



1600 E Summit St • Red Oak, IA 51566
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Mar/Apr/May 2010

Greetings From the Administrator

Hello to Residents, Families and Friends.

February 20 marked my six-month anniversary here at Red Oak Rehab & Care Center, and it has been a very busy half year. Our new sign out front has greatly improved our curb appeal, and it will be soon followed with new outdoor lighting and shutters. Additionally, I'm looking forward to warmer weather so I can begin my special touch of landscaping, which will include numerous flower gardens.

Our staff is preparing and anticipating our Annual State Survey. This is a week-long process that will evaluate each and every aspect of our facility. I'll report back to you in the next newsletter the results. Additionally, our Nursing department is working toward a comprehensive education program, which will provide enhanced development of our Certified Nursing Assistants and a broad skills center designed to "raise the bar" on the clinical product we provide.

We are taking our business development to the streets. Our desire is to earn your respect and trust, and I see no better way to do that than in becoming a real community partner.

In closing, I'm exceptionally proud of our staff and can assure all of you that our primary goal is to provide unsurpassed care to all of our residents and their families and work diligently to ensure a safe, comfortable and pleasant environment. Please feel free to stop by and visit. I promise you'll leave with a smile.

Jeffrey K. Schmidt

WEL-Home Health of Red Oak

What a winter we have had in Iowa! Our staff of WEL-Home Health understand the issues of traveling in bad weather and trying to manipulate the harsh footing it has given us. Our staff sees clients within a 50-mile radius of Red Oak and has many who live outside the Red Oak and Shenandoah area. We'd like to remind you of our homemaker service where we're able to transport you to and from your appointments or run errands for you. We're one of very few in the area who continue to offer transportation for clients. If you're interested in this service, please give me a call and I will assist you with the process.

We're making big plans for the next quarter as well. We have our regular blood pressure clinics held in Red Oak at the senior center on the first Tuesday of the month, at Acorn Acres on the last Tuesday of the month and in Villisca at the senior center, and the low rent housing unit on the last Friday of the month. We will check your blood pressure at no cost to you! We are also planning to attend some community events to familiarize our staff with the communities we serve. I hope that by making ourselves visible to the community, we can assist you with your needs and make our services widely known.

Our services include: skilled nursing, home health aide, homemaker and respite services. Physical, Occupational and Speech Therapy services are provided via Rehab Visions. We accept Medicare, Medicaid, Medicaid waiver, private insurance and private pay. If you find yourself needing a little assistance at home, give us a call; we'd be happy to help keep you 'WEL' at home. You can reach our office at (712) 623-2500.

Wendy Moyer R.N.

Director, WEL-Home Health



Spring Greetings From Your Nursing Staff



Stephanie Childs,
C.N.A. using the
electronic data
capture laptop

Warmer weather is certainly on the way, which means it is time once again to do our annual closet spring cleaning. We would like to ask family members to assist their loved ones here by removing winter clothes, clothes that do not fit or have seen better days and replacing with spring and summer items. But,

remember to leave a jacket for the cooler temperatures. We are also looking to replace worn out hangers with all plastic hangers and are currently accepting donations of this kind.

Alleluia, once again we have made it through the rough Midwest winter without any seasonal flu. We could not have accomplished this without all of your help. By doing proper hand washing, oral care and just staying home when you were under the weather, you helped us avoid a facility-wide outbreak.

New Beginnings

New things for you to note when you are here to visit: We are now using computers for documentation of medications, and the activities of daily living for your loved ones. We are moving in the right direction and hope to be paperless soon.

Please welcome new members of our Red Oak Rehab and Care Center nursing team: Our wonderful mother and daughter duo, Karen Hudson RN and Jennifer Gettler RN, along with Jaunita McGrann RN. We also want to thank Michelle Bartlett RN for all of her fine nursing and dedication to Red Oak Rehab and Care Center and wish her well. She will be greatly missed.

We want to congratulate our High School Seniors with their upcoming May graduation:

Kelsey Perdue and Haylie Johnson. We Hope all of your dreams come true.

Please let us know if we can be of assistance to you, a loved one or a friend. Our facility provides a number of nursing amenities such as:

- 24-hours-a-day on-site nursing care with
- 7-days-a-week RN coverage
- Short- or long-term care
- Respite care
- Hospice
- IV therapy, tracheotomy care, enteral feedings, wound care
- On site occupational, physical and speech therapy.

Our continuing promise to you is to provide the very best care with Respect, Dignity and Kindness.

Lori Glassel, RN; D.O.N.

Stacey Baucom, RN; A.D.O.N.



Activities

The residents had success during our memory making trip to the Horseshoe Casino in Council Bluffs. Lonnie Hartstack continues to entertain and amuse everyone with her country stories and tales. We also had a special guest in to call Bingo in February. Our very own KCSI FM 95.3 radio owner/announcer Jerry Dietz was here with some special prizes for the residents to win.

Congratulations to Dan Peterson and Eleanor Harms on becoming 2010 King and Queen.

I'd like to encourage families to come have homemade Belgian Waffles with real whipped cream and strawberries on the last Thursday of the month at 11:30 a.m. with your loved ones.

We're all looking forward to warmer weather so the residents can cast their fishing poles in the water at Charlie and Pauline Walker's pond.

I'd appreciate any wrapped candy donations that would fit in plastic Easter Eggs for hunts with local preschools.

I'd like to welcome new volunteers to my Activity Department: Hollie Platt, Maxine Chastain, Virginia Elwood and Janeese Ranney.

Marcie Olson,
Activity Director

Spring Housekeeping

2009 was a great year for us. We have a wonderful staff who thoroughly enjoy our residents. There are going to be some changes in management for HSG Housekeeping this February. The previous Account Manager, Teresa Seering, is pursuing another career but is staying on staff in laundry. Watch for more information regarding her replacement in our next quarterly newsletter.

You can be assured we are keeping your family and friends' home clean and healthy. Our laundry is top notch, and their clothing is treated carefully and with respect. Please make sure all new items are marked so they may be returned to the proper resident.

Teresa Seering
Account Manager



April Fools' Day

Watch out for practical jokes
April 1.

Lori's Kitchen Corner

Hello, again, from the Dietary Department. We have had a very busy winter. One thing that is always lots of fun are the Resident Council requests. A few of those were: taco salads, baked potato bar, ham and beans, Reuben sandwiches, and one of our latest requests is clam chowder, so our Administrator Jeff is going to go diving for clams—not really, but he is going to help make it (being one of his specialties).

Of course, we will be having our traditional corned beef and cabbage for St. Patrick's Day. Another family dinner is planned for March 18, so watch the mail for your invitation. We like to stay busy outside the facility as well. We had a great time catering a Valentine's luncheon for the senior center here in Red Oak, and we are planning to host a supper for our local firefighters and EMTs to show our appreciation for all they do.

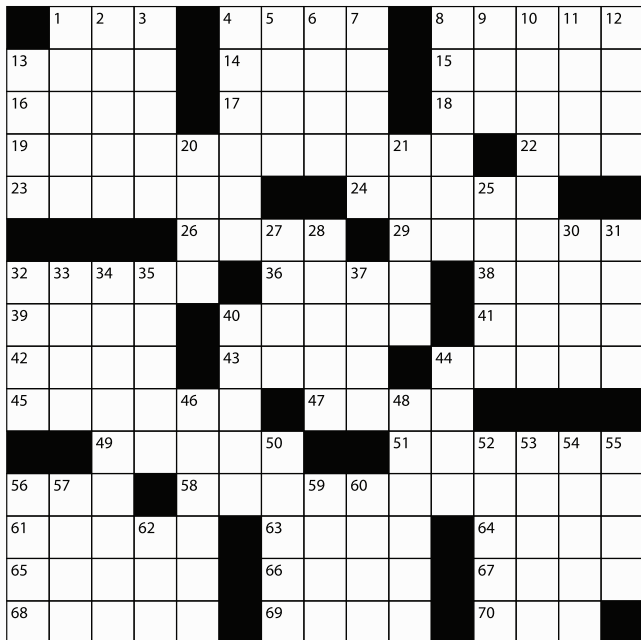
Overall, we have had a great winter and are very much looking forward to a wonderful spring with lots of fun-filled events and good food. Until next time, and don't forget to stop and smell the cooking.

Lori Johnson
Dietary Supervisor



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Crossword Puzzle



ACROSS

1. Ms. Long or Ms. Peeples
4. Voice range
8. Wherewithal
13. Rules
14. And others; abbr.
15. Rye grower's disaster
16. "Stupid ___ stupid does"
17. Holy scroll; var.
18. Reason
19. Skillfully plans and directs
22. Poet's preposition
23. Largest in the nation
24. Bind
26. Pupils' places
29. Lack of interest
32. Frauds
36. Yearn
38. Grande and Branco
39. Near-death state
40. Walesa and countrymen
41. High point
42. D ___ David
43. ___ instant; right away
44. Name for two Indy 500 winners
45. Highway divider
47. Hind
49. Pacific island group
51. Aplenty
56. Humbug's forerunner
58. Primitive
61. One born between 3/21 and 4/20
63. Algerian seaport
64. Consecutive notes
65. Backslide
66. Unit of capacity
67. "Shoot!"
68. Curvy characters
69. Pegs for Tiger
70. Word with José or Juan

DOWN

1. Of the schnozz
2. "When ___ lad ..."
3. Helpers; abbr.
4. Deceive
5. Tiny particle
6. Item for Indira
7. Lean
8. Botch
9. Before
10. Unbelievers
11. Durante's feature
12. Ending for prank or game
13. Capital city
20. ___ out a living; gets by
21. Hauls
25. Item sold near the tinfoil
27. College in North Carolina
28. Word with heating or system
30. Abode
31. River in Europe
32. Phony deal
33. ___ down; drench
34. Halfway between bow and stern
35. Obsession
37. Hawaii's state bird
40. Pine nut; Sp.
44. ___ Mountains
46. Entertains
48. Insurance company employees
50. Take into one's family
52. British titles
53. Musical production
54. Provide with a new staff
55. Go over a rough draft
56. Work with hay
57. Parseghian & namesakes
59. Lake ___
60. Item on the roof
62. Suffix for Bengal or legal

