



Schnepp Health Care Center *Happenings*

www.schnepp.net

Changing of the Guard.

After somewhere around 20 years, Dr. Wm. Thiemkey is stepping down as medical director of Schnepp Health Care Center. Dr. Thiemkey, a good friend and my personal doctor, is moving to North Carolina. We have spent a lot of time together over the years inside and outside of the facility. I will never forget the time we went smelt dipping and both forgot to take a bucket to put the smelt in!

When Dr. T started as medical director we were a 73-bed facility and had a waiting list for new residents. I can remember we would go months without having an admission. Now the facility, with 127 beds, is a leader in the industry, with over 200 admissions a year and an average length of stay for Medicare patients of 35 days. Dr. Thiemkey has been a great help in the facility's direction.

I am always amazed at Dr. Thiemkey's hyperactivity. His energy is beyond me still to this day. Good Luck T!

While it is with some sadness that we say goodbye to Dr. Thiemkey it is with Great Pleasure I announce that our new Medical Director is Dr. Rakesh Saxena. Most of you know Dr. Saxena from Alma as he has spent many years caring for residents at the facility. Dr. Saxena is a board certified Gerontologist certified as a long-term care medical director. We are thrilled to have him as our new medical director.

I personally feel very lucky to have both Dr. Thiemkey and Dr. Saxena as friends. They both have encouraged me over the years and helped me with their wisdom. The change will take place in March.

One last thing, I apparently started quite a stir with last months article about building a new facility. Thanks for all the enthusiasm from everyone who commented about that idea (I didn't know so many people read my articles!). I am thinking, in another 5 to 10 years this is a change we would like to see happen. The idea part of it is easy...The problem with moving forward too quickly is the current reimbursement system. Unfortunately, the current system is inadequate to fund a project of this magnitude. But were working on that too.

Thanks for everyone's support!

Sincerely,

Richard Prestage, Owner/Administrator
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Resident Birthday

Pearl Northrup 3/2
 Alice Barnes 3/8
 Nora Ehlert 3/12
 Deanna Essex 3/12
 Mary Britting 3/14
 Julia Winnie 3/17
 Gene Munson 3/18
 Lena Koppelberger 3/25
 Retta Vedrode 3/27

Employee Birthday

Sue Moulton 3/5
 Denny Gee 3/7
 Christine Reinsmith 3/11
 Kelly Clark 3/14
 Patricia Waltz 3/17
 Sue Mann 3/20
 Tammy Burns 3/24
 Linda Wing 3/29



Dr. T's Corner

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.

“Good Night”

A three-part article about insomnia (Part3)

Treatments for insomnia go back many generations where grandma recommended warm milk. It turns out this was good advice as warming milk breaks the bond of one of the amino acids in our body and makes us sleepy. Advice for good sleep includes: going to bed the same time every day, keeping the bedroom comfortable and shielded from light. Exercise daily and getting exposure to sunlight. Quiet activity before bedtime and urinating just before calling it a day will help. Avoidance of alcohol, chocolate and caffeine within four hours of bedtime is essential. If medications must be used, antihistamines (Sominex, Benadryl) or short acting benzodiazepines such as Ambient or Sonata may be used. Pleasant Dreams.

Welcome to Schnepf's:

Edna Nichols
Kathy Duckworth
Madeline Siler
Elizabeth Scholtz
Gene Munson
Opal Evey
Eva Witzel

You Will Be Missed

Ken Barnum
Norrine Cheeseman
Iva Dage
Clarice Dell
Margaret Champaign

RESIDENT RIGHTS

#7. A patient or resident is entitled to refuse treatment to the extent provided by law and to be informed of the consequences of that refusal. When a refusal of treatment prevents a health facility or its staff from providing appropriate care according to ethical and professional standards, the relationship with the patient or resident may be terminated upon reasonable notice, the length of which would be determined by the specific circumstances.

In The Garden...

The staff from the Garden Floor would like to wish everyone a very Happy St. Patrick's Day! To celebrate this fun holiday we will be lunching on hotdogs and mint shakes. Stop by and check out our great St. Patty's decorations!

Activity Corner

Well, it is getting to be that time of year again. Winter is slowly coming to an end and the Activities Department is thinking of ways to get the residents outside and on field trips. One of the trips we are looking into is a trip to Dow Gardens, so that the residents can enjoy the beautiful flowers. We are always looking for new ideas, so if you have ideas or would be interested in volunteering for any of our outings this spring and summer, please contact the Activities Department at (989) 681-5721.

Jennifer McKinin
Activity Director

Special craving...No problem!

Our dietary staff has been doing a wonderful job with our buffet service in the dining room. Many of our residents have a special request when choosing food items and our staff strives to please the residents. Many of our menu ideas are created by our Dietician, Joyce Blades, RD, MS. Once a month we ask the residents to choose the "Meal of the Month." This has been overwhelmingly successful. If your loved one has a special craving, just let us know, so we can try to accommodate them. Great job Dietary Staff!

Christine Reinsmith, CDM
Dietary Supervisor

Large Print books available

Starting this month The Friends of the Library, from the St. Louis Public Library, will be bringing around 20 large print books a month to Schnepf's for the resident to check out and enjoy. This program will allow our readers to enjoy many new releases. Every month they will stop by and exchange the books with new ones. We also have a large print library in the Activity Room. If you have any large print books that you would like to donate, please contact Jennifer McKinin, Activity Director at (989) 681-5721.

IRISH BLESSING

*May you be poor
in misfortune, rich
in blessings, slow to
make enemies, quick
to make friends. But
rich or poor, quick or
slow, may you know
nothing but happi-
ness from this day
forward.*

