

May 2024

# NEWSLETTER

Sedgwick County Nursing Home | 901 Cedar street | 970-463-6232



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## Playful May

As the vibrant blooms of May usher in warmer days, it's the perfect time to embrace the great outdoors, starting right in your backyard. Here's a roundup of backyard games and activities that will turn your outdoor space into a hub of entertainment and relaxation.

First up, consider organizing a lawn bowling extravaganza. Gather your friends and family for some friendly competition. The satisfying clatter of pins and the strategic precision employed make it enjoyable for all ages. Set up a makeshift alley, and let the good times roll!

Next, why not create your own picnic paradise? May is the ideal month for a delightful backyard picnic. Spread out a cozy blanket, pack a basket with your favorite treats, and bask in the sunshine. Invite friends over for an afternoon of al fresco dining, complete with refreshing beverages and delicious snacks.

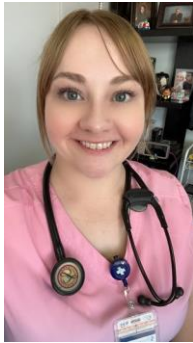
For those who enjoy a challenge, organize a giant Jenga jamboree. The towering wooden blocks add an exciting twist to the classic game, requiring steady hands and careful thinking. Challenge your friends to a game, and watch the tension rise with each precarious pull.

If you're in the mood for some physical activity, plan a badminton bonanza. The game is a fantastic way to get active. Whether you're a seasoned pro or a novice, the backyard is the perfect setting for a spirited match.

Finally, as the sun sets, make the yard into a cozy haven for a campfire and stargazing. Set up a fire pit, roast marshmallows, and share stories under the stars. If you have a telescope, see what constellations you can identify... or just marvel at the beauty of the night sky.

May in the backyard is all about play, laughter, and making memories. Dust off those outdoor games, invite your favorite people, and let the backyard festivities begin!

## DON CORNER



The CDC has updated their definition of “up to date” status for the COVID-19 vaccine for adults aged 65 years and older – a second dose of the 2023/2024 updated vaccine is recommended. Consents, vaccine information sheets, and a risk vs. benefit form will be sent to resident representatives in the coming weeks. If you would prefer to complete this paperwork while visiting your loved one, please speak with Andrea, RN/DON by May 10, 2024. Otherwise, a postage-paid envelope will be provided for you to return consent forms. Thank you for helping us do our part to prevent the spread of communicable diseases!

Andrea Marin, RN (she/her/hers)  
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### Employee Spotlight for May

Patricia Norwood-Procnunier  
CNA



## Grievances, what are they & How do they work?

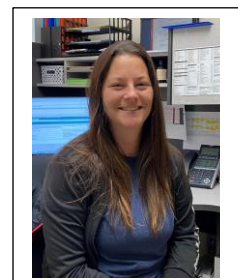
A grievance is any real or perceived problem within the nursing home. Some examples of this would be:

- Problems getting an appointment
  - Dietary Issues/Concerns
  - Missing/Lost Items
  - Issues with nursing staff or cares
- Residents have the right to file grievances and the facility must work to resolve those concerns promptly. The grievance is logged and tracked from the time it is received through the resolution period. The written decisions must include, but are not limited to:
- The date the grievance was received
  - A summary statement of the grievance
  - The steps taken to investigate the grievance
  - A summary of the pertinent findings or conclusions regarding the concern/complaint
  - Any corrective action taken or to be taken by the facility as a result of the grievance
  - The date the written decision was issued

The facility must also follow up to ensure the resolution remains satisfactory for those whom filed the grievance. The grievance can be filed orally, in writing or anonymously. A staff or family member may also assist the resident in filing their grievance. The grievance procedure and location of the forms are reviewed monthly at resident council. If you have any questions, or would like assistance in filing a grievance at any point; please don't hesitate to reach out to me.

### *Crystal Hanley*

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## DIETARY DEPARTMENT

1. Mother's Day is the third most popular holiday in the world, behind only Christmas and Easter.

2. According to the Pew Research Center, more phone calls are made on Mother's Day than any other day of the year.

3. A research study conducted by Nancy Etcoff, Ph.D., of Massachusetts General Hospital and Harvard Medical School, found that flowers affect human behavior and make people feel happier and more compassionate around fresh-cut blooms.



Biggest Fan by Eastern Floral

4. Approximately 65% of all greeting card sales occur in the last five days before Mother's Day.

5. Women purchase 80% of all Mother's Day cards.

6. In what was formerly Yugoslavia, children would tie up their mother on Mother's Day. The only way she could be freed would be to "pay" her children with candy and treats.

7. Anna Jarvis is considered the founder of Mother's Day in the United States. She quit her job to focus full-time on persuading politicians, business executives and civic leaders into making the holiday official. On May 8, 1914, President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day thanks to the persistence of Jarvis. Jarvis never married nor had children of her own.

8. Around one-quarter of all flowers purchased throughout the year are purchased for Mother's Day.

## Green Gold

A great use of your time on May 29 is to learn about the many benefits of composting. It is, after all, Learn About Composting Day.

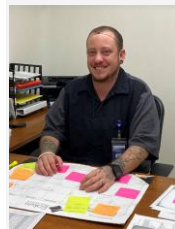
One of the best ways to maintain a healthy garden is to feed it fresh compost. Most soils are sandy, rocky, or compacted—less than perfect in some way. Adding compost improves a soil's fertility, thanks to a dose of energy-giving nutrients and microorganisms. Plus, you can forego harsh and costly chemical fertilizers.

The trick to a healthy compost pile is a good carbon-to-nitrogen ratio. Different types of matter provide carbon (branches, dead leaves, peels, wood, straw) and nitrogen (food scraps, green grass clippings, green leaves, stems). Rainwater, worms, and other microorganisms in the ground do the rest. Simply turn the compost with a pitchfork once a week, and watch as the perfect soil additive develops before your eyes.

9. Many of the trademark sweaters that Mr. Rogers wore on his television show, Mr. Rogers' Neighborhood, were knitted by his real mother.

10. Mother's Day was intended to be a day to honor mothers individually and not collectively, thus the reason for the apostrophe before the "s" – making it singular possessive instead of plural possessive.

11. Mother's Day is the busiest day of the year for the restaurant industry with 62% of Americans dining out.



*Ashton Emory*  
Dietary Manager





# ACTIVITY DEPARTMENT

## HIGHLIGHTS IN APRIL



Earth Day, April 22nd



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## May Birthdays

Those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in both professional and personal endeavors. After working hard, they like to reward themselves for a job well done. If you were born between May 21–31, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party.

Happy Birthday

Tracy Kalas – May 8<sup>th</sup>  
Donald Swanson – May 19<sup>th</sup>  
Hayden Harrell – May 22<sup>nd</sup>

## The Irresistible Iris



What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and

Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.

The word *iris* comes from a Greek word meaning “rainbow,” which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother’s Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.