

in this issue >>>

3rd Quarter
2021



DON Letter

Letter from the Administrator

Westside Assisted Living/Do-Gooders

New Employees & Activity News



Clarksville Skilled Nursing and Rehabilitation Center

Newsletter

From the DON's Desk...

Heat and the Elderly

While it seems like the transition from winter to summer seemed to skip spring weather. Summer has come in very hot. According to an article by HealthinAging.org every summer over 600 Americans die of health problems caused by excessive heat and humidity. Many Older adults because of multiply chronic health conditions, age related changes in the body and even some medications can increase the risk of heat related conditions.

HOW TO STAY SAFE: When the temperature is above 80 degrees here are some tips to stay cool.

- Avoid direct sun. Plan activities early morning or at sunsets.
- Air conditioning- spend as much time as you can in it. If you don't have it go to your local library or walk around malls.
- Drink Plenty of fluids
- Dress for the weather- Loose light-colored clothes. Add a stylish broad brimmed hat. You will look cool and stay cool.
- Sunscreen-Sunscreen and reapply sunscreen.
- Tepid (not cold not hot) baths or showers. Even a cool cloth on neck, wrists and ankles will give relief in the heat.

Problems caused by exposure to too much heat.

- Dehydration-loss of water in your body. It can be serious if not treated. Signs and symptoms-weakness, headache, muscle cramp, dizziness, confusion, and passing out. What to do Drink plenty of water, if possible, sports drinks, if you don't feel better call 911. If you feel better but have medical conditions like heart failure or take water pills call you healthcare provider for follow up.
- Heat stroke- dangerous rise in body temp which may happen gradually over days of heat exposure in older adults. Signs and symptoms body temp 104 or higher, red, hot and dry skin, a fast pulse headache dizziness nausea or vomiting confusion or lethargy and passing out. What to do call 911 immediately move to cool shady place and take off or loosen heavy clothes. Douse yourself with cool water or put cloths soaked with cool water on wrists, ankles, armpits and neck to lower your body temp. Note if caring for someone else who has heat stroke only give fluids if awake and can swallow. IF drowsy do not give or could cause choking.
- Heat exhaustion-serious health problem caused by too much heat and dehydration. If not treated may lead to heat stroke. Signs and symptoms are heavy sweating, or no sweating muscle cramps tiredness, weakness paleness cold or clammy skin dizziness headache nausea or vomiting fast or weak pulse fainting body temp between 98.6 and 104. What to do if happens move to cool shady place and drink plenty of cool fluid call 911if you have high blood pressure or heart problems or don't feel better after moving to the shade and drinking liquids.
- Heat syncope is fainting caused by high temp. Signs and symptoms are dizziness, fainting What to do if happens lie down and put your feet up and drink plenty of water and other cool fluids.

Knowing what to look for and how to avoid complications is a very important step in staying safe this summer. So, enjoy the sun with moderation and stay cool in the shade.

Letter from the Administrator...

Dependent Adult Abuse: What Is Elder or Dependent Adult Abuse?

Dependent Adult Abuse refers to an elder or a dependent adult who is:

Someone 65 years old or older; or A dependent adult, who is someone between 18 and 64 that has certain mental or physical disabilities that keep him or her from being able to do normal activities or protect himself or herself. Abuse types include: physical abuse, verbal, sexual exploration, neglect, financial abuse, personal degradation, abandonment, isolation, abduction or other behavior that causes physical harm, pain or mental suffering;

(OR)

Deprivation by a caregiver of services that the elder or dependent adult needs to avoid physical harm and/or mental suffering.

If you suspected Dependent Adult Abuse in a healthcare facility, call the Iowa Department of Inspections and Appeals at 1-877-686-0027. If you suspect Dependent Adult Abuse of a member of your community, call the Iowa Department of Human Services at 1-800-362-2178.

Quality Assurance Performance Improvement (aka QAPI) at Clarksville Skilled Nursing & Rehabilitation Center and Westside Assisted Living Suites:

Vision

To take a proactive approach to continually improve the way we care for and engage with our residents, tenants, families, caregivers and other partners, so that we may realize our vision in "Caring for those you care about." To do this, all employees will participate in ongoing quality assurance and performance improvement effort, which support our mission by promoting individuality, independence, and choice for everyone.

Mission

Community Nursing Home, Inc. d/b/a Clarksville Skilled Nursing and Rehabilitation Center and Westside Assisted Living Suites is each resident's home. We are committed to enhancing quality of life by nurturing individuality and independence. We are growing a value-driven community while leading the way in honoring inherent elder rights and building strong and meaningful relationships with all whose lives we touch.

Purpose

The purpose of QAPI in our organization is to take a proactive approach to continually improve the way we care for and engage with our residents, tenants, caregivers, and other partners, so that we may realize our vision to care for those you care about. To do this, all employees will participate in ongoing QAPI efforts which support our mission by a commitment to enhancing quality of life with a continuous value-driven community while leading the way in honoring our elder's rights while building strong and meaningful relationships.

Feedback, Data Systems, and Monitoring

Community Nursing Home, Inc. will put in place systems to monitor care and services, drawing data from multiple sources. Feedback systems will actively incorporate input from staff, residents, tenants, families, and others as appropriate. It will include using performance indicators to monitor a wide range of care processes and outcomes and reviewing findings against benchmarks and/or goals the facility has established for performance. It also includes tracking, investigating, and monitoring adverse events, and action plans implemented through the plan, do, study, act (PDSA) cycle of improvement to prevent recurrences.

Performance Improvement Projects

The QAPI team at Community Nursing Home, Inc. will review our sources of information to determine if gaps or patterns exist in our systems of care that have potential results in quality problems; or if there are opportunities to make improvements. Based on the result of the review of information, the QAPI team at Community Nursing Home, Inc. will prioritize opportunities for improvement, taking into consideration the importance of the issues (high risk, high frequency, and/or problem prone). The QAPI team will determine which problems will become the focus for a performance improvement project (PIP). Depending on the PIP to be started, the QAPI team will charter a PIP Team who is entrusted with a mission to look into a problem area and come up with plans for correction and/or improvement to be implemented.

Lastly, ALL of us at Clarksville Skilled Nursing & Rehabilitation Center and Westside Assisted Living Suites cannot express enough the sincere appreciation we have for our community members and the residents and tenants who continue to adjusting to the numerous changes in their home environment under this historical event. Your outpour of support is so meaningful and your patience during this time is deeply appreciated.

As always, please do not hesitate to contact us at 319-278-4900,
we will get through this together!



From the Activities Department

The past 3 months have been exciting for our residents! We have been able to have the community Pastors come in and provide church services on Wednesday mornings. The residents have also been enjoying some entertainers; we have had music and a visit from the Butler County Conservation Naturalist. In the upcoming months we will be having a couple of big parties, which the residents always enjoy!

REMINDER

If you would like to schedule a visit with one of our residents, please call the nursing home at (319)278-4900. We also offer video chats via Zoom and FaceTime. Please call the nursing home and ask to speak to Terry or any of the other activities staff to schedule.

See below for our Activity Calendar!!





Summer is in full swing at Westside Assisted Living Suites. As it feels as if the world is finally open again, please be patient with us as numerous restrictions are still in place for long term care facilities and assisted livings. Unfortunately, we do not have the same rules as the general public due to the population we serve. We continue to allow for in person visitation at this time and God willing, will be able to continue this in the future. All visitors are still required to be screened prior to entry into the building and masks are still required. If you do not have a mask, one will be provided to you prior to entry.

The tenants have kept busy with numerous activities. The tenants have resumed in person tenant council meetings and have been able to participate in numerous group activities provided by the assisted living staff and activity staff, including Bingo, Music programs, Devotions, Group Exercise, etc. We welcome the busy schedule with open arms.

I find myself reflecting on the many changes that have occurred over the last 16 months. Though most changes were not welcomed and continue to be a challenge, some have been very useful to the Assisted Living. Introductions into services such as telehealth have been so beneficial throughout the last year. The technology that allows for the tenants to have a conversation with their provider from the comfort of their own home amazes so many of them. They can see and hear their provider as if they were face to face with them. We have been very fortunate to purchase an iPad for the tenants to use for telehealth appointments, video chatting, watch live church services, or any other related events. If you have a loved one that resides in the Assisted Living and would like to set up a time to video chat, please contact the staff of Westside Assisted Living at 319-278-4909.

Have a Happy and Safe Summer!

Melissa Debner, RN

Assisted Living Director

Welcome

Aneka Nelson
TNA

Community Nursing Home, Inc. is seeking individuals who want to make an important difference each day in the quality of life for the elders who reside at Clarksville Skilled Nursing & Rehabilitation Center and Westside Assisted Living Suites. As an employee you would be part of a collaborative team whose energy, creativity, and communication are valued and rewarded. We believe in your quality of life too, so you will find our culture provides on-going opportunities to grow, well-balanced life/work and a commitment to coaching that enables you to be the best you can be. To learn if we are the right place for you, simply fill out an application and tell us a little about yourself! Due to COVID-19 restrictions, we are unable to provide a tour; however, applications are available online or please give us a call at 319-278-4900 and our Human Resources Dept. would be happy to mail or email you an application.

Happy Birthday

July

2nd Arlene
18th Jim
26th Bonnie
27th Lois

August

15th LaVerna
22nd Elsie

September

14th Charlotte
14th Joan
18th Bud



DID YOU KNOW?

Did you know you can send greeting cards to any resident of our nursing home from our website? Just visit <http://www.clarksvilleskillednursing.com> and in the middle of the homepage you can click the link and you will be directed to all available cards! We will print them here and deliver right to your loved one!

*** Numbers to Know ***

Clarksville Skilled Nursing & Rehab Center

T - 319-278-4900

F - 319-278-4166

Westside Assisted Living Suites

T - 319-278-4909

F - 319-278-4903

