FROM THE PRESIDENT’S DESK

The pressure on facility budgets continues. Both the State and Federal Government are constantly under budget pressure too. But there is no better time than now to let government officials know about our needs. The “squeaky wheel gets the grease” is a true statement. We continue to monitor and be a part of the discussions regarding the Affordable Care Act and its additional budget pressure.

Best Regards,
Ron Ross,
President

MOUTH CARE FOR ELDERS WITH DEMENTIA

The prevention of tooth decay and gum disease helps ensure a healthier life for your elder. Weight loss and pneumonia can result from these conditions so good oral care and assessments are very important, but sometimes may be difficult.

Providing mouth care and performing oral assessments for elders with dementia requires patience and time. Here are a few helpful hints that should make it easier for the elder and the caregiver:

• **Relax:** when the caregiver is relaxed the elder relaxes enough for you to lift up the lips to look inside the mouth or insert the toothbrush. Let the elder lead. Tell the elder what you are going to do then ask the elder to allow you to move forward.

• **Project nonverbal confidence:** Smile and use light touch to encourage the elder to cooperate. Establish and keep eye contact at the elder’s level.

• **Choose your words carefully:** Use short phrases that sound helpful avoiding orders. Use a calm and friendly voice, but a firm voice.

• **Keep it simple:** Only one instruction at a time and no multiple steps all at once.

• **Give choices:** Offer choices but make sure choices lead to completing the mouth care or assessment.

Sue Booe, R.N. & Rozanne Phillips, R.N.
RHD Nursing Consultants
MEDICAID PROGRAMS

As our older population continues to grow, so does the need for long-term care for our senior citizens. Many seniors, along with their families and caregivers, are finding it harder to afford the continuous care they require. If your loved one is having a difficult time paying privately for their short-term care or long-term care stay, there may be state assistance that can help. Medicaid is one type of state assistance which helps to provide some financial relief for aging individuals and offers several different plans that may be beneficial to the loved one or resident. How do you know what options are best for your loved one or resident? Long-term care facilities have become increasingly expensive over the years and most insurance policies do not cover a private nursing home stay. When this happens, it is best to know which direction to take in order to help your loved one or resident.

Medicaid has several different options that may fit the needs of your loved one or resident. A traditional Medicaid plan may be what the patient needs if they are going to be long-term care or are considered financially destitute. Traditional Medicaid allows the patient to stay in long-term care and use a portion of his or her monthly benefits, i.e., social security, pension or retirement, as part of the “share of cost.” The state then helps to pick up the remainder of what was not paid.

Medicaid Waiver programs help the patient/resident to enter into short-term care. This normally includes rehabilitation or home care services. The waiver program was designed to help the patient save on the medical services provided so that they are able to keep their home in the community. The Medicaid Waiver program is usually a short-term program but can follow the patient/resident back into the community for in-home care.

Managed Medicaid plans are generally much like the traditional Medicaid plans but are owned and operated by private insurance companies. Most of the Managed Medicaid programs need approval before a patient is able to admit and receive treatment in your facility. Generally, Managed Medicaid plans follow pricing guidelines with your facility.

There are many more programs available depending upon the area that you are in. Check with your local Area on Aging office to see what programs may be available for your loved one or resident.

Missie Bramhall, HHS Solutions Billing Manager www.hhssolutions.com

NATIONAL WHEELCHAIR BEAUTIFICATION MONTH

Founded by Horace Knowles suggesting attaching a florist's water tube near the top of a wheelchair by means of Velcro and inserting the real or artificial flower of your choice. It brightens the day not only for the wheelchair occupant, but for everyone they pass!

Tips for Preventing Heat-Related Illness

• Drink more fluids (nonalcoholic), regardless of your activity level.
• Don’t drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid.
• Stay indoors and, if at all possible, stay in an air-conditioned place.
• Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness.
• Wear lightweight, light-colored, loose-fitting clothing.
• NEVER leave anyone in a closed, parked vehicle.
• Check regularly on:
  • Infants and young children
  • People aged 65 or older
  • People who have a mental illness
  • Those who are physically ill, especially with heart disease or high blood pressure
• Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke.

If you must be out in the heat:
• Limit your outdoor activity to morning and evening hours.
• Cut down on exercise.
• Try to rest often in shady areas.
• Protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher.


Providing Excellent Health Care Services for Over 20 Years

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Colonial Acres Nursing Home was originated with a bond issue election on February 13, 1968, passing with 229 votes for and 129 votes against its construction. It was built as a 66-bed, non-skilled nursing facility. The board members who assisted in creating such a valuable asset to the area include: Mrs. J. E. Stephenson, chairperson; Jesse Phillips, board vice-president; Mrs. Ray Outler, member; Lester Penkava, member; Dr. Harlan Heim, member; Wilber Boss, board member and mayor of Humboldt when the project originated.

In 1993, a garage area was added to the nursing home along with a shop, storage room, physical therapy room, activity room, beauty shop, kitchen for family and resident use, and two offices. In 2000, a wing of the original nursing facility was renovated and an addition was made to convert to a 14-bed assisted living. The remaining nursing facility became 49 beds. Following in 2002, the nursing facility became certified to provide skilled nursing care through the Medicare Program. In 2011, the assisted living was certified as an 18-bed assisted living to meet the demand for a higher capacity.

In May of 2013, Colonial Acres of Humboldt had a ribbon cutting ceremony to celebrate the renovation of the old dining room and a new addition resulting in a dining room double its original size. The most current renovation better meets the needs of the residents allowing them adequate space between chairs and tables. The changes in the dining room have also given staff an area to serve from that is no longer congested.

The current board members include: Brenda Douglas, chairperson, and members Todd Dierberger, Jim Standerford, Kevin Burnison and Debbie James.
**4th of July Pudding Pops**

**Supplies:**
- White Chocolate instant pudding mix (can use vanilla or cheesecake flavors too)
- 2 cups milk
- Red & blue food coloring
- Kids size or Dixie drink cups
- Popsicle Sticks

**Directions:**
1. Make your pudding according to the package directions.
2. Separate your pudding into three bowls, and add red food color to one bowl and blue to the other (keep one bowl white, no color).
3. Pour some of your red pudding into your cups, then pour the white, and finish with the blue. Then add your Popsicle stick.
4. Put your cups in the freezer till pudding is frozen (works well to leave in overnight).
5. When ready to remove from cups place the cups in some warm water for a few seconds and your 4th of July pudding pops should POP right out.
6. Enjoy!