Spring 2015

THE RURAL REPORT

A Rural Health Develop

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Beemer, Nebraska

TABLE OF CONTENTS:

Cover Story
Colonial Haver/Colonial Court on page 4

1 From the president's Desk
Cover Story

RHD Spotlight Article: Sunrise Heights of Wauneta
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 Many operators will not put money back into their facilities and they get outdated.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 – Vetters announced they would be closing our facility, due to the need of installing a sprinkler system throughout the building. Wauneta 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 gingivitis 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.

RHD Spring Meeting

Hannah Elliott
Administrator of the Year

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

Sutton Community Home
5 Star Award

Tonya Gluth
Dept. Head of the Year
Pnderosa Villa
Crawford, NE

Colonial Haven
5 Star Award

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

Sandra Palmer
Employee of the Year

Wilber Care Center 5 Star
Award

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

Lisa Kisinger
Administrator of the Year

Colonial Acres 5 Star
Award

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

Saint Joseph's Villa
5 Star Award

Colonial Haver/Colonial Court

Greetings from Colonial Haven! Spring is finally here and it's been a long time coming, or at least it seems that way. Easter is just around the corner and this week I purchased our candy and stuffed bunny to donate to the annual Fireman's Easter Egg Hunt. Our residents' are looking forward to celebrating Jesus resurrection with church services, dyeing Easter eggs and spending more time with family and visitors. And if the weather is nice spending more time sitting outside in the sunshine. This year due to the generosity of the Bettenhausen/Seimer's families the Activity department will be purchasing some outdoor raised garden bunks in memory of Laverna Bettenhausen a resident who loved flowers and gardening. We thank both families for thinking of us for their mom Laverna's memorial.

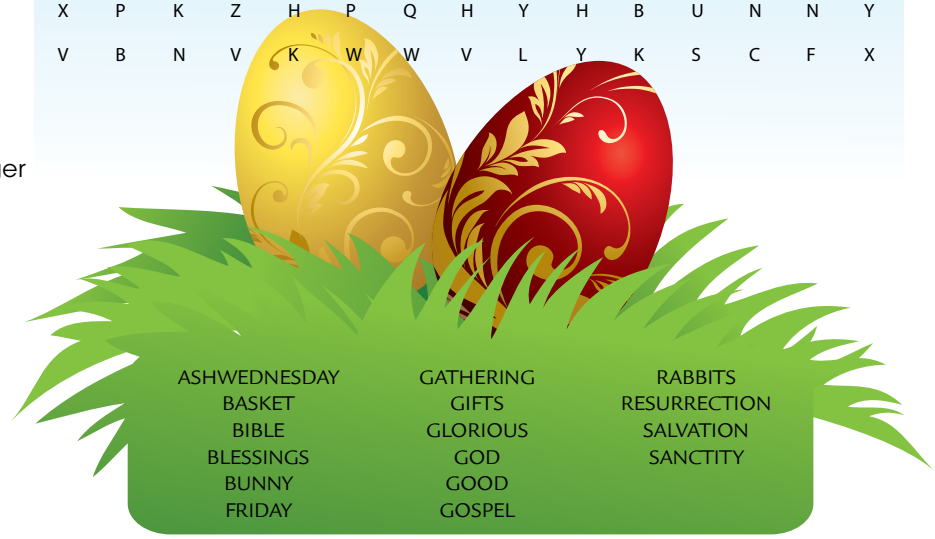
RHD STAFF:

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 Tapphorn
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