

Hello all,

Below is a portion of comments from the State Long-Term Care Ombudsman's office from their latest newsletter. Feel free to contact us for information to contact the Ombudsman's office.

As you may know, the Office of the State Long-Term Care Ombudsman has been the subject of media attention lately stemming from concerns over budget cuts. While the intentions behind raising these concerns are good, there has been some misinformation reported. The Local Long-Term Care Ombudsmen are still readily available by phone, videoconferencing and other technologies and will continue to advocate on behalf of residents and tenants in all of Iowa's nursing facilities, long-term care facilities, assisted living programs and elder group homes. Finally, it is important to know that, despite budget cuts, the Volunteer Ombudsman Program remains a robust program. Volunteer Ombudsmen are trained to handle complaints and seek resolution with residents, family members and staff, and are often the "boots on the ground" when it comes to the day-to-day concerns at a facility. As always, the mission of the OSLTCO is to protect the health, safety, welfare and rights of individuals residing in long-term care facilities by investigating complaints, seeking resolutions to problems and providing advocacy with the goal of enhancing quality of life and care. It is a mission we are proud of and one we will remain committed to, regardless of fluctuations in funding allocations and resources.

Cindy Pederson, JD
Interim State Long-Term Care Ombudsman

Golden Age is starting a new venture to increase the CNAs available in the area. We will be training those interested in becoming CNAs ourselves. We currently are waiting on the final approval from the State of Iowa and have several people already signed up to take the class. Lora Ashby, RN, has taken the required training through the American Healthcare Association so that we can do this. We look forward to this exciting opportunity.

The residents of Golden Age have been a part of the process of choosing the Employee of the Month since December. They have found out it is a very difficult decision to make. There are so many wonderful people that work at Golden Age. They all work together to meet the needs of the residents, and they do it because of the love and compassion they have for people. Every single employee deserves to be Employee of the Month! Please show them your appreciation!

The July Employee of the Month was Lynette Peek. Lynette has worked at Golden Age for a year in the dietary department as a Cook. She has worked hard at providing home cooked meals for our residents. Some new dishes she has cooked up recently are fried chicken, homemade French toast, and biscuits with bacon gravy. The August Employee of the Month was Laura Miller, CNA. Laura has proven to be a great asset to Golden Age in the brief time she has been employed here. She is a true "team player" and is well-liked by the staff and residents. The September Employee of the Month was Sherry Mathews, LPN. This is the second time Sherry has been the employee of the month in the year she has been employed here. The residents trust Sherry will make sure they are safe and well cared for. They look forward to seeing Sherry walk in the door!

Just a reminder that we are sending out our newsletters on a quarterly basis. The months you will receive the quarterly newsletter will be with the billing for the months of January, April, July, and October. You can also view the newsletter and monthly activity calendar online at www.goldenagecarecenter.com. *Also, Golden Age Skilled Nursing and Rehab and Maple Grove Senior Living now have a Facebook page. Be sure to "Like" us so you can see what we are up to!*

Laurie Buckhahn
Administrator



From the Desk of the D.O.N.

Flu Myths vs. Flu Facts

It is that time of year again!

Myth: The flu shot can give me the flu.

Fact: Flu viruses used in flu shots are inactivated, so they cannot cause infection.

Myth: Vaccines are not proven to prevent the flu.

Fact: If you get the flu vaccine, you are about 60% less likely to need treatment for the flu.

Myth: I should wait to get vaccinated so that I'm covered through the end of the season.

Fact: People should get a flu shot as soon as they are available because it takes about two weeks for antibodies to develop.

Myth: It is better to get the flu than to get a flu vaccine.

Fact: Getting the flu shot provides benefits such as the potential to reduce illness and prevent time lost from work.

Our thoughts and prayers go
out to the family and friends of :

Dortha Chelar

Mabel Corder

Lucille Bettis

Good Luck:

Karen Beich

Welcome:

Jeraldine Atkinson

Wanda Pescador



Barbara Curtis 2nd

Raymond Shilling 5th

Donald Ray 7th

Albert Sample 16th

Irene Anderson 26th

Thank yous for September:

Siebert family- for the goodies for the staff

John Broshar -passing the mail, and all the other little things you do.

Ingrid Freeborn- for doing Good Old Days

Marilyn Barber- for doing Bible Study

Jean Ballew- for all you do

Wayne Lamb -for watering the garden

Amish Mennonites

The Gordons

Morgan Henderson

The Beal's

The Winchesters

For your musical talent and entertainment

To everyone who provides worship service for our residents, it is greatly appreciated.

My apologies to anyone I may have forgotten.

Activity Notes from Korie:

We will be having a bake sale Monday, October 9th from 9 A.M.-2 P.M. All proceeds go towards Halloween candy for the trick or treaters. If you would like to bring in baked goods or individual wrapped candy please contact Korie or Jill. Trick or treating will be on Tuesday, October 31st from 6 P.M. to 8 P.M.

We are looking at Saturday, November 18th for our Family Thanksgiving potluck dinner and Saturday, December 16th for our Family Christmas potluck and resident gift opening.

**Korie Salladay,
Activity Director**

HSKP /LNDY NOTES:

Fall is upon us and families will be changing out our resident clothing for the fall and winter season clothing. Please remember if you find your loved one is missing any clothing to stop and let us know. We have a room designated for missing clothing and will be glad to assist you in locating the item. Laundry appreciates families marking all clothing articles brought in for your loved one. If your loved one has any special needs for their laundry, please let us know. Have a great October and a fun Halloween!
Sheila Rod,
Hskp/Lndy Supervisor

MAINTENANCE MINUTES:

Maintenance department has been preparing for our fall and soon to be winter season. Removing air conditioners and all the other things to batten down the hatches for winter are being checked off our list. You have seen Mike a little more often than me in August and September as I have taken some time off, but I am now back in full swing. Remember to always let Maintenance know if you need anything we can assist you with.

May your Halloween be
Spooky. Have an awesome
October!
Dan Bride, Maintenance Supervisor
Mike Freshwater, Maintenance Assistant