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Mitchell Care Center
and Assisted Living
1723 23rd Street
Mitchell, NE 69357

Mitchell
care center

308-623-1212
Fax: 308-623-2052

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FROM THE PRESIDENT'S DESK

As 2014 comes to a close, we need to give thanks to all the employees at the facilities that RHD manages. We are blessed to work with so many committed and talented team members. I would also like to thank the many RHD employees for their hard work and passion.

creating more of a labor shortage.

2015 will continue to bring opportunities and challenges.

I would like to wish everyone a very Merry Christmas and a Happy New Year!

It becomes increasingly more difficult to run a nursing home with the many government programs that do not pay their fair share of providing care. The burden falls upon the private pay residents to pay for more than their share. And as the census goes up and down with large variances, it creates a real challenge to monitor and manage the revenue towards expenses.

We are also seeing a large gap in the age of people in rural communities. While the seniors enjoy and want to maintain their affiliation with small towns, the younger people are moving to the cities and this is

Best
Regards,
Ron Ross,
President



Bonus:

Crossword can be found on page 5.

RHD Spotlight: Glen Haven/Linnwood Estates

Glen Haven and Linnwood Estates

302 6th St. Glenwood, IA 51534



to help the facilities navigate the difficult times. Linnwood Estates is only 10 years old and it remains in excellent condition, however, Glen Haven is showing her age and it will be necessary for the community to build a replacement.

These two facilities in Glenwood, IA, have been providing much needed services to the people of the area for many years. Glen Haven is a nursing home that averages about 65 residents per day. Linnwood Estates is an assisted living facility (on the same campus as Glen Haven) and it averages about 24 residents.

A few years ago, the board members resigned due to financial difficulties of the facility and RHD was brought in to assist with the management and governance. In the begin-

ning, Ron, Roger and Matt and two local residents of Glenwood were the board. Soon, those two local members resigned and they were replaced by two other local dedicated residents of Glenwood (Larry Raabe and Georganne Williams). The facility has grown tremendously over the last several years. With the modest profit that has been accumulated, the facility has replaced a lot of equipment. After Roger retired from RHD, the board appointed another local resident, David Jaskierny, to take his place. Ron and Matt remain on the board

RHD appreciates the support and dedication that the Glen wood staff and community have shown since our arrival. We look forward to continued success in caring for the elderly in Glenwood for many years to come.



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Mitchell Care Center

Merry Christmas and Happy New Year from the staff and residents of Mitchell Care Center. We had another successful family soup supper, the residents and their guest enjoyed visiting and the special guest that came. I'm not sure if all the staff are on the "nice" list but the residents are. We are also getting ready for our yearly visit from Pinnacle Bank, they help spread holiday cheer too the residents. The bank has a sharing tree that allows the community to give back to the facility. The residents faces light up and they enjoy showing everyone what they have received from "Santa".



How can we improve the health of aging people?

By Tory Moghadam

Though we may be able to keep a person's heart healthy well into their 70's, it doesn't do much to improve the overall health of the person if their joints and bones or brains are affected by illnesses. The goal in the aging health kick is to improve all functions of the body by slowing down the aging process or using regenerative medicine. Most people think that the latter is more difficult and maybe impossible; are they right?

At a TED conference in 2013, Biologist Aubrey de Grey talks about his approach to tackle this matter. He states that there are three major ways scientist have approached improving the health of aging individuals, geriatrics, maintenance, and the regenerative approach.

The geriatrics approach treats aging mostly by treating the symptoms of aging as if it were a virus. The maintenance approach attempts to alter the metabolism in a way to try to slow down the process of aging, though they have found it quite difficult to alter the metabolism without causing other problems or breaking metabolic systems. The regenerative ap-

proach, which Aubrey and his team focuses on, aims to treat aging by tackling the seven deadly things:

Cell loss/cell atrophy, cancer, death resistant cells, mitochondrial mutations, Intracellular junk, extracellular junk and extracellular crosslinks.

Over the last 50 years, nothing has been added to this list, which is good, but what is better is that scientists believe we are well on the way to solving these problems. For example, six years ago Aubrey and his team were focusing on foam cells; junk in the arteries that white blood cells can't process because they contain contamonites that the white blood cells are not equipped to break down. Aubrey's team looked at bacteria outside the human body that could break down these "foam cells" without harming the human body, and found the genes being utilized. Their results were conclusive and they will begin trials on mice in the near future with the goal of going on to clinic trials, hopefully sometime in the next 5 years.

**Continued
on page 4**

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January 2015 RHD Crossword

Across

2. Astonished utterances
 6. Unit measuring efficiency
 9. Step for a rabbit
 12. Illness involving fever or shivering
 13. Like a desert
 15. Halves of a zygote
 16. Poker giveaway
 17. Record
 18. Monochrome sister
 19. Spry
 21. "No ___ or reason"
 23. What a sponge does
24. Detect
 25. Ghost's utterance
 28. Followed everyone
 30. "Marco" response
 33. Unexpected from a politician
 36. Debatable
 37. Category
 38. Digital player (slang)
 39. Hill with steep sides
 41. Young man
 43. These birds are bigger than ducks
 45. Increase a house's worth
49. Test for high schoolers
 50. Steep ridge
 52. Fake bait
 53. Denoting something mentioned before
 54. Meat substitute
 55. Persuasive contraction
 56. Browser for anonymity
 57. Television network in England (acronym)
 58. Area we refer China to be located in

2. Pledge
 3. An S shaped line
 4. Hawaiian Dance
 5. Pride of a salesman
 6. What people call spaghettiOs after they added numbers
 7. That which is hunted
 8. Act of cheating
 10. Half a zygote
 11. Sheet of glass
 14. Replacement for meaningless speech
 20. Did tattle
 22. Aspiration
 24. Upholstery aide
 25. Explosion onomatopoeia
 26. Delicious to a Hawaiian
 27. They keep track of distance

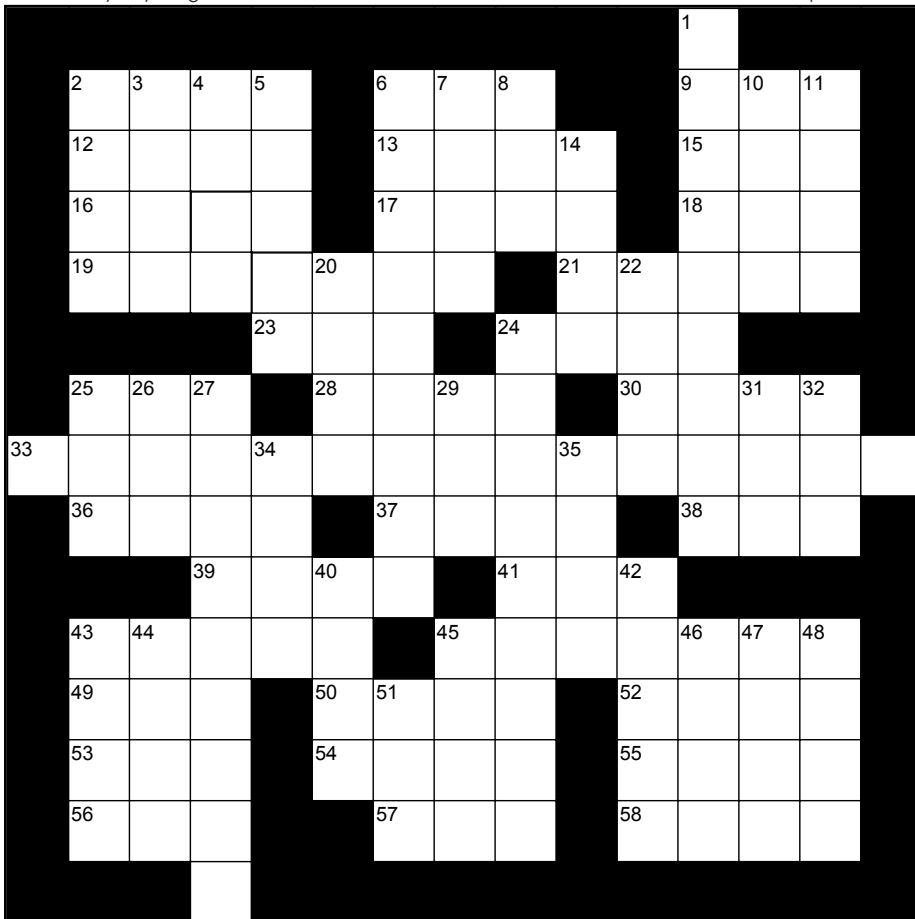
Down

1. What Beetlejuice was dug out of

29. Pig home
 31. August sign
 32. 1800's contraction meaning "got it covered"
 34. Plural suffix meaning resident of
 35. "There is no I in ____"
 40. Division of a religion
 42. Sweet for an Italian
 43. Slang gun
 44. Cave sound
 45. Buoyant vessel
 46. Former USSR legislative body
 47. Greek love
 48. Precede being returned
 51. Parks and Recreation actor ___ Lowe

Created by Tory Moghadam

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