FALL 2015

The Rural Report

OCTOBER 2015 VOLUME 4 ISSUE 4

Sunrise Heights of Wauneta
P.O. Box 520
Wauneta, NE 69045
Phone: 308-394-5738
Fax: 308-394-5733

Sunrise HEIGHTS of Wauneta

OCTOBER ISSUE:

Page 1
- From the President's Desk
- From Your Community

Page 2
- Tips for Halloween and Dementia Residents
- Autumn Word Search

Page 3
- Alzheimer's - a cure in sight?

Page 4
- RHD Directory

FROM THE PRESIDENT'S DESK

Fall is in the air. Children are going back to school. Halloween will soon be here. And with Thanksgiving, we need to give thanks for the many blessings that are bestowed upon us.

We are very fortunate that we live in a country that values our elders. And while I gripe about Medicaid not paying its fair share and the fact that we have to charge the private pay residents more because of this fact, we as a society spend a lot of money on keeping our elders safe and as healthy as possible. So I would encourage us all that at the end of a long day of dealing with the many administrative challenges, that we remember to be kind and supportive of one another.

Best Regards,
Ron Ross, President

From Your Community

Sunrise Heights has had a bit of a new interior facelift!! We were graciously donated money towards the purchase, and along with some memorial funds we were able to purchase 5 new recliners, 2 reclining love seats and 1 non-reclining loveseat as well as 2 "occasional" chairs. The furniture is just beautiful and we thank the Harchelroad and Maucher families for their generosity! The residents love the new chairs. They are so soft, plush and beautiful, and really have warmed up the entry and living room!

We've also upgraded our telephone system with a new control panel. The phones would just kind of "go crazy" once a day or so and we would have to unplug the system to reset it. The new panel is working famously and staff are elated!

We continue to keep a good census, currently at 32. Our Director of Nursing, Deb Andrew is off for several weeks following knee replacement surgery (her second this year). Vicky, our Social Services gal is also out having a knee replaced! We wish them both a speedy but thorough recovery! Blessings to all of our Sunrise family and friends during this fall season!

Tips for Halloween and Dementia Residents

By Roz Phillips

Autumn will soon be here and with autumn comes Halloween. Halloween is one of those holidays that can be challenging and preparation and thought should go into this holiday.

Some concerns during this holiday are scary costumes, extra visits, candy concerns, Halloween decorations and Halloween sounds.

If still at home and you feel the constant ringing of the doorbell is too much, just turn your lights off to discourage people from coming to your home. Or if you still want to participate in the festivities, place a bowl of candy at the door with a note "Please take one".

Most facilities have extra guests, children from the community coming in costume and staff dressed for Halloween. Some residents will enjoy the events and others may shy away. Here are a few tips to consider for Halloween.

1. Be realistic about your expectations for Halloween and individual stress.

2. Discuss your plans with the individual; just don't go into a lot of detail.

3. Be prepared to alter your plans. Go at a time when it is not as crowded.

4. Avoid candles, use non-flame candles or lights.

5. Put pumpkins and mums up on tables to avoid tripping.

6. If you find the individual picking at decorations, remove or take them down.

7. Limit decorations. They may cause confusion and agitation.

8. Try non-scary decorations like pumpkins and fall leaves vs. ghosts, goblins and witches.

9. Consider not using scary sounds but instead try Halloween songs.

10. Avoid floor mats that make scary sounds, decorations that are voice activated.

11. Avoid using tapes and CDs with creaking doors, ghost screaming and other scary sounds.

12. Limit sugar intake, offer fruit.

13. If the individual is not over whelmed encourage them to hand out the candy but supervise them to avoid elopement or other risky behaviors.

14. Create new memories by baking a pumpkin pie, decorating sugar cookies, painting a pumpkin with children or others.

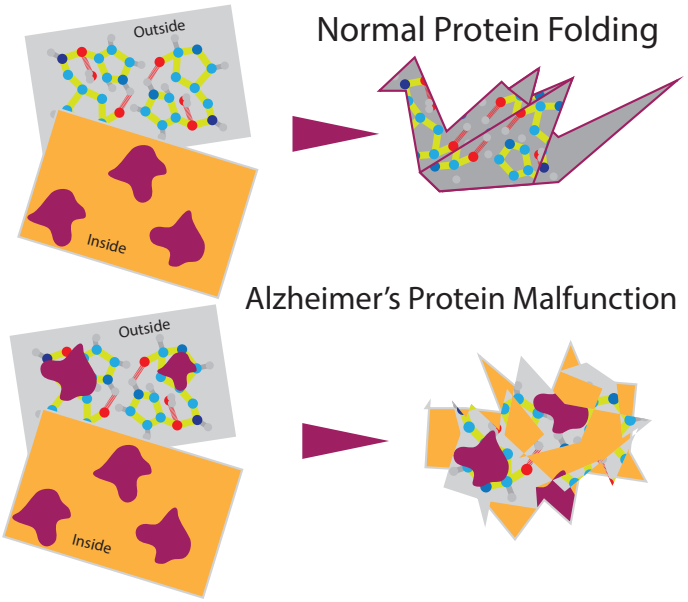
N	Y	L	L	I	H	C	F	O	O	T	B	A	L	L
E	N	Z	H	A	Y	S	T	A	C	K	E	M	I	S
Q	O	C	H	Y	R	N	X	P	F	G	C	E	S	E
U	O	O	H	R	U	E	U	P	X	I	T	H	A	V
I	M	B	C	R	H	Y	Y	L	D	C	S	A	D	A
N	N	W	O	E	A	A	I	E	E	G	E	L	L	E
O	P	E	R	B	Y	H	R	F	C	S	V	L	A	L
X	R	B	N	N	R	N	T	A	I	T	R	O	N	L
B	N	W	U	A	I	M	S	L	D	U	A	W	M	O
T	R	D	C	R	D	U	A	L	U	N	H	E	U	O
J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

ACORN
APPLE
AUTUMN
AUTUMNAL
EQUINOX
CHESTNUTS
CHILLY
CIDER
COBWEB
COOL
CORN
CORNUCOPIA
CRANBERRY
CRISP
DECIDUOUS
FALL
FALLING
LEAVES
FEAST
FOOTBALL
HALLOWEEN
HARVEST
MOON
HAY
HAYRIDE
HAYSTACK

Alzheimer's - a Cure in Sight?

By Tory Moghadam

Agusta Deter was the first person to be diagnosed with Alzheimer's disease almost 114 years ago. In the time since, we have had little improvement in treating it. Alzheimer's affects more than 40 million people worldwide. If we live to the age of 80, our chances of getting it are roughly 50%. Samuel Cohen spoke at a recent TED talk about his team's research.



"Today, of the top ten causes of death worldwide, Alzheimer's is the only one we can't prevent, cure, or even slow down." Samuel goes on to give more staggering facts about the lack of funding for this disease, and makes a brave claim: "…we can cure it."
Today we believe that Alzheimer's disease is caused by proteins that are improperly folded. Stephen gives the analogy of a piece of paper with sticky goo on the back, while the front of the paper has none. This paper is then folded into a piece of origami. He states later that in Alzheimer's patients, both sides become sticky and the protein is then not folded properly causing big clumps and plaques.

Stephen Cohen's team then set out to try to fix this problem. With their diverse group of scientists, they have managed to find a new class of drugs focused on one of the steps in protein process. On stage Stephen demonstrated a video of worms in three groups.

Group A were healthy, Group B had improper protein clumps like in Alzheimer's, and Group C had improper protein clumps but had been treated with their team's drug. Group 2 showed little promise as to be expected. The worms were shriveled and looked like they had pieces missing. Group A and C, however, both seemed to be teaming with life.

Samuel concluded his talk by talking about the victims and families of Alzheimer's and saying this "Help speak up for them… …demand a cure! "

Source: Cohen, Samuel "Alzheimer's is not normal aging - and we can cure it" TED.com. TED, June, 15th 2015 Published. Web. October, 1 2015 Accessed.

http://www.ted.com/talks/samuel_cohen_alzheimer_s_is_not_normal_aging_and_we_can_cure_it#sthash.U30DGsw5.dpuf

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
Shelly Bergonia
Jessica Ridder

Administrators:
Hilaree Stringham
Megan Mapes
Laurie Lierman
Janice Edwards
Amy Grube
Dean Dragon
Vicky Hendricks
Stephanie Huffman
Sandra Palmer
Deborah Clark
Mary Kent
Heather Eagle
Stephanie Hahn
Donna Schellenberger
Cindy Tapphorn
Lucas Kaup
Hannah Elliott
Al Shakespaere
Lisa Kisinger
Shane Filipi
Barb Dreyer

R H D Rural Health Development, Inc.

Cambridge Office
1115 Nasby, Box 487
Cambridge, NE 69022

Lincoln Office
1919 S. 40th St., Suite 206
Lincoln, NE 68506

Find us online:

www.rhdconsult.com
www.linkedin.com/company/rural-health-development
www.facebook.com/RHDConsult