



NEWS LETTER

A bi-monthly newsletter for the friends and family of Christian Care Retirement Community

September/October 2018

Safety & Security

– A Focus for 2018 –



With recent growth of our main building, and an increased focus on safety and security for 2018, we have recently put into place new safety and security measures that we would like residents, families and visitors to be aware of.

Door Numbers

We have installed new exterior and interior door numbers around the main facility entrances. These door numbers will not only help improve safety and response by Wells County emergency agencies, but they will also help with transportation and pick-up of residents throughout each week.

Door Locking Schedule

As part of the new door numbering system, we have also created a new door locking schedule (handout included in this newsletter) to help reduce traffic to unattended areas of the main building. Our new schedule will encourage visitors to use our main entrance areas which will help increase visibility and accountability for those entering and exiting our building.

Security Cameras

New security cameras are being installed at several main entrances and corridor areas inside the main building. These cameras will provide 24-hour video recording of residents, staff and visitors entering and leaving the main building.

Please be assured that we continue to respect the privacy and comfort of our residents and guests as we know this facility is their home. Our primary goal through all of these new security measures is to provide a safe, secure environment for residents, visitors and staff to enjoy.

Thank you for your continued support of Christian Care and its mission.

– Preston D. Kaehr, Executive Director

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Activities Department

As another summer comes nearer to an end, we are ready to fall into fall. Kids are back in school and leaves are starting to change. We have had an exciting and busy summer. We had our first Hootenanny; we enjoyed games, snacks and karaoke. We had a very special guest singer, Danny Paul. He is a former Grand Ole Opry singer. Our residents and staff seemed to really enjoy his music. Let's not forget our other entertainment that comes weekly and provides wonderful music for us. We are very blessed to have such wonderful people entertain us. We have moved most Sunday afternoon entertainment to the chapel so that we can have more room as we grow as a facility.

Assisted Living went to the zoo, and we had a beautiful day. I think we brought home a few monkeys. We continued our van rides and dine outs with Healthcare and Assisted Living. The Golden Apple had their annual ice cream social. The family, residents and staff enjoyed the fellowshiping and the ice cream... yummy!

In September, we will have a ventriloquist. Also, we will celebrate Bluffton Street Fair with a party, and enjoy some street fair food. Who doesn't like elephant ears... yummy!!!! Rene and I will be taking a group of Assisted Living and Independent Living residents on a bus ride in the Industrial Parade on Thursday evening.

Leon and Pat will be taking a trip with our Independent residents to the South Bend Chocolate Factory and to tour Notre Dame Campus on September 26, 2018. Sounds delicious!

We also welcomed back our students from Bluffton Middle School, and Hope Missionary preschool will be returning; we are so blessed to continue our relationship with both.

May God's blessings fall upon you like the leaves of Autumn.

– Betty Lough
Activity Director



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Retirement Community consisting of:
Independent Living

- North Shore Estates
- Lakeview Estates
- Patio Pines Apartments

Assisted Living

- Three Oaks Apartments
- Sugar Maple Suites

Skilled Nursing

- The Orchard
- Golden Apple
- South Woods – Rehab/Skilled

ADMINISTRATION

Executive Director Preston D. Kaehr
Asst. Exec. Director Leon R. Gerber
Admin. in Training Donna Emshwiller
Director of Nursing Rachel Quillen
Business Office Donna Geisel
Social Service Director Mary Lynn Frank
Residential Services Director ... Emma Rhoderick
Dir. of Food & Nutrition Svcs..... Lolly Harter
Maintenance Supervisor Ron Dubbeld
Executive Housekeeper Kandy Kahn
Laundry Supervisor Rita Davis
Activity Director Betty Lough
H.R. Coordinator Leann Nash
Volunteer Coordinator Kim Maller

Members of:

- Leading Age Indiana
- Wells County Chamber of Commerce
- Better Business Bureau

Mission Statement:

"Enriching senior living with Christian values and compassionate quality service."

Happy Birthday!!!!!!

Residents

HEALTHCARE

Joyce Mock.....	October 1
Judy Milholland.....	October 6
William Troxel.....	October 13
Margaret Ayers.....	October 18
Patricia Eley.....	October 24
Evelyn Morrissey.....	October 26
Vickie L. Osborn.....	October 27
R. Pauline Kolter.....	October 28
Robert Zaugg.....	October 29
Madeline Brindle.....	November 10
Maymie "Geneva" Kiser.....	November 14
Helen Hamilton.....	November 17

SUGAR MAPLE

Ruth Falk.....	October 29
Donna Jean Warnimont.....	November 9

THREE OAKS

Joan Gerber.....	October 21
Vernon Gerber.....	November 1
Gloria Kaehr.....	November 4
Bonnie Gerber.....	November 23
Louise Deihl.....	November 29

PATIO PINES

Jerry Shaw.....	October 27
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VILLA RESIDENTS

Glenna Plummer.....	October 9
Colleen Ringger.....	October 10
Keith Prough.....	October 13
Patricia Higgins.....	October 23
Betty Steffen.....	October 30

Bette Erxleben.....	November 1
Joyce Troxel.....	November 11
Mary Kay Prough.....	November 16
Joyce Longenberger.....	November 19
Vernon Bynum.....	November 23
Keith Meade.....	November 23
Marilyn Meade.....	November 24
Betsy Strahm.....	November 28
Bette Mathias.....	November 30

Employees

Tabatha Brosz.....	October 9
Jennifer Sander.....	October 14
Rachel Fiock.....	October 16
Oriana Makowski.....	October 18
Rose Moser.....	October 18
Alexis Mittlestedt.....	October 20
Katelyn Pfister.....	October 21
Dion Dubbeld.....	October 22
Megan Garza.....	October 22
Sydney Beitler.....	October 26
Lolly Harter.....	October 28
Kandise Kahn.....	November 1
Janet Jones.....	November 3
Amy Hanni.....	November 6
Ruth Allen.....	November 8
Barbara Edwards.....	November 11
Ron Dubbeld.....	November 13
Kirtlyn Noble.....	November 14
Rease Minniear.....	November 17
Ireland Greenway.....	November 19
Amber Hall.....	November 20
Colten Jones.....	November 21
Ericka Miranda.....	November 27
Betty Lough.....	November 28
Cassandra Priester.....	November 30
Jordan Steffen.....	November 30

Residential

Flu Shots

Emma in Residential Services will be offering flu shots in October to Assisted Living and Independent Residents. Exact dates and times to be determined.

Security

Starting September 1st, 2018 we will be keeping more doors locked.

- Patio Pines: Doors #15, #16, #17 will be locked at all times.
- Door #16 from the carport will open with your apartment key.
- Willow Lane: Doors #18 and #19 will be locked at all times.
- Door #18 from the carport will open with your apartment key.
- Three Oaks: Doors #2, #4, #5, #6 will be unlocked from 8am–8pm.
- Visitors and Guests should use the East Main Door #1.
- Door #1 will be unlocked from 7am–10pm.

If you have any questions please see Emma Rhoderick. We appreciate your understanding for the need to increase security!



In memory of:

*Rachel Brooks
Carol Frauhiger
Mable Freeman
Marge Gerber
Carl Macklin
Vergene Reinhard*

Thank you to all who remembered our loved ones.

Good Samaritan
Charitable Program



Welcome!!!!!!

Healthcare Admissions

Healthcare welcomed Paul William (Bill) Triplett from his home in the duplexes at Christian Care, on July 9, 2018. He is married to Marilyn Triplett. They have a son and daughter. He is a member of the Berne Evangelical Church, Berne, Indiana. He retired from being a nursing home administrator. Welcome Bill!

Healthcare welcomed Vickie Osborn from Bluffton Regional Medical Center on July 19, 2018. Vickie is married to Jim Osborn. She worked for Kitco for many years. Welcome Vickie!

Healthcare welcomed James (Jim) Kleinknight from his home on July 23, 2018. He is a widower. He has a son and a daughter. He is a member of Bluffton Nazarene Church. He retired from Franklin Electric after 42 years. Welcome Jim!

Healthcare welcomed Judith (Judy) Milholland on August 16, 2018 from her home in the duplexes at Christian Care. She is married to

Don Milholland. They have three daughters and three sons. Judy worked as an aide and in dietary for Norwell School Corporation and was a homemaker. She is a member of the New Hope Lutheran Church, Ossian, Indiana. Welcome Judy!

Healthcare welcomed Jerome Rauch from his home in the duplexes at Christian Care, on August 17, 2018. He is married to Virginia Rauch. They have two sons and a daughter. He is a member of the Apostolic Christian Church-North. His occupations were a piano tuner, owning and running a music store and school bus driver. Welcome Jerome!

Discharged

Thomas Allen came to Christian Care Healthcare for rehabilitation on July 5, 2018 from Lutheran Hospital. He completed his rehabilitation and returned to his home on July 17, 2018. We wish Tom the best!

Thelma Studabaker came to Christian Care Healthcare for rehabilitation on July 18, 2018 from Lutheran Hospital. She completed her

rehabilitation and returned to her home on August 4, 2018. We wish Thelma the best!

Residential Admissions

Christian Care welcomed Thelma Hill to her Three Oaks Assisted Living apartment on July 13, 2018. Thelma is from Markle, Indiana. Thelma and her husband were farmers and raised six children. They have two boys and four girls. She is a grandmother to nineteen grandchildren. When at home not working on the farm, Thelma enjoyed knitting and crochet. She also liked to bake and decorate cakes. Thelma is a member of Hope Missionary Church. Welcome Thelma!

Christian Care welcomed Phyllis Shady to her new Patio Pines apartment on August 22, 2018. Phyllis is married to Clyde. They have three children, four grandchildren and five great-grandchildren. Phyllis was a homemaker and is a retired home health care provider. These days she enjoys watching television and dining out. Phyllis is a member of the First Baptist Church. Welcome Phyllis!

Farewell to Dear Friends...

Ermin Conner came to Healthcare on June 7, 2018 from her home and passed away on July 7, 2018. She is survived by her two sons, and three grandchildren. Ermin was a member of Epworth United Methodist Church. She retired from Wells Community Hospital in 1985. We express our deepest sympathy to her family.

Erma Dalrymple came to Healthcare on May 31, 2011 from Bluffton Regional Medical Center and passed away on June 19, 2018. She is survived by her one son, three grandchildren, six great-grandchildren, and several stepchildren, step grandchildren, and step great-grandchildren. She was a homemaker. She was a member of Markle Church of the Brethren. We express our deepest sympathy to her family.

Hugh Studabaker came to Healthcare on April 4, 2018 from his home and passed away on June 20, 2018. He is survived by three sons, a daughter, ten grandchildren, and eleven great-

grandchildren. He was a lifelong farmer. We express our deepest sympathy to his family.

Carol Frauhiger came to Healthcare on June 29, 2018 from her home and passed away on July 14, 2018. She is survived by her husband, a son, a daughter and three grandchildren. She retired from the Markle Post Office after almost 33 years. She was a member of the First Church of Christ. We express our deepest sympathy to her family.

Mabel Freeman came to Healthcare on December 7, 2015 from BRMC and passed away on July 15, 2018. She is survived by her son, three daughters, twelve grandchildren, and nineteen great-grandchildren. She worked at Kitco for 27 years. We express our deepest sympathy to her family.

Marjorie Gerber came to Healthcare on May 16, 2014 from Assisted Living and passed away on July 28, 2018. She is survived by a son, a daughter and four grandchildren. She was a homemaker. She was a member of the

Apostolic Christian Church. We express our deepest sympathy to her family.

Luella Schladenhauffen came to Healthcare on August 16, 2018 from Assisted Living and passed away on August 21, 2018. She is survived by a daughter, three sons, eight grandchildren and great-grandchildren. She was a nurse and retired from Caylor-Nickel Clinic after 28½ years in 2000. She was a member of the Apostolic Christian Church. We express our deepest sympathy to her family.

Phillip Fahl came to Healthcare on August 8, 2018 from Lutheran Hospital and passed away on August 22, 2018. He is survived by his wife, a son, a daughter, seven grandchildren and five great-grandchildren. He retired from NIPSCO as a serviceman. He attended Six Mile Church, Bluffton, Indiana. We express our deepest sympathy to his family.

~ RECIPE ~

Soft Baked White Chocolate Cranberry Cookies

¾ cup unsalted butter
¾ cup brown sugar
¼ cup sugar
1 large egg at room temp
2 tsp. vanilla extract
2 cups all-purpose flour
2 tsp corn starch
1 tsp. baking soda
½ tsp salt
¾ cup white chocolate chips
¾ cup dried cranberries

In large bowl mix butter till creamy then add sugars and mix until fluffy. Beat in egg and vanilla.

In separate bowl, whisk flour, cornstarch, baking soda and salt. On low speed mix dry ingredients with wet ingredients until combined. Dough will be thick. Add chips and cranberries.

Chill dough for 2 hours then set out for 10 minutes.

Roll into balls about the size of 1 tblsp. Bake at 350 degrees on a lined cookie sheet for 7-9 minutes. Allow to cool 5 minutes then transfer to cooling rack.

— Submitted by Terri Stacy

Dietary News

What a busy summer we have had! The sweet corn this year was AMAZING! We also had fresh green beans and cucumbers. Thanks to everyone that supplied us with these special treats. The change in seasons is just about here. We will, as usual, have a busy September AND October.

Street Fair Week this year is September 17th–22nd. We will be having our version of street fair food all week long and also our traditional elephant ears on the patio!

October is National Popcorn Month. We will be having this special treat throughout the month, along with cinnamon rolls on the 4th and candy corn on the 30th.

This year there has been a lot of recalls in the food industry. Thankfully, we here at Christian Care have been spared any foodborne illnesses. We have had a few products that have been recalled for safety purposes. I receive notices from our GFS rep on any food items that we have purchased

that may be contaminated. We dispose of the food and get credit for the items.

According to the CDC, each year 76 million people get sick from foodborne illnesses. More than 325,000 people are hospitalized related to foodborne illness and about 5,000 people die each year from this.

A couple of handy tips on keeping food safe at home:

- Keep food out of the temperature danger zone which is 41-135 degrees. These are the temperatures at which bacteria grow and multiply the fastest.
- Reheating foods... all foods must be reheated to 165 degrees within 2 hours. Only reheat one time, then discard.
- Microwave reheating temperature is 165 degrees, covered and held for 2 minutes to allow temperature equilibrium.

— Lolly Harter, CDM, CFPP
Director of Food & Nutrition Services

Food For Thought – Look ever to Jesus, He'll carry you through.

Nursing Notes

Medication Talk

Medications play a vital role in preventing, maintaining and treating specific health conditions. In a long-term care nursing facility meds are highly regulated for resident safety and best outcomes under federal and state guidelines. A tremendous part of the Nurse/QMA's responsibility is ensuring residents are receiving accurate medication dosages by the correct route, correct time, monitoring responses, interactions, potential allergic reactions and documentation. Medications in our setting include anything prescribed by the physician, over the counter, vitamins and herbal supplements. If a resident wishes to self-administer meds at the bedside there are regulations to this also. We ask that you bring meds to the nurse's station (including cough drops, Tylenol, Tums or even essential oils). The nurse will then proceed with the necessary steps and evaluations needed.

The facility also has a pharmacist that comes in monthly to review resident records and makes recommendations to the physician. This service ensures residents are receiving meds for appropriate reasons, safe doses, reviewing potential interactions between meds, recommended nursing interventions to improve monitoring or administration of labs related to individual meds and even recommendations to reduce or discontinue meds. There is also an interdisciplinary team that meets with the pharmacist monthly to discuss certain classes of meds that can have high potential for side effects and interactions to assure residents are on the lowest most effective doses possible. In many cases we are successful in reducing or discontinuing these types of meds.

We often get the question, "When should we reduce or stop medications?" This is a very

individual decision based upon goals of care. At any time meds can be reduced or stopped if this is the wish of the resident or family with the physician's approval. Risk and benefits should be discussed prior to stopping meds. If a resident has increased difficulty swallowing meds, most can be placed in pudding or applesauce to help in the ease of swallowing. Some meds can also be changed to different forms or routes besides oral. At the end of life, meds that assist with comfort are often used for symptom management.

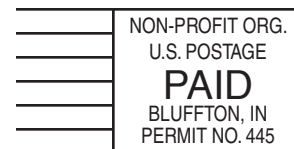
If any resident or family member has questions about their loved one's medication regimen, any of the floor nurses or I would be happy to provide information to you.

Here's to Health!

— Rachel Quillen, RN
Director of Nursing



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Return Service Requested

Resident Satisfaction Survey

If you are a resident residing in Healthcare or Assisted Living, we invite you to participate in our 2018 Resident Satisfaction Survey. We also encourage family members or resident representatives to participate as well.

Please enter the web address below into your web browser to take an electronic version of our survey. You can also stop by our Business Office during normal business hours (8AM-5PM) to pick-up a paper copy of the survey.

<https://www.surveymonkey.com/r/KNC8TJV>

Survey responses are due back no later than Friday, October 12th at 4:30PM. **All surveys are anonymous and confidential.**



Did you know that we have an automated phone line?

You can contact certain Christian Care staff directly by using our automated phone line at 260-565-3006. When prompted, you can enter the person's phone extension in order to reach them directly.

Don't know the person's extension?

We also offer a dial-by-name directory area. Just dial 260-565-3006, press the '8' key, then enter the first few letters of the party's first name for a list of options.