

Spring 2015

THE RURAL REPORT

A Rural Health Development Journal

Bertrand Nursing Home
P.O. Box 97
Bertrand, NE 68927

Phone: 308-472-3341
Fax: 308-472-5356

*Bertrand
Nursing Home*

April 2015

VOLUME 4 ISSUE 2

TABLE OF CONTENTS:

Cover Story
**Bertrand Nursing Home on
page 4**

1 From the president's
Desk
Cover Story

RHD Spotlight Article:
Sunrise Heights of
Wauwata
**National Oral Health
Month**
by Sue Booe

2

3 RHD Spring
Meeting Pictures

Cover Story
Easter Word Search
RHD Staff Directory

4

FROM THE PRESIDENT'S DESK

We have had worse winters, but with January being so mild and then February hitting us with arctic air and snow just made us all have cabin fever. But we can feel spring is around the corner. While seasons change what doesn't change is that our industry continues to get more challenging.

A small for-profit company has placed four nursing homes up for sale and apparently they are closing at least one without having it sold. What does this tell us? Small nursing homes in small towns are a financial risk. Many operators will not put money back into their facilities and they get outdated. It is the nature of our society that we look for "someone" to blame. The fact is: nursing homes are expensive, there continues to be a decline in staff, Medicaid continues to ratchet down on how they establish rates, regulations expand, employee benefits get expanded due

to federal mandates without the additional money, the margin between revenue and expenses is slim, people's expectations are changing and they do not want to share a room, remodeling is expensive and often times the state will not pay its share of the remodeling or replacement.

Perseverance is the key. Be positive, work hard and keep informed are some of the tools we use at Rural Health Development to help our clients continue to be successful.



Best
Regards,
*Ron Ross,
President*

Find us online:



www.rhdconsult.com

www.linkedin.com/company/rural-health-development

www.facebook.com/RHDConsult



RHD Spotlight: Sunrise Heights of Wauneta

Sunrise Heights of Wauneta

427 W. Legion Street Wauneta, NE 69045

Sunrise Heights of Wauneta is locally owned by the Village of Wauneta. The building was erected in the late 60's and opened for business in 1970.

Prior to village ownership, we were owned and operated by Vetter Health Services. but in early 2012 – Vettters announced they would be closing our facility, due to the need of installing a sprinkler system throughout the building. Wau-neta citizens and businesses rallied immediately to save their nursing home! Within just a few weeks, thousands of dollars needed to purchase the grounds, facility,

and equipment AND to install the sprinkler system were raised!

Since then, Sunrise Heights has enjoyed an average 90 to 92% census! Proof positive the need for a nursing home is certainly here. We employ approximately 55 staff members from the entire area including Wauneta, Imperial, Benkelman, Culbertson, Hayes Center and Palisade. Our residents come from those same towns and we are told by residents, family and visitors that our home is wonderful... something we're very proud of.

With our solid community support,

we have no doubt we will be here for many years to come.



"If I can't be in my own home, I can't think of a place I'd rather be!"
-Esther

April is National Oral Health Month

By Sue Booe

What is Gingivitis?

Gingivitis – an inflammation of the gums is the initial stage of gum disease and the easiest to treat. The direct cause of gingivitis is plaque—the soft, sticky, colorless film of bacteria that forms constantly on the teeth and gums.

If the plaque is not removed by daily brushing and flossing, it produces poisons that can irritate the gum tissue, causing gingivitis. At this early stage in gum disease, damage can be reversed, since the bone and connective tissue that hold the teeth in place are not yet affected. Left untreated, however, gingivitis can cause permanent damage to your teeth and jaw and in time tooth loss;

Classic signs and symptoms of gin-

givitis include red, swollen, tender gums that may bleed when you brush. Another sign of gum disease is gums that have receded or pulled away from your teeth, giving your teeth an elongated appearance. Gum disease can cause pockets to form between the teeth and gums, where plaque and food debris collect. Some people may experience recurring bad breath or a bad taste in their mouth, even if the disease is not advanced.

How can I Prevent Gingivitis?

Good oral hygiene is essential. Professional cleanings are also extremely important because once plaque has hardened and built up, or become tarter only a dentist or dental hygienist can remove it. You can help stop gingivitis before

it develops by:

- Proper brushing and flossing to remove plaque and debris and control tartar buildup
- Eating right to ensure proper nutrition for your jawbone and teeth
- Avoiding cigarettes and other forms of tobacco
- Scheduling regular checkups with your dentist

The memory and walking ability of older adults who have lost all of their teeth decline faster than those who still have at least some of their own teeth, according to a study published in the Journal of the American Geriatrics Society.

2

RHD Spring Meeting



Hannah Elliott
Administrator of the Year



Lisa Kisinger
Administrator of the Year



Sandra Palmer
RHD Employee of the Year



Ruth Heule
DON of the Year
Saint Joseph's Villa
David City, NE



Janel Brestel
Dept. Head of the Year
Callaway Good Life Center
Callaway, NE



Tonya Gluth
Presented to
Stephanie Huffman
Dept. Head of the Year
Ponderosa Villa
Crawford, NE



Deb Meyer
Dept. Head of the Year
Saint Joseph's Villa
David City, NE



Racheal Muller-Hickman
Dept. Head of the Year
The Lutheran Home
Omaha, NE

Not Pictured:
Amy Grube
Administrator of the Year

Other 5 Star Awards:
Skyview at Bridgeport in Bridgeport, NE
Bertrand Nursing Home in Bertrand, NE
Platte County Memorial Nursing Home in Wheatland, WY



Sutton Community/Home
5 Star Award



Colonial Haven
5 Star Award



Wilber Care Center
5 Star Award



Colonial Acres
5 Star Award



Saint Joseph's Villa
5 Star Award

Bertrand Nursing Home

The year does not slow down one bit, does it? We just celebrated the holiday season and now just finish up the events for Valentine's Day. It's hard to believe that spring is around corner. WOW! Though the holidays have passed, there are still plenty of events going on.

Upcoming Events:

March:

6th White Chocolate Cheesecake Day
13th Community Coffee 9:00 a.m.
16th Birthday Bingo 2:00 pm with Churches participating

April:

10th Community Coffee 9:00 a.m.
12th-18th National Volunteer Week
17th Volunteer Brunch 10:00 a.m.
**Easter Egg Hunt sponsored by Reflection Club--more details to come.
Donuts and coffee will be provided by the Nursing Home during the egg hunt**
20th Birthday Bingo 2:00 p.m. with Churches participating
22nd Jelly Bean Day

May:

8th Women's Tea 2:00 p.m.
10th-15th National Nursing Home Week-Please join us for some fun events throughout the week!

15th Community Coffee 9:00 a.m.
18th Birthday Bingo at 2:00 pm with Churches participating
30th Neighbor Day



RHD STAFF:

President:

Ron Ross

Vice President &

Regional Manager:

Matt Ross

Director of

Reimbursement:

Janet Lytton

Office Management

Consultant:

Jo Fuller

Nursing Consultants:

Sue Booe &

Roz Phillips

Office Manager:

Margaret Messersmith

Marketing Director:

Emily Plageman

Special Projects:

Mike Harris

Diane Ross

Regional Manager:

Walt Dye

Graphic Designer /

Marketing Assistant:

Tory Moghadam

Accountant:

Anna McClain

Billing Specialists:

Missie Bramhall

Natasha Nesbitt

Home Care Manager:

Barb Elwood

Administrators:

Jo Fuller

Peggy Ratzlaff

Megan Mapes

Laurie Lierman

Janice Edwards

Amy Grube

Virginia Clarke

Vicky Hendricks

Stephanie Huffman

Sandra Palmer

Austin Gillard

Deborah Clark

Mary Kent

Heather Eagle

Stephanie Hahn

Donna Schellenberger

Cindy Tapphohn

Lucas Kaup

Hannah Elliott

Al Shakespaere

Lisa Kisinger

Shane Filipi

Barb Dreyer

Easter Word Search

A	Y	Z	P	C	N	G	J	P	Y	K	M	I	N	G
W	M	X	B	V	I	K	N	Q	E	N	N	M	O	G
L	L	R	C	Q	Y	A	D	I	R	F	D	S	I	E
K	C	R	E	A	V	J	M	Z	R	E	P	V	T	Z
Y	A	Y	A	S	H	W	E	D	N	E	S	D	A	Y
M	U	O	T	G	U	I	G	Q	L	R	H	V	V	G
M	T	B	Q	I	O	R	G	T	W	A	Q	T	L	H
V	H	E	L	F	T	D	R	O	Z	B	G	E	A	B
G	M	G	K	T	K	C	Q	E	I	B	L	B	S	G
H	J	H	T	S	M	C	N	G	C	I	O	K	F	J
Q	I	R	L	C	A	Y	B	A	Z	T	R	T	O	P
H	G	U	Y	B	I	B	L	E	S	S	I	N	G	S
L	K	T	X	D	X	Z	G	B	I	D	O	O	G	I
X	P	K	Z	H	P	Q	H	Y	H	B	U	N	N	Y
V	B	N	V	K	W	W	V	L	Y	K	S	C	F	X



ASHWEDNESDAY
BASKET
BIBLE
BLESSINGS
BUNNY
FRIDAY

GATHERING
GIFTS
GLORIOUS
GOD
GOOD
GOSPEL

RABBITS
RESURRECTION
SALVATION
SANCTITY