medicaid changes, Rawlings County Dental has notified residents that are current patience that they will no longer be accepting Medicaid. So, state regulations state that we as a Nursing Home facility have to have an on- call/emergency dentist available to our residents. Unfortunately there are very few dentists nearby that are accepting new Medicaid patience. We are happy to announce that Dr. Schaepler with Arapahoe Dental has agreed to be our dentist. Dr. Schaepler is based out of Kearney but sees patience on Tuesdays and Thursdays in Arapahoe. We are currently getting residents that were patience at Rawlings County and on Medicaid switched over to that office and I have been making appointments for the residents that had appointments in October, November and December of this year. If you have questions or concerns be don't hesitate to call me.

Sincerely,
Shelley Kefalas
Social Service Designee

Howdy everybody!

What a yummy chili cook-off we had! Elaine Berry walked away with the bragging rights of the 7 different chili's that were made. Laura Anderson made green chicken chili that took second place. The judges stated there was NO bad chili, so thanks to Nic Losey, Kim Oberg, Karma Rousselle, Jaynee Janousek, and the kitchen for entering this year's contest. All was yummy!!!! Thanks to Shirley, Joni, Gary, Tessa, Marilyn, and Erin for judging this very difficult competition!!

Please look at our pumpkins that we painted with water colors hanging on Beth's windows to her office.

This year I am traveling to Blair to spend Thanksgiving with my oldest daughter and her family. Please call Carol if you need anything that week.

All have a wonderful Turkey Day.

Jaynee Janousek, Activity

"Autumn is a second spring when every leaf is a flower."
— Albert Camus

Happy November to all of our residents, families, and staff alike! Fall is my absolute favorite time of the year, from the beautiful fall leaves and fall colors, to the cool nights that are perfect for friends and family to be gathered around a fire pit or fire place, exchanging stories and reminiscing. I have to say that the change in weather always excites me as it reminds me that the holiday season is about to begin, and that my favorite holiday Thanksgiving is right around the corner!

Speaking of changing leaves and weather, we have been making some exciting changes at El Dorado Manor!!! A majority of families should have received a call from one staff or another performing family interviews and asking questions in regards to your loved ones care. I want to quickly explain the whole purpose of what we are doing when we call and ask you questions. At this time to help us identify care areas that need improvement, we utilize the same process that state surveyors do when they enter our facility and perform their annual surveys. We interview residents and observe them in their homes at El Dorado Manor. Staff members interview family or close friends in regards to the residents past preferences, and staff members are interviewed as well. Based on the responses we receives from everyone that is interviewed, we are able to identify different care areas in which we may need to improve upon! Overall, this will be a quarterly process that helps us improve the overall quality of care we provide to your loved ones as well as improve their qualities of life while they reside in their homes at El Dorado Manor.

In ending, I hope that you all are as excited about fall and the changing weather as I am, as well as the changes we are initiating to help improve the overall quality of care that we provide for your loved ones!

Have a Blessed Thanksgiving!!!

Elaine Berry RN, DON





Painting water colors of pumpkins was a fun activity in October, and look at our beautiful results. On the bottom right is a picture of our spoiled cat, Tigs, stretched out on GiGi's bed. She also has a blanket on top of a dresser so he can lie in the sun. Yip spoiled!

This is my Christmas Cactus that is blooming like crazy this year, although it also seems a little early.

Nov. 14th is Teddy Bear Day.
If you have a favorite bear please bring it and come share it with us at 2:00
We will also be starting our Christmas Ornaments but not sure yet which one we will do.



Nov. 16th is homemade bread day. Mary and I had a chit chat this am about what kind of bread we wanted to have. Discussed soup bowls with a yummy soup, bread with homemade jelly, and rolls with butter for lunch. Too many ideas, and not enough time.

Points of View

THE CHAPLAIN'S CORNER

In the big window of our living room (the only window) hangs a leaded glass cross. It measures 14" across the beam and is 20 inches tall. The stem and arms are 5 ½" wide and the stem comes to a point at the bottom. The bottom shaft is etched with two flowers and two butter flies. The center part is clear, trimmed with old gold colored glass around the outside edge. It has the prisms like the cross pictured here, and in the mornings we have little rainbows all around the living room. It's always a reminder of what Jesus has done for everyone, no matter their color.

The cross was a gift to us by a couple we don't see much of anymore but think of often. Life is like that, seasons that come and go, but leave many memories, many happy, some not so happy, some downright unpleasant, but the unpleasant ones seem to fade away with time. If they aren't fading away, maybe you need to take them to the foot of the cross, tell them they are not going to bother you anymore, and walk away and leave them lay there. I know, sometimes we just want to carry them with us, wallow in self-pity, but we don't hurt anyone but ourselves when we do that. Some bad memories come from things that have happened, accidents, etc. which we can't do anything about and some are from things others have done. Jesus tells us in Matthew chapter 6 verse 14 "For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins." That's a heavy price to pay just for the privilege of carrying a grudge.

Jesus left the cross in a bloody mess to pay for our sins and when we see the cross, always let it be a reminder of the price he paid so that we might have eternal freedom.

Richard Stahly, Facility Chaplain

HELEN'S THIS & THAT

November 2017 is here. Using our imaginations let's try to picture the Pilgrims arriving on the Mayflower and establishing a colony at Plymouth, Massachusetts in 1620. During the winter of 1620 -1621 nearly half of them died. Nov. 9th, 1621 a ship called "The Fortune" arrived. They hoped that it would bring much needed supplies. Instead it had 38 passengers or 38 more mouths to feed. They survived with the help of friendly Indians. William Bradford, governor of the Plymouth colony declared that a day of Thanksgiving be created on July 23, 1623. My ancestor John Adams, who was a passenger on the Fortune, was present at that Thanksgiving feast. (He is related to John Adams, the 2nd U.S. president.)

Nov. 26th, 1789 after the Revolution War, George Washington declared that a day of Thanksgiving be observed. To improve the economy Franklin D. Roosevelt declared that Thanksgiving be celebrated on the 4th Thursday of November in 1939.

Interviews with residents and staff at El Dorado about favorite Thanksgiving memories revealed the following facts:

Our administrator, Rebecca Steinhour, made the following comment: "We had a family reunion just before Thanksgiving. We all got food poisoning from eating pizza. My entire family was staying at our house for the event and we only had one bathroom. We were all blessed in that we were we were better by the Thanksgiving meal. We sat around the table holding hands and Thanked God for our health!

Gary Hobbs remembers a Thanksgiving when he lived in an apartment on East 3rd Street in McCook. His dinner on that holiday was the best he could prepare on a limited budget "turkey hamburger". His parents surprised him when they knocked on his door with a turkey. They had come from their home in Colorado Springs.

Kathy Steinke remembers being in Worlan, Wyoming and helping her daughter – in –law during Thanksgiving. Her youngest granddaughter Anita was born the day after Thanksgiving. They considered her to be a belated Thanksgiving present.

Pat Mitchem remembers that they had Thanksgiving dinner with her parents and her siblings. They played board games and cards. Her favorite part of the meal was the dressing and delicious pumpkin pie with whipped cream topping.

Written by Helen Ruth Arnold

COMPREHENSIVE CARE PLANS

Within 14 days of admission to El Dorado Manor a Comprehensive Plan of Care is determined for each resident. The purpose of these care plans is to identify care needs of each resident and develop a plan to meet each of these needs.

Developing and implementing these care plans takes an interdisciplinary team effort. This means each department nursing service, dietary, social service, activities, and rehabilitation; assess the resident's needs they have identified.

Care plans change, as needs change, but are reviewed and discussed as a team, quarterly or every three months. Residents and family members are invited to attend the care plan meetings to discuss and review the plan of care, ask questions, and express concerns or problems. Care plan meetings are scheduled for Tuesday mornings at 10:00 a.m. and residents are scheduled according to their quarterly date. Family members are invited to attend, but asked to please call prior to care plan meeting if they do plan on attending.

NOVEMBER CARE PLANS

Nov. 7th, 2017

Ricky Cleary
Clyde Anderson
Ethel Beebe
Gerald Mitchem

Nov. 14th, 2017

Sharon Foster
Donita Limper
Kathy Steinke

Nov. 21st, 2017

Dixie Stock
Greta Gigax
Bob Ross



Nov. 28th, 2017

Zila McCollam
Bonnie Leake
Gary Hobbs

Dec. 5th, 2017

Don Sanger
Stub Golding



*Happy Thanksgiving!
To You And Your Family*

Out of the Resident's Rights Book

Grievances

The resident has the right to:

*Voice complaints and grievances without discrimination or reprisal. Such grievances include those with respect to treatment which has been furnished as well as that which has not been furnished.

The nursing facility has a responsibility to provide:

*Prompt efforts to resolve grievances the resident may have, including those with respect to the behavior of other residents.

Mary and the dietary department want to invite everybody for Thanksgiving dinner with their loved one. Please call ahead with the number that will be attending so seating can be arranged and enough food is made for all. Mary won't probably brag on the meal that they serve, but I (Jaynee) will state that it is OUTSTANDING. Yum Yum.

Mary Vrbas, Dietary Manager

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shopping available with Hitch and Hay see Social Services. Shopping to Dollar General will be on Nov. 3rd.	Bingo Numbers Mon – Friday A.L	9:30 Dominoes on Tuesday's on AL C.C.P.'s on Tuesday Mornings starting at 10:00 am. Call for a time.	1 9:30 Trivia 11:15 Ex. & Dev. 2:00 Church <i>Pastor Jason</i> 3:00 Library Board Meeting	2 9:30 Resident Council 11:15 Ex. & Dev. 2:00 Yahtzee 4:00 Farkle	3 9:30 Books & More 11:15 Ex. & Dev. 2:00 Dominoes	4 2:30 (27) NE vs Northwestern 6:00 Lawrence Welk 5
5 9:10 Church <i>S. Johnson K Cole Christian Union High School Sunday School Class</i>	6 9:30 Reminisce (My New Car) 11:15 Ex. & Dev. 2:00 Kings on the Corner	7 Dave Visits 1:1 Time 10:00 C.C.P.'s 11:15 Parachute 2:00 Lanny Scott Entertains 4:00 Ball Play	8 9:30 Church <i>Pastor Alisa & Jan</i> 11:15 Music & Motion 2:00 Bach Sing Along 6:30 Night Time Bingo	9 9:30 Balloon Smash 11:15 Ex. & Dev. 2:00 Staff Meeting 3:30 Change A Letter	10 9:30 Books & More 11:15 Music Makers 2:00 Something Fun <i>with Dorothy</i>	11 6:00 Lawrence Welk 5 NE vs Minnesota TBA
12 9:10 Church <i>R & A Hoyt M Howard</i>	13 9:30 Hangman 11:15 Ex. & Dev. 2:00 Kings on the Corner	14 Dave Visits 1:1 Time 10:00 C.C.P.'s 11:15 Ex. & Dev. 2:00 Teddy Bear Exhibit 4:00 Ball Play	15 9:30 Church <i>Pastor Rick & Bach's</i> 11:15 Ex. & Dev. 2:00 Wes White Entertains	16 Homemade Bread Day 9:30 11:15 Ex. & Dev. 2:00 Crafts 4:00 LCR	17 9:30 Books & More 11:15 Ex. & Dev. 2:00 Bingo <i>St. James</i>	18 6:00 Lawrence Welk 5 NE vs Penn St. TBA
19 9:10 Church <i>United Methodist Women Night Circle Culbertson</i>	20 9:30 Ball Roll 11:15 Ex. & Dev. 2:00 Kings on the Corner	21 Dave Visits 1:1 Time 10:00 C.C.P.'s 11:15 Parachute 2:00 Spell It Out 4:00 Ball Play	22 9:30 Church <i>Pastor McCarthy & Jan</i> 11:15 Music & Motion 2:00 Ron Scott Entertains	23 Thanksgiving Holiday  Give Thanks!	24 2:00 Tailgate Party 3:00 NE vs IOWA FS1	25 6:00 Lawrence Welk 5
26 9:10 Church <i>Church of God</i>	27 9:30 Hangman 11:15 Ex. & Dev. 2:00 Bible Study <i>with the Wilke's</i>	28 Dave Visits 1:1 Time 10:00 C.C.P.'s 11:15 Ex. & Dev. 2:00 Card Bingo 4:00 Ball Play	29 9:30 Church <i>Pastor Heilbrun & Jan</i> 11:15 Ex. & Dev. 2:00 Horseraces	30 9:30 Whistle Stop 11:15 Ex. & Dev. 2:00 Manicures & Music 4:00 Farkle	Notes: ALL ACTIVITIES ARE SUBJECT TO CHANGES!!	

