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THE RURAL REPORT

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FROM THE PRESIDENT'S DESK

We would like to welcome two new facilities to the RHD family: Chimney Rock Villa Nursing Home in Bayard, NE (Administrator Christy Martinez), and Alpine Village Retirement Center in Verdigre, NE (Administrator Brian Vacko). In other news, we are pleased to announce that administrator Lyddia Getaweru has transitioned to Beaver City, freeing Jo Fuller up to resume her full-time business consulting work for RHD. We also look forward to our RHD Summer Retreat this August in Colorado. It's a great

time for family and friends to get together and enjoy some camaraderie and relaxation in the mountains.

Best
Regards,
Ron Ross,
President



From Your Community

What Fads Were Popular When You Were Growing Up?

I decided to start something new with the newsletter and let our readers get to know more of our residents. This month I went around and asked a few of our residents "What fads were most popular when you were growing up?"



Here are their responses. "I remember wearing lots of dresses



and skirts, and during the summer we would roll the pant legs on our slacks half-way up." said Joyce Nichols "Also, we would take our penny loafers to a shoe repair man and have him put our boyfriends name into our shoes."

"My family farmed, didn't really have toys," said Jerold Hurst. "I didn't have many friends; I just was around my cousins. We had all animals."

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RHD Spotlight: Chimney Rock Villa

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Chimney Rock Villa is a small city-owned facility located in Bayard Nebraska. We are a farming community with a population of about 1,170 people. We are a 58-bed facility between our Skilled nursing side and our Assisted Living side of our facility. We also provide short term rehab stays. We like to involve the community in our activities and outings. We have some great volunteers that help us with activities around the community as well.

We will be holding a Senior Olympics day



Located in Bayard, Nebraska

for our residents here at the villa this upcoming week. This is something new that we decided to try out to get our residents involved in indoor and outdoor activities. This will be a great time for socialization and some one on one time between the residents and staff.

Ground breaking for Chimney Rock Villa was held in August 1972. The Nursing home had its open house on Sunday August 5, 1973. So Chimney Rock Villa has been open for many years and holds lots of amazing memories.

Chimney Rock Villa is also located by an amazing historical site called Chimney Rock. Native Americans used the rock formation to kill and chase buffalo. In the 1800s, emigrants began traveling west for a better life on the Oregon and Mormon Trails. As the emigrants passed

by this rock, most of them noted in their diaries or journals that they “were glad to see that they are going the right direction” and it “spired to the heavens. It was the most-noted landmark along the Oregon Trail. So this is just a quick insight on what makes Chimney Rock Villa so unique.



WINDOWS XP NO LONGER HIPAA COMPLIANT

By Tory Moghadam

As of April 8th, 2014 Windows has decided to stop supporting Windows XP. This means that any machine running Windows XP is no longer HIPAA compliant.

Windows XP was released in August of 2001, and can be found on many old computers both in the home and in the workplace. One of the difficulties with upgrading your system to Windows 7 or 8 can be trying to run old proprietary applications. Many hospitals and nursing homes have their own software that they use that is not compatible with Windows 7. This means that you may have to upgrade your software as well as your old Windows machine.

Why is XP not HIPAA Compliant?

As of April of 2014, Windows has stopped giving updates and security patches for Windows XP. This means that information is not completely secure and no future security updates will be available. According to HIPAA you have to have measures in place keeping electronic health information secure from people who are not authorized to access it.

What do you do if your facility is still running a device on Windows XP?

You will want to talk to your vendors and see if your proprietary software is compatible with the

upgrade and get an inventory of all the devices that need upgrading. You will also want to see if you should upgrade the software or buy new desktop computers. Windows XP requires less resources and upgrading an old computer to Windows 7 or 8 can make the computer run a lot slower depending on its hardware.



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Declaration of Independence

Drafted by Thomas Jefferson between June 11 and June 28, 1776, the Declaration of Independence [was] at once the nation's most cherished symbol of liberty and Jefferson's most enduring monument. Here, in exalted and unforgettable phrases, Jefferson expressed the convictions in the minds and hearts of the American people. The political philosophy of the Declaration was not new; its ideals of individual liberty had already been expressed by John Locke and the Continental philosophers. What Jefferson did was to summarize this philosophy in "self-evident truths" and set forth a list of grievances against the King in order to justify before the world the breaking of ties between the colonies and the mother country. We invite you to read a transcription of the complete text of the Declaration.

<http://www.archives.gov/exhibits/charters/declaration.html>



Nursing Home of the Future

In 2008, Business Innovation Factory (BIF) embarked on a task to reshape the current view and business model of nursing homes to take into account the coming baby boomers into this field, and to try to imagine what the Nursing Home of the Future would look like. In the United States a baby boomer turns 60 years old every six seconds.

In May of 2008, the BIF launched the Nursing Home of the Future to design, test, and deliver new elder care solutions. Residents participate and help find these new solutions by using a full immersion approach: BIF's team interacted directly with the patients and experts to reshape the way our current model of the nursing home is run. The team used video, pictures, charts and maps to display the dynamics of elder life. This work shed light to the way that staff and elders interacted, used furnishings, utilized public spaces and more.

"The lab is also expanding to include elders living at home, elders living with loved ones, as well as baby boomers who are preparing for life changes associated with aging."

"The Nursing Home of the Future lab has taught us that in the future, elder care must focus on what they can do not what they cannot"

– Business Innovation Factory

Business Innovation Factory
Businessinnovationfactory.com
<https://archive.org/details/bliptv-20131013-183345-BIF-NursingHomeOfTheFutureOverview425>

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INCREASED COSTS DON'T ALWAYS EQUATE TO INCREASED REVENUE

As I have been working on each of the Facility Statistic files, I have noticed that our facility Medicaid rates have increased very little, if any. This is going to be a challenge for many of our facilities this coming year with our expenses increasing due to inflation. It is imperative that each of us keep a close track of our staffing time and assure we are meeting

our residents' needs as well as being a prudent "keeper" of the financial stability of our facilities. The file that is created for each of your facilities gives you a wealth of information, if it is used. We all know how important it is to watch our labor hours and what better way of doing so than to know our "hours per resident day" (HPRD) for each department. These files

are being sent out as I receive your information and edit the last year's file. If any of you need to have a "quick" refresher on how to use it, please let me know.

Janet Lytton,
R.H.I.T., N.H.A.

Director of
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