

# NHC St. Charles

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NHC  
HEALTH CARE  
ST. CHARLES

# News & Notes

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## National Nursing Home Week

National nursing home week is upon us all ready. Starting Mother's day, we will have a fun filled week ending with a picnic in our parking lot. We will have all of our favorite musicians Walter and David Green throughout the week followed by good food and good friends on May 19th 11-2. Everyone is always welcome to any of our large or small events. Hope to see you there!

*Join us for any and all of our events for National Nursing Home Week! May 13th through 19th.*



## Marvelous May!

**May 13th - 19th**  
National nursing home week! Please look at the calendar inserted to see what's going on this week with us!

**Friday, May 4th:**  
10:00am Music With Chad Evens

**Friday, May 11th:**  
10:00am Room Painting Swap Day

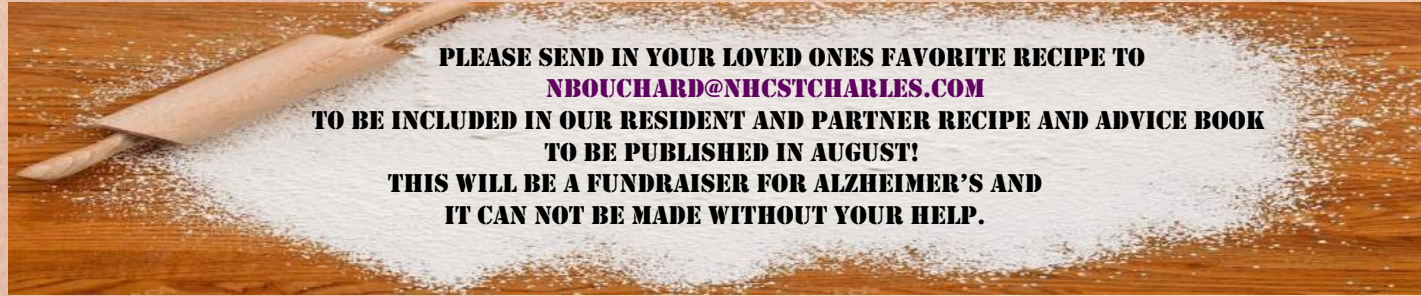
**Saturday, May 19th:**  
11-2 Family Picnic

**Wednesday, May 16 & Friday May 18**  
Crazy Sock Day      NHC T-shirt Day

**Mondays at 1:30**  
Tai Chi For Arthritis and Fall Prevention







**PLEASE SEND IN YOUR LOVED ONES FAVORITE RECIPE TO  
 NBOUCHARD@NHCSTCHARLES.COM  
 TO BE INCLUDED IN OUR RESIDENT AND PARTNER RECIPE AND ADVICE BOOK  
 TO BE PUBLISHED IN AUGUST!  
 THIS WILL BE A FUNDRAISER FOR ALZHEIMER'S AND  
 IT CAN NOT BE MADE WITHOUT YOUR HELP.**



**Dementia Communication Lesson 2 “ Staying Out of Judgement”**

One of the most difficult pillars of empathy to immerse yourself in, Staying out of judgment requires constant self-checking and monitoring. You most likely judge someone in social situations within seven seconds without even knowing it. How can you possibly check yourself? It takes practice.

First, we need to be aware that we in fact do judge others and situations, all the time. Even if you think you don't. Secondly, judging situations is not always bad. In the past it was crucial to our survival. When our lives and lives of those around us depended on how quickly we could judge a situation it was a crucial skill. John Sharp, a psychiatrist at Harvard Medical School stated: “Our feelings are always in the past. This is something that's really outlived its adaptive value.” Our awareness of, run from and remember the lion roaming in the forest has evolved into a discrepancy in perception that interrupts and disrupts our ability to withhold judgement and take on another persons perspective. We are no longer in danger of the threat of lions, tigers, and bears o my. We human beings need human contact and connection. We are pack animals. Being aware of our tendency to judge and practice the withholding of judgment is the only path. It is important for everyone to identify how they respond to conflict or threat. Fight, flight, or freeze? One could be more prevalent than another depending on the person. What do you do when you face conflict? Do you retreat to be alone? Do you pull out your fist and start swinging? Do you feel paralyzed or even fall asleep?

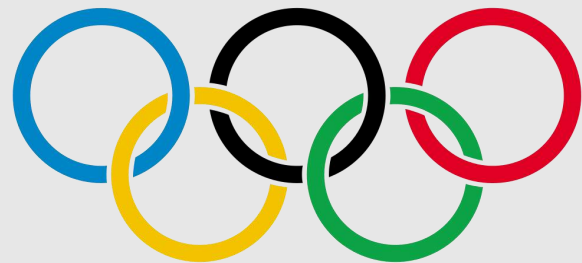
James, firefighter for over 20 years, has been admitted to a long-term care facility for his decline in cognition due to dementia. He enjoys being around others and is usually in good spirits and enjoys helping others throughout the day. Lunch has just finished. The call light bells are sounding and the staff is busy taking residents to and from the dining room back to their respective rooms. James is refusing to let anyone through the main doors becoming more and more agitated. He is telling them to turn around and find another way as he is walking around closing other doors.

- Why do you think James was acting this way?
- How was James responding to what he thought was a threat?
- How can James use his knowledge and training to be of help?
- How would you stay of judgement of James actions and the situation at that time?

**Alzheimer's Walk Date Announcement:**  
 Save the date for Saturday, September 29 at St. Charles Community College



Looking into next year: 2019 Senior Olympics needs volunteers and NHC St. Charles wants to help! Should you be interested in volunteering to be a coordinator of an event please let Nichole in recreation or Bridget in Admission know. You will be apart of the both the set up dinner and thank you dinner for your service!



**Food for Our Guests:**

Food and eating are often a part of celebrations, holidays, or other special events. When visiting someone's home, the host will usually offer a beverage or food. Residents love to have families and friends visit them, so I wanted to review how guests can enjoy a meal, snack, or drink with their loved one. There is complimentary coffee, lemonade, and ice water available in the Activity/ice cream area. Snacks, and sometimes free meals, are available during certain monthly activity events as well as complimentary ice cream for everyone on Fridays. Guest meal tickets can be purchased for \$5 during front office hours (8a-8p Mon-Fri., 8a-4p Sat., 10a-2p Sun./Holidays). These blue tickets can be turned in during meal service times for a daily menu meal to be served with your resident's meal. We like to accommodate special order requests where we can, while maintaining timely service to all residents. If guests desire a meal from the Always Available Menu, advance notice to dining room/kitchen staff by 10am for lunch and 4pm for dinner is greatly appreciated. So while you visit, you are welcomed to enjoy our excellent food and service options.

Thank you.  
 Karl Schnoor RDN, CSG, LD  
 Director of Food & Nutrition Services

**Welcome**

- Anna Richardson
- Anna Beckman
- Ralph Ditmeyer
- Mary Mocerri
- Barbra Ledwidge
- Bonnie Loehr
- Phillip Stehr
- Elizabeth Sister
- Kathleen Adams
- Carl Waldvogel
- Vanda Johnson
- Harold Gardner
- Suzanne Parker
- Bertha Russell
- Shirley Garrett
- Stewart Johnson
- Phylis Racer

**Home**

- Juna Swyers
- Robert Arroyo
- Phylis Schuchman
- Carl Helton
- Carol West
- Virgil Muelenkamp
- Anna Richardson
- Eileen Wiedner
- Sandy Allen
- Martha Rogers
- Donald Musgrave
- Della Tucker
- Virginia Venneman
- Gary Mills
- Audrey Manley
- Katherine Boland

**Birthdays**

- Ethel Bain 5/05
- Frances Warzonkoski 5/14
- Lyda Southerly 5/20
- Harold Gardner 5/26
- Martin Rudloff 5/30
- Dorothy Murphy 5/31

**In Memory**

- Mary Marshall
- Marion Hopkins
- Ruby Schmitz
- Catherine Lottman
- Floyd Aldrich