

# THE INSIDER

January 16, 2009

## KARL'S KORNER

I just wanted to add a quick note to the "Insider" related to our recent CARE Team Rounds. The CARE team stands for (Collaboratively Assessing the Resident's Environment) and was set up to take a multidisciplinary look at how we can promote safety and hopefully reduce falls in the facility. This past month, and for those of you who get ECS messages this might be review, we made the following recommendations.

1. Make sure to lock bed brakes when leaving a room. This will ensure the next time the resident transfers the bed won't roll away from them.
2. Take an extra moment to re-route tubing and cords such as telephone cords and call lights so they don't lay across the resident's path for walking.
3. Many residents have folding chairs in their rooms, when not in use fold them up and keep them in the resident's closets. This too will keep the walking area clutter free.
4. Don't leave resident's personal items in the bathrooms, i.e. toothpaste, brushes, combs etc. as this is an infection control site.

Last, in the past two months we have had some significant injuries related to falls. When we are thinking about safety and how to prevent a fall we should also think about ways in which we can make the environment safer so, if a resident does fall, it is without injury.

Thanks for all your help in keeping our residents safe.

### Activity Professionals Week

Kris Metcalf

January 18-24, 2009, is National Activity Professionals Week. The theme this year is "Touching Hearts, Bringing Smiles." The Activity staff would like to thank all the Dove staff for their assistance helping us throughout the year. To celebrate, we invite you to stop in the Activity office Tuesday, January 20th, for some treats!

### NEW SAFETY INCENTIVE PROGRAM TO BE UNVEILED SOON!

*Barb Langreck*

We are in the final phase of un-veiling a new Safety Incentive program to all of you. This program was developed by Bobby Scanlon, Bobbie Schulz, and Barb Langreck, as well as the rest of the Safety Committee. With this new program, we will be changing the way you get Dove Dollars. In the past, you have received Dove Dollars in your paycheck when we have been accident free during that pay period. Our new program will be more interactive and will allow you to "earn" Dove Dollars and other prizes by participating in various activities that we will have throughout the year. Stay tuned for more information which will be coming soon.

### CORRECTION:

In the previous edition of the Insider, we told you that you could purchase scrubs at Uniforms Direct, in the Oakwood Mall, and pay for them with payroll deductions. One correction to report is that you do not receive a 15% discount as we previously told you. The 15% discount is a one-time discount given to new employees when they initially purchase their scrubs. Sorry for the confusion. Please speak with either Tracey or Barb in Human Resources if you have any questions.

## 2008 Staff Bonuses

I am pleased to have this opportunity to inform all Dove Healthcare and Orchard Hills staff of being a recipient of a bonus for 2008. All of us understand that it has been a difficult year for not only us individually as consumers, but also for business providers throughout the nation. However, we made a decision to not allow the difficult economy to affect our decision to recognize the efforts our staff put forth all year round. Therefore, we are making a point to reward the staff at Dove Healthcare and Orchard Hills with a five cent bonus for all hours worked in 2008. This gift is a token of our appreciation for the hard work that each employee presents each and every day. I hope this gift will assist you and your families in some way after a difficult year. The work that all of you perform each day is what makes Dove Healthcare and Orchard Hills successful, and without your efforts, we would not be where we are today.

I hope all of you had a joyous holiday season and may your new year be filled with success and happiness!

Kendall Duffy &  
Jennifer Halblieb

## Notes from Bobby's Desk

IT'S NOT TOO LATE!!!

GET YOUR INFLUENZA VACCINATION NOW. SEE BOBBY SCANLON DURING HER TRAVELS IN THE HALLS OR GIVE HER A CALL AT EXTENSION 171 TO SET UP A TIME IN THE EDUCATION OFFICE. OUR GOAL IS TO HAVE 80% OF THE STAFF IMMUNIZED ALONG WITH OUR RESIDENTS TO MAKE THIS AN INFLUENZA FREE ZONE THIS YEAR THROUGH HERD IMMUNITY. SO FAR THE VACCINE IS SPOT ON FOR WHAT WE ARE SEEING THROUGH THE WORLD. ACTIVITY IN THE STATE IS VERY SPORADIC THUS FAR, BUT CAN CHANGE VERY QUICKLY. YOUR RESIDENTS AND FAMILIES WILL APPRECIATE THE EFFORTS YOU MAKE TO KEEP THEM HEALTHY.

## And you thought we had bathing problems...

We know that the ancient Romans developed sewers and public baths, the Greeks were concerned with physical beauty, clean skin and healthy diets, and the Talmud (ca. 2,000 BC) promoted physical cleanliness as a pre-requisite to physical and spiritual health. But, Europe during the middle ages went a thousand years without a bath, and sanitation was foreign. The practices and aims of the Greeks and Romans was lost by the 19<sup>th</sup> century. The reason? Their beliefs were in direct conflict with the early Christian beliefs that bodily cleanliness was only for those who were pagan in their beliefs, for those who were materialistic and into luxury. In the records of Louis XIII it was noted his legs were not washed until age 5 and had a complete bath at age 7. City streets were used for disposal of food wastes and dishwater along with being covered in animal manure. Animals roamed freely. It was the age of epidemics. Death and disease were so common that only the dramatic plagues and pestilences are written about. If you survived child birth the average age of death in Manchester, England, a manufacturing community during the mid 1800s was 38 if you were gentry, 20 if you were a tradesman or farmer and 17 if you were a laborer or servant. Your life expectancy was a little better if you lived in an agricultural setting, between 38 to 52. Thank goodness we saw a healthcare revolution occur after the mid 1800s which led to greater longevity and what we now expect to see in a healthcare facility. We now expect a newborn baby to survive, a disease to be cured or prevented, a life free of debilitation or sudden death. What changed? The development of vaccines, the control of TB, the development of antibiotics, improved housing (less over crowding) and public health practices which included hand washing. Ignaz Semmelweis showed in an 1861 publication that puerperal fever was transmitted by doctors who failed to sanitize hands between patients. So what does this all have to do with us? If we practice good hand hygiene and get our vaccinations we will live to a ripe old age twice what it was 200 years ago, a small price to pay for good health.

## UNITED WAY PTO DRAWING WINNER

Karl Nordin is the January winner for  
2 PTO Hours

To be aware of a single shortcoming in  
Oneself is more useful than to be aware  
Of a thousand in someone else.

*WHERE IS EVERYBODY???????*



*WHEN YOU ARE LEAVING THE  
BUILDING, GOING TO BE GONE  
FOR THE DAY, OR COMING IN  
LATE, please let THE  
RECEPTION AREA KNOW!!!  
Thank you....*

Thank you so much  
for the beautiful white  
rose you sent as a  
memorial to Irene.

It was very much  
appreciated.

"Borky" Shipper  
(her sister)

Thank you for your  
thoughts, prayers and kindness  
during this difficult time

From the family of

Irene Franzmann

Gene enjoyed  
his stay at  
Dove. All the  
employees are so  
caring and thoughtful -  
When he was  
in the hospital  
he always talked  
about going back  
there -

Jeanette Sather

Your thoughtfulness at  
this time means more  
than words can say.

Thank you for your  
kindness.

The family of

Gene Sather

Thank you for  
the flowers.

We appreciate  
the caring shown  
by the staff.

We have many  
wonderful memories.

During a time  
like this  
we realize how much  
our friends and relatives  
really mean  
to us . . . .

Your expression  
of sympathy will always  
be remembered

The family of  
Romona Miller

We thank you...

We want to let you know we received the beautiful memorial volume you sent us. Your thoughtfulness and kindness is very much appreciated.

Thank you for the book. I  
sent it to my beloved Aunt  
who could not have for  
my mothers services.

Thank you again

Patricia Cash

SIGNATURE

Thank you for being so kind,  
so caring,  
so generous.

Thank you for  
the excellent care  
you gave my Dad  
all these past years.

William Belau

# Healthy Focus

JANUARY 2009

HAPPY NEW YEAR!

FROM,

**WINS**  
Wound, Infection & Nursing Services, LLC

## IN THE KNOW: CERVICAL CANCER JANUARY IS CERVICAL HEALTH AWARENESS MONTH

Cervical cancer is nearly 100 percent preventable, yet according to the American Cancer Society, an estimated 13,000 new cases of invasive cervical cancer will be diagnosed and about 4,100 women will die of the disease. The good news is that cervical cancer is preventable and curable if it is detected early; in fact, the occurrence of deaths from cervical cancer has declined significantly over the last 20 to 30 years

Cervical cancer rates are higher among older women; however, cervical intraepithelial neoplasia (or CIN), the precursor lesion to cervical cancer, most often occurs among younger women. Screening younger women using the Papanicolaou (Pap) test is an important strategy that can actually prevent cervical cancer from developing almost 100 percent of the time.

Minority populations and persons of low socioeconomic status are affected disproportionately as well.

Studies that have identified risk factors associated with cervical cancer have shown that cervical cancer is closely linked to

- \* Failure to receive regular Pap test screening
- \* Human papilloma virus (HPV) infection
- \* Certain sexual behaviors (see paragraph below)
- \* Immunosuppressive disorders such as HIV/AIDS

Experts agree that infection with certain strains of the HPV is one of the strongest risk factors for cervical cancer. The sexual behaviors specifically associated with greater risk are intercourse at an early age, multiple male sexual partners, and sex with a male partner who has had multiple sexual partners. Experts also agree that one of the most important things women can do to reduce their risk of cervical cancer is to receive regular screening with a Pap test.

The U.S. Department of Health and Human Services has in place an independent panel of experts in primary

care and disease prevention called the U.S. Preventive Services Task Force. This task force systematically reviews the evidence of effectiveness and develops recommendations for clinical preventive services. Currently, the task force recommends routine screening for cervical cancer for all women who are or have been sexually active and who have a cervix:

- \* Pap testing should begin at age 21 or 3 years after onset of sexual activity.
- \* Pap testing should be repeated at least every 3 years.

Pap screening can be discontinued at age 70 for women with an intact cervix, who have had 3 consecutive satisfactory normal/negative pap tests, and have had no abnormal pap tests in the previous 10 years.

There is insufficient evidence to recommend for or against routine screening with cervicography, routine screening with colposcopy, and screening for human papilloma virus infection, although recommendations against such screening can be made on other grounds.

Many organizations, including the American Cancer Society, National Cancer Institute, American College of Obstetricians and Gynecologists, American Medical Association, American Academy of Family Physicians, and others also recommend that Pap testing should:

- \* Begin pap testing 3 years after onset of sexual activity or at age 21.
- \* For women 30 and under, test annually with conventional pap test or every 2 years if using a liquid based pap test.
- \* For women over 30, testing may be done every 2-3 years after 3 consecutive normal pap tests (unless DES exposed or immunosuppressed).

Women who are past menopause (change of life) still need to have regular Pap tests. However, women who have undergone a hysterectomy in which the cervix was removed do not require Pap testing, unless the hysterectomy was performed because of cervical cancer or its precursors.

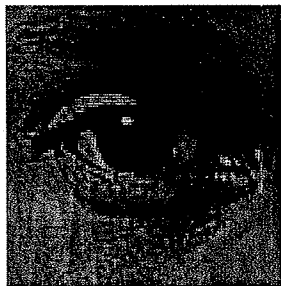
Source: National Cervical Cancer Coalition;  
[www.nccc-inline.org](http://www.nccc-inline.org)

### In this issue of

### Healthy Focus

- Cervical Cancer
- Glaucoma
- New Year's Resolutions





# GLAUCOMA

**G**laucoma is a very misunderstood disease. Often, people don't realize the severity or who is affected. We hope the following information is helpful to you.

## Four Key Facts About Glaucoma

**Glaucoma is a leading cause of blindness**  
Glaucoma can cause blindness if it is left untreated. And unfortunately approximately 10% of people with glaucoma who receive proper treatment still experience loss of vision.

### **There is no cure (yet) for glaucoma**

Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since glaucoma is a chronic condition, it must be monitored for life.

**Diagnosis is the first step to preserving your vision.**

### **Everyone is at risk for glaucoma**

Everyone is at risk for glaucoma from babies to senior citizens. Yes, older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States).

**Young adults can get glaucoma, too. African-Americans in particular are susceptible at a younger age.**

### **There may be no symptoms to warn you**

With open angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure.

Vision loss begins with peripheral or side vision. You may compensate for this unconsciously by turning your head to the side, and may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately.

Source: Glaucoma Research Foundation; [www.glaucoma.org](http://www.glaucoma.org)

## 10 TIPS FOR KEEPING YOUR NEW YEAR'S RESOLUTIONS

**C**hances are, at some time in your life, you've made a New Year's Resolution — and then broken it. This year, stop the cycle of not following through, make a change!

### **Be realistic**

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite food again because it is high in calories could be a bad choice. Strive for a goal that is attainable, such as avoiding it more often than you do now.

### **Plan ahead**

Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mood set that particular day. Instead, it should be planned well before December 31st arrives.

### **Outline your plan**

Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your bad habit affects you.

### **Make a "pro" and "con" list**

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

### **Talk about it**

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New

Year's resolution and motivate each other.

### **Reward yourself**

This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.

### **Track your progress**

Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a food diary or a symptom journal may help you stay on track.

### **Don't beat yourself up**

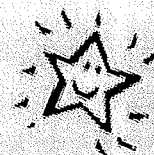
Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day ONE at a time.

### **Stick to it**

Experts say it takes about 21 days to form a habit, such as exercising, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.

### **Keep trying**

If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

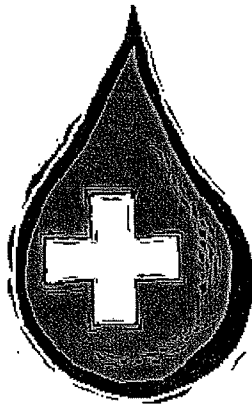




# NATIONAL BLOOD DONOR MONTH

## TOP 10 REASONS TO DONATE BLOOD

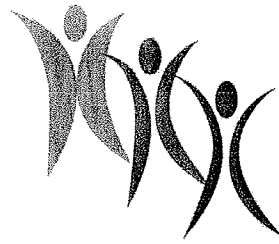
- Blood transfusions save lives.
- There's no substitute for human blood.
- Every three seconds, someone needs a blood transfusion.
- About 60 percent of the population is eligible to donate blood, yet less than five percent do.
- A pint of blood, separated in to components, can help up to three people.
- You'll make your community a safer place.
- Fulfills your desire to "give back" to the community.
- You'll learn your blood type.
- It's safe, simple and it saves lives.
- You'll receive a mini physical (blood pressure, temperature, iron level).



## GENERAL REQUIREMENTS

- **Age:** 17 (16 year-olds can donate with written permission from a parent or guardian).
- **Weight:** At least 110 pounds.
- **Diet:** A well-balanced meal is recommended within four hours of donation.
- **Health:** General good health.
- **Identification:** Valid identification such as a driver's license, DMV identification card, passport, social security number, etc.

# **Why eat better, feel better and move more NOW?**



## **January 18 - 24 is Healthy Weight Week**

- Being a healthy weight helps you live life to the fullest
- Eating better food and being active helps you feel healthy and happy
- If your weight is healthy it is important to keep it healthy
- If you are overweight losing a few pounds will make a big difference

### **Eating better means:**

- Eating at least two servings of fruit and five servings of vegetables every day
- Eating breakfast
- Choose wholegrain/wheat breads and cereals regularly
- Choosing 'reduced' fat dairy foods
- Choosing lean meat
- Limiting high fat foods and drinks to once a week or less
- Eating smaller portions
- Drinking water

### **Moving more means:**

- Being physically active for at least 30-60 minutes every day
- Enjoying a wide variety of physical activities
- Being active throughout the day - like walking to work or school, taking the stairs
- Spending less time sitting, for example, watching television or at the computer
- Choosing an activity or sport that suits your ability and fitness level
- Including gentle stretching