



GRANT REHABILITATION & CARE CENTER

MARCH BIRTHDAYS

Dorene Kitzmiller	03/01
John Martin Jr.	03/05
Nina Sherman	03/08
Mary Gilkerson	03/14
Rella Rhodes	03/14
Andrew Kile	03/20
Martha Moyers	03/21



From the Administrator's Desk...

Happy Valentine's Day to all our readers!

The chapel refresh is nearing completion, as well as another resident room on our 300-wing. It has been a busy start to the 2019 year with the West Virginia Health Care Association Winter Conference that was hosted in Charleston at the end of January.

Crystal Grapes and I attended a one-day conference/workshop and began to learn how our payment methods will be changing later this year for folks that are here for a short-term stay. The good news is that as a current or potential resident, you don't have to do a thing! Our facility will be gathering more details about our residents upon admission, and our therapy department will continue to provide service based on assisting residents to achieve the best outcome possible.

Another exciting project we are working on is evaluating the need for a new transportation vehicle. Many of our residents require transportation for medical treatments/services and we want to provide the best experience possible. I'll keep you informed as our plans progress. Wishing you a blessed month.

Kari



ADMISSIONS

Martin Goldizen	01/10
Evelyn Vandevander	01/17
Karl Bobo	01/22
Lysle Sherman	01/23
Timothy Evans	01/28



DISCHARGES

Goldie Berg	01/25
Edith Alt	01/31



Andrew Heavener	01/11
Alma Huffman	01/15
Norma Lough	01/26

Employee of the Month



This employee of the month for February is Jeremy Helmick. Jeremy has been a housekeeper here at GRCC for six months.

He and his wife Josalynn have three children; Jackson (10), Nikolai (5), and Zareenah (2) as well as another "one on the way!" In addition to his family, Jeremy has two dogs, Princess & Miah.

When he isn't working, he enjoys spending time with his family and playing video games.

Notes from Social Services



Happy Valentine's Month from the Social Services office!!!! As we celebrate Valentine's Day with the family and residents that we love, it is good for us to remember:

Love is patient,
 love is kind.
 It does not envy,
 it does not boast,
 it is not proud,
 It does not dishonor others,
 it is not self-seeking,
 it is not easily angered.
 it keeps no record of wrongs.
 Love does not delight in evil
 but rejoices with the truth.
 It always protects,
 always trusts,
 always hopes,
 always perseveres.
 Love never fails.

1 Corinthians 13:4-8

It takes family members, and staff to provide care for our residents. We are a team that is working out of love to provide the highest quality of care for them. These verses can provide us a reminder and keep us focused on our main goal which is to provide residents the best quality of life in their later years.

Thank you again for the privilege of serving your residents. We appreciate the ability to love them and take care of them.

Happy Valentine's Month!

Ravenna O. Redman, MSW, LSW
 Director of Social Services



Nutrition Services

RED VELVET PUPPY CHOW

Ingredients

- 5 C. Rice Chex cereal
- 3/4 C. white chocolate melts or chips
- 1/4 C. chocolate melts or chips
- 2 oz cream cheese room temp
- 1 1/2 Tbsp. milk
- 1 C. Red Velvet Cake mix
- 1/2 C. powdered sugar
- Valentines colored M&M's or other candies
- Heart sprinkles for extra decoration



Instructions

1. Measure out Rice Chex cereal and place into a large bowl.
2. Place cake mix and powdered sugar into a large plastic bag or container with lid.
3. Melt chocolates together in the microwave or on the stove top. Careful not to burn and stir until smooth.
4. Stir in cream cheese and milk (the chocolate will get thicker, but it's okay)
5. Pour chocolate over Rice Chex cereal and stir until coated.
6. Dump cereal into the bag or container w/lid with powdered sugar and cake mix. Shake, shake, shake until coated.
7. Dump onto a cookie sheet and let cool.
8. Mix with extra colorful candies and serve!

NOTE: Because of the cream cheese, keep in the fridge if you won't be eating them that day. You can also omit the cream cheese all together if you wish...if you do that, you don't need the milk either!

2nd Annual Soup Cook-Off

On January 23rd, we held our 2nd annual Soup-Cook Off! Employees prepared and brought in their favorite soup recipes to share. Once again, the winner was Fran Hedrick! This year, Fran made a delightful Stuffed Pepper Soup that was favored by all. Congratulations, Fran!



Happenings in Activities...

The Activity Department decided to liven up January for the residents. We had two Snow Flake lunches, serving forty-eight residents. They had pizza from Fox's Pizza and soda of their choice along with an Ice Cream Sundae for dessert. They also enjoyed the snowflake decorations in the Activity Room.

On the 16th we had the Monthly Birthday party. Joe Crites joined us to play and sing. The residents sang along and many requested songs. The residents were served Peanut Butter Cookies, Cheetos and punch. A good time was had by all who attended.

We thank all of the staff and volunteers who helped in any way to make these days fun and successful for our residents. We also had our regular activities of Bingo, Flip, music, worship, and many other things throughout the month. Don't forget Volunteers are always needed. Please call if you are interested in being a volunteer, you can brighten someone's life.

Cindy L. Evans Activity Director



Infection Prevention



Cold and flu season is among us, and with that, we are seeing a rise in the use of antibiotics in the facility. Antibiotics are among the most commonly prescribed medications in long-term care settings, yet reports indicate that a high portion of antibiotic prescriptions are unnecessary. Consequences of unnecessary antibiotic use include, but are not limited to: drug reactions or interactions, the development of C. Diff (Clostridium difficile) infections, the emergence of multi-drug resistant organisms (MDROs), antibiotic failure, increased mortality and greatly increased costs incurred by the facility. In January 2018 Grant Rehabilitation and Care Center implemented an Antibiotic Stewardship program to assist with reducing the need for unnecessary antibiotics. This program includes educating the staff towards a more responsible use of antibiotics and closely monitoring our residents for signs and symptoms that may require an antibiotic.

Why is it so important to only take antibiotics when they are needed? So, they work when you need them to! Your body, over time, can build up an immunity to antibiotics, which means they may not work when you get sick. Remember, antibiotics are not miracle drugs for everything! If you have an infection caused by a virus such as a cold, bronchitis, the flu or most types of diarrhea you do not need an antibiotic because antibiotics DO NOT work on viruses. Other instances when an antibiotic is not needed include having a medical condition, not an infection, such as anemia; or you've decided against them, such as near the end of life.

While we understand you have the best interest of your loved one at heart, we also are looking out for their best interest. Overuse of antibiotics can harm the elderly and is not always the first line of defense. Please reference the chart to the right for common conditions and if antibiotics are necessary.

If you have questions regarding antibiotic use, contact your physician, myself or the CDC website.

Danielle Berg, RN
Infection Prevention/Staff Development

Viruses or Bacteria
What's got you sick?



Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

During cold & flu season, we are working hard to protect our residents from unnecessary illness and ask for your help. Please refrain from visiting the facility if you or any immediate family members present with any signs or symptoms of illness including:

- Fever
- Running Nose
- Cough
- Diarrhea
- Vomiting



Reminders from Laundry & Housekeeping

We are getting ready to start Spring Cleaning throughout the facility. Family & Friends are encouraged to help minimize clutter in resident rooms and closets.

Please be advised that due to fire codes, nothing can be stacked above the "Do Not Stack Above" tape line in the closets.

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Volunteers of all ages are always needed, welcomed, and encouraged at our facility. If you, a friend, or family member may be interested in becoming a volunteer, please don't hesitate. Apply today!

More information on volunteering at our facility can be found on our website (www.grantrehabilitationcarecenter.com) or by calling the Activities department at (304) 257-4233 ext. 5225.



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