

January 2024

NEWSLETTER

Sedgwick County Health Center | 901 Cedar street | 970-463-6232



DEPARTMENTS

Teresa, AD
Activity Director
(970) 463-6233
tgreen@schealth.org

Andrea, DON, RN
Director of Nursing
(970) 463-6229
amarin@schealth.org

Ashton, DM
Dietary Manager
(970) 463-6222
aemory@schealth.org

Colleen, DCM, CFPP
Consulting Dietary
Manager
(970) 463-6222
CKasperbauer@schealth.org

Crystal, SSC, medical records
Social Service Coordinator
(970) 463-6234
chanley@schealth.org
Nurses Desk
(970) 463-6232

Front page news



Our Mission

Providing excellent personalized healthcare for life

Our Vision

Our vision is to be the premier health system through continuous investment in our patients, employees and innovative technologies.

Our Values

Stewardship - We recognize our unwavering commitment to our patients, employees, facilities and environment. Compassion - We deliver patient-centric health care with compassion, dignity and integrity for all.

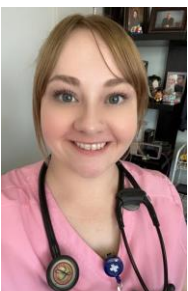
Diversity - We embrace inclusivity and diversity, which celebrates people's differences and promotes innovate thinking.

Appreciation - We value our talented workforce and the trust placed in us by those we serve.

DON Corner

Season's Greetings! All of us here at Sedgwick County Nursing Home hope you and your loved ones had a wonderful holiday season. There was a lot of change in leadership throughout 2023 and we appreciate your patience and understanding while those changes were taking place. I would like to personally thank each and every one of you for allowing us to care for your families. It is a joy and a privilege to come to work in their home every single day. To wrap up 2023 news, we had our annual State recertification survey at the end of December; I am pleased to announce we performed very well! I am incredibly proud of all of the staff here at SCNH in all departments for their dedication to providing quality care for all of our residents. In 2024 one of our main focuses will be implementing new Electronic Medical Records software (Cerner) that will streamline processes between the nursing home, the hospital, and the clinic. We are very excited about this upcoming change as it will enable us to provide an even better continuity of care within our organization as a whole. We will continue to provide updates about quality improvement projects throughout the year and as always, welcome and appreciate your feedback. Happy New Year!

Andrea Marin RN, Director of Nursing



Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day's delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.

Bubble Bath

In the hustle and bustle of modern society, who has time to soak in the tub? Well, on January 8, Bubble Bath Day, nobody will be angry if you monopolize the bathroom.



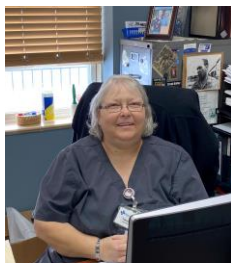
Bubble baths first became popular in the early 1900s because parents believed they had a calming effect on children, making bedtime much easier. Why shouldn't the same hold true for adults? The hot water eases tension, the fragrant bubbles provide aromatherapy, and herbal bath salts can reduce swelling, improve circulation, and reduce muscle and joint pain. Add some candles and light music, and you've turned your bathroom into a spa. Even Cleopatra was known to take baths in milk and honey. You, too, can bathe like the queen of the Nile by adding a half cup each of powdered milk, honey, and castille soap to your next tub.

Activity Department

Christmas 2023



Teresa Green, AD
Activity Director



Do You Kazoo?

The kazoo, that humble buzzing instrument shaped like a submarine, was invented by Warren Herbert Frost on January 9, 1883. However, Frost's instrument was not the simple toy we know today. It wasn't until 1902 that the classic version was designed by George D. Smith.



To play the instrument well, one must hum a tune into it. Indeed, kazoo players' talents depend more on their humming ability than anything else. Perhaps one of the most adored modern kazooists is the classically trained singer

Barbara Stewart, who not only performed at Carnegie Hall but also wrote *The Complete How to Kazoo*.

The kazoo is commonly played for comedic effect in jug bands and comedy revues, but it has also been used in music by master composers such as Leonard Bernstein and Charles Ives. Known as the "most democratic" of instruments, anyone can pick up a kazoo and play it right away. Perhaps you should do just that on January 28, Kazoo Day.

Dietary Department

- Nutmeg can make you hallucinate
- Some wasabi is actually horseradish
- Red skittles contain boiled beetles
- Hamburger can contain meat from up to 100 cows
- Ketchup was once used as a medicine

Ashton Emory
Dietary Manager



It's a New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.

January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.



Teresa Green – January 13

Social Service

Happy New Year!

We were overwhelmed with joy at all the gifts and goodies the residents received over the Holiday Season, huge Thank You to everyone for all the amazing things!

We have a new ombudsman serving our area. Her name is Sandra "Sandy" Glaser. Her contact information is 970.867.9409 ext 3003 Sandra.Glaser@necalg.org. Please reach out to Sandy or myself if you have any questions or concerns.

The last thing I will mention for this month to be on the lookout for is implementing a family council. We already hold a monthly resident council to meet with your loved ones but we feel it important to include the families more often than our quarterly care conferences. Our plan right now is to plan for 2 of them this year, it will be afternoon/evening time to ensure more of you are able to attend. We will have a few topics of information to share with you as well as an open floor for you to ask any questions or bring any concerns to our attention. More about this in the near future!

Thank you so much for entrusting our facility with the care of your loved ones, we are excited to see what 2024 brings us!

Crystal Hanley
Social Services Director

