



Schnepp Health Care Center Happenings

www.schnepp.net

From the Administrator

By the time you read this, our annual BBQ will be history. This is our 27th year of the summer party and it is always a busy week of preparation. Thanks to our staff for the extra effort to make it a success year after year.

I attended a conference last week and one of the topics was the new Medicare Part D drug benefit. After two hours of class, I am really confused about it. The program will start enrolling people November 15, 2005, with the benefit starting January 1, 2006. If you wait to enroll there will be a penalty for each month you wait. The premium will be around \$35 a month and it appears Medicaid eligible recipients will not be charged. That is what they said and I need to add the following disclaimer: "They are still putting the program together and there is a lot that can change before January 2006."

There is a non-profit group set up to help people with questions called mymmap and here is some additional information via there website www.mymmap.org

- Go to www.medicare.gov for up-to-date information about the Medicare-approved drug discount cards.
- MMAP will work with you in reviewing your medications and your options for prescription discounts.
- Have a question? Contact us at info@mymmap.org
6105 West St. Joseph, Suite 209, Lansing, MI. 48917-4850
Phone (800) 803-7174 www.mymmap.org
- Be aware that card sponsors cannot make "cold calls" to you by phone or in person. If someone contacts you to sign up for a card, **do not give them any personal information** such as your social security number, financial information, etc. as they may be trying to cheat you. Report the call to MMAP, call 1-800-803-7174.

So it should be an interesting fall! Stay tuned we will try to assist our residents and families on where to turn for help.

I am pleased to announce a new member to our family here at SHCC, Ines Acevedo joins us as a licensed social worker. She brings a lot of experience with her. Welcome Ines!

Have a safe happy summer!

Dick Prestage, Administrator/Owner
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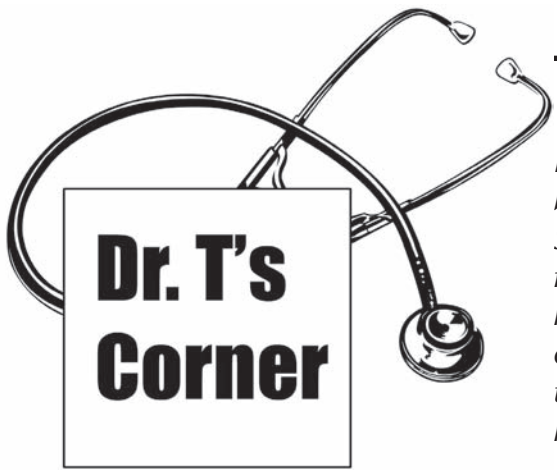


Resident Birthday's

Oneta Brauher	July 6
Thelma Carroll	July 19
Helen Grover	July 19
Martha Clapp	July 20
Debbie Jewell	July 21
Dolores Berryman	July 23
Evelyn Derry	July 29
Lorrene Brush	July 30

Employee Birthday's

Edward Kreh	July 3
Lisa Hayes	July 3
Robin Adams	July 4
Loretta Bessert	July 13
Denise Ellsworth	July 15
Ruth Head	July 20
Shawna Greening	July 22
Kevin McCaw	July 25
Melissa Norris	July 25
Cheryl Sheppard	July 31



Dr. Wm. C. Thiemkey has been Medical Director for Schnepf Health Care Center for nearly 20 years. He will review some pertinent medical articles and summarize them in each issue of the newsletter.

Welcome to Schnepf's:

Lynn Houlden
Marie Davis
Jose Martinez
Phyllis Graham
Pearl Northrup
Roy Carrick
Sam Benjamin
Corbley Tennant

What is Psoriasis? I bet you're "itching" to know!

Provided by YourMedicalSource.com

Psoriasis is a skin disorder that can occur at any age in both men and women. Most commonly, psoriasis first appears as thick, flaky patches of skin on the elbows, knees, or other parts of the body. The patches may be silver or red.

The skin flaking that occurs in psoriasis is known as scaling. At first, a few small, flaky patches – known as plaques – may appear. Often, the plaques gradually enlarge and increase in number. Less commonly, psoriasis may erupt suddenly all over the body.

Psoriasis is a chronic disorder, which means it can last a long time and can come back frequently. It is most common in people in their 20s, 30s, and 40s. Psoriasis is rare under age three. Most people who develop it do so before age 30. In the United States, about two or three out of every 100 people have psoriasis.

Psoriasis commonly occurs on pressure points such as the elbows, knees, and knuckles, as well as on the scalp, the trunk, the arms and legs, the external sex organs, and the fingernails and toenails. Treatment is multifaceted and varies with the location and severity of the disorder.

If you or a loved one thinks they may be suffering from psoriasis, it's time to "scale" up your attention to health and see your physician.

Fourth of July Word Scramble

(Answers on page 5)

1. ylreitb
2. gfal
3. dre
4. utnedi
5. htwie
6. steats
7. mdoefer
8. eondicaalrt
9. aamerci
10. ubel
11. radepa
12. rreskwiof

Communicating with People who are Hard-of-Hearing

The rules for communicating with people with hearing loss involve simple common sense. The hard part is remembering to adhere to them! It takes practice. Residents with arthritis, Parkinson's disease, and strokes depend on us to help them manipulate hearing aids and batteries. Memory problems may cause them to forget about wearing them or how to use the equipment, and pride or vanity may prevent them from asking for assistance. They should be able to count on others to understand their needs and provide support. Here are a few rules to follow for good communication with people who are hard-of-hearing.

- Whenever possible, ask them what you can do to help them. Getting an answer isn't always possible with this population, but you may be surprised how often residents are just waiting for us to ask.
- Maintain eye contact while talking. Remember that many residents also have vision problems, so take their visual needs into account. A good part of understanding depends on sight for the hearing impaired. (Clean glasses always help, too!)
- Make sure you have light on your face, not a shadow. Most people speech-read to some extent, so they need to see your face. Resist the urge to open a window or door and stand with your back to the light.

- Keep your face as "uncluttered" as possible: keep hair off face, make sure your mouth is clear and empty, and leave your hands down. (A little bright lipstick helps the mouth stand out.)
- Reduce or eliminate background noise. Some people hear well in quiet areas, but they cannot handle competing sounds. This includes internal sounds, especially chewing noises that occur when eating crunchy food. (A movie and popcorn will equal no conversation!) Moving residents to quiet areas may be necessary when something important needs to be discussed. (This also has implications where HIPAA compliance is concerned.)
- Making sure all listening devices are in good working order and being used. Dead batteries and plugged tubing mean no sound. As mentioned, our residents depend on us. How many residents have we known who've come to activities and left their hearing aids and/or pocket talkers in their rooms?
- If a resident clearly doesn't understand what you say, repeat the same words only once. (Repeating it over and over only frustrates you and the resident.) If you're still not understood, use different words (rephrase). The resident may not be able to hear the tones of the words you used initially.

- Use your whole body to communicate. Make sure your facial expressions and body language reflect what you say. Use hand gestures. This is a good chance to practice your acting skills!
- It's very hard to speak loudly without looking angry, so try lowering the tone of your voice instead of raising the volume. It's common for people to lose the upper tones but retain their ability to hear the lower ones, so use a deep voice instead of a high one.
- People often pretend to hear when they can't. In other words, they're bluffing. Ask them to repeat what you've said so you know they understood. "Now, what time is bingo?" (This can be tricky if a person suffers from memory loss as well.)
- Be patient and encourage tolerance and helpfulness in fellow residents. Structure activities to support those with hearing loss.

When a resident is readmitted from the hospital with a new diagnosis of dementia, be sure to ask, "How is her/his hearing?" Unfortunately, when older people give the wrong answers to questions, medical staff often jump to the conclusion that dementia is involved. It is important that a true diagnosis be made. With a diagnosis of dementia, it can be hard to tell how much of a person's lack of understanding is due to hearing loss and how much to dementia. Practicing good communication techniques will help you distinguish the differences.

Continued on page 4

Hearing from page 3

Hearing loss is not a normal part of aging, and it is far more than a nuisance. The psychological effects can be profound, often contributing to depression, one of the primary problems our residents face. Your efforts to help residents hear and understand says so much – they validate their status as valued human beings. Make every effort to include residents with hearing loss in group activities and do whatever you can to help them function in the hearing world. By consistently making sure that each resident has and is using working hearing equipment, you can set the standard for all staff. Educate yourself, staff, residents, and family members about hearing equipment and positive communication techniques.

Moyer Magic Show

We would like to invite you to the Moyer Magic Show on July 5, 6 PM in Dick's Diner. Presented to you by master magicians Jack Moyer & Company. Be prepared for an event full of comedy, magic, music and fun! The Moyer family has been entertaining for over 20 years. For further information, please contact the Activities Department @ (989) 681-5721.

Potter's Park

We are looking for volunteers for the Potter's Park trip that has been scheduled for Wednesday, July 20, 2005. We will be leaving Schnepps' at 9:30 AM and will be returning around 3:30 - 4 PM. Volunteers are needed to assist residents throughout the park. A packed lunch will be provided. If you are interested in volunteering, please contact the Activities Department @ (989) 681-5721.

Resident's Rights

#37. A nursing home patient or home for aged resident is entitled to be fully informed orally and in writing in language he or she understands, as evidenced by his or her written acknowledgment, before or at the time of admission and during his or her stay, of the patient/resident rights policy set forth in the Michigan Public Health Code and, as applicable, the Social Security Act.

The patient and patient representative or interested family member or the resident shall be promptly notified of changes in the patient/resident rights or responsibilities under state or federal law or regulations.

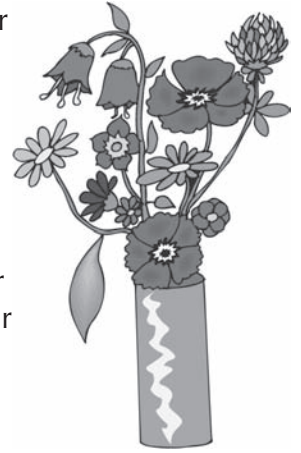
At the time of admission or at any time thereafter, a patient or resident shall have the right to designate a representative to act on his or her behalf. Such a designation shall be in writing and shall specify the scope of the representation, the duration of the representation and the names of the patient or resident and representative. The facility shall provide proper forms for the patient or resident to provide for the designation of a representative at the time of admission. Upon designation of a representative, the facility shall be immediately notified by a copy of the designation.

The facility's policy shall provide that if the patient or resident is adjudicated incompetent and not restored to legal capacity, the rights and responsibilities of the individual as specified in the Michigan Public Health Code or the Social Security Act shall be exercised by the person appointed under state law to act on the patient or resident's behalf.

If a patient or resident becomes unable to exercise his or her own rights, and has not been adjudicated incompetent by a state court, any legal surrogate designated in accordance with state law may exercise the patient or resident's rights, to the extent provided by state law.

Flower Show

To many of our residents summer is a time for planting and watching their gardens grow. To celebrate summer and to help our residents capture the magic of summer



flowers, we are asking staff and families to bring in a few stems or arrangements from their own gardens. We would like to display them for the residents, families and staff on Monday, July 18. If you are interested in bringing in your flowers, please bring them to the Activities Department by 9 AM on July 18. If possible, please list the names of the flowers that you are bringing. If you have any question, please contact Jennifer McKinin A.D. at (989) 681-5721.

FREEDOM

Freedom is a time of celebration.

To live without fear,
to have freedom of speech,
the privilege of praying the way we wish,
the right to display the American flag.

Red, white, and blue give us hope, strength,
power, and trust.

Praising the soldiers that gave us their lives,
in defense of our freedom,
America the beautiful reminds us of
the freedom this country represents.

Honoring our glorious flag, where freedom lives.



Answers to Word Scramble

1. LIBERTY
2. FLAG
3. RED
4. UNITED
5. WHITE
6. STATES
7. FREEDOM
8. DECLARATION
9. AMERICA
10. BLUE
11. PARADE
12. FIREWORKS

