

In this issue

1st Quarter

2025



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## Clarksville Skilled Nursing and Rehabilitation Center Newsletter

We take time each year to remind you of the steps we take to prevent and investigate allegations of dependent adult abuse. Although the information about your loved one's right regarding abuse was explained as part of the admission process, it is important that you are aware of our abuse prevention policy specifically. All residents have the right to be free from abuse, neglect, misappropriation of resident property, exploitation, corporal punishment, involuntary seclusion, and any physical or chemical restraint not required to treat the resident's medical symptoms. This includes prohibiting nursing facility staff from taking part in acts that result in person degradation, including the taking or using photographs or recordings in any manner that would demean or humiliate a resident, and prohibits using any type of equipment (e.g., cameras, smart phones, and other electronic devices) to take, keep, or distribute photographs and/or recordings on social media or through multimedia messages. Residents must not be subjected to abuse by anyone, including, but not limited to, facility staff, other residents, consultants, volunteers, staff of other agencies serving the resident, family members or legal guardians, friends, or other individuals.

All employees of Clarksville Skilled Nursing & Rehabilitation Center are screened prior to being hired. The process includes a criminal record check as well as reference checks, license search, and abuse and fraud registry searches by facility staff and state agencies. All employees are instructed upon hire about abuse prevention, identification, reporting, and dealing with individual who have cognitive impairments. This information is reviewed on an annual basis at minimum.

**If you suspect or witness an allegation of abuse, report the incident immediately to a member of our staff.** All allegations will be investigated immediately by a member of management and reported to the appropriate authorities as necessary. Anyone involved in the allegation will be separated from the resident during the investigation.

A resident or his/her representative may register a complaint or grievance at any time. **Clarksville Skilled Nursing & Rehabilitation Center will not discriminate or retaliate in any way against a resident or an employee of the facility who has initiated or participated in any grievance, complaint or abuse investigation.**

Lastly, while the above information is not new, it is necessary that you are informed for the safety and security of (you) your loved one.



The tenants and staff of Westside Assisted Living Suites have had a busy holiday season. Activities have included holiday crafts and baking. Kim shared her crafting expertise in the making of beautiful mitten door hangers and glitter Christmas ornaments for the facility tree.

A tenant, staff and family holiday gathering took place on December 23<sup>rd</sup>. Staff and tenants alike were photographed throughout the party with a polaroid camera and the tenants and family members assisted to start a scrapbook with the pictures. Our hope is that pictures could be added to the scrapbook and it would act as a conversation piece for tenants to use to show their families and visitors what we have been up to. Santa also made a visit and we ended the gathering with prize Bingo, which always stirs up some laughs!

As we enter 2025, the staff are reminded of our many blessings within our facility. Our hope is to promote a facility that not only welcomes family and community, but demonstrates it everyday within these walls. We welcome community input and ideas to help our facility to continue to grow.

From the tenants and staff of Westside Assisted Living Suites, we wish you all the very best in 2025. May your days be filled with love, family, and community.

Melissa Debner, RN

Assisted Living Director



# Letter from the Dietary Manager



With the new year upon us, I just wanted to give a quick reminder of the process if you plan to eat a meal with your loved one:

Purchase a meal ticket from the office for \$20.00 for 5 meals during business hours.

Then, please let the kitchen know as soon as possible of the arrangement and hand in your meal ticket upon receiving your meal.

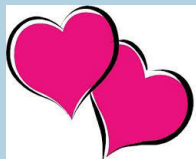
If calling in, talk to the kitchen directly to make your reservation and pay in the office or at the nurses' desk upon your arrival.

Meals are \$5.00. Spouses eat at no cost on holidays.

We are also looking for volunteers to help deliver meals to our community members. Please call the nursing home and ask to speak to me if you would like to volunteer. It would be greatly appreciated we currently need help on Monday, Wednesday, Thursday, and Fridays.

Thank you for your cooperation! We know the residents love having visitors!

Rebecca Cramer, Dietary Manager



## From the DON's Desk



### Season's Greetings and Reflections on Long-Term Care

The holiday season is a time of warmth, joy, and togetherness, marked by celebrations and heartfelt greetings. For those involved in long-term care, whether as caregivers, residents, or family members, the season also provides an opportunity to reflect on the importance of compassion, community, and resilience. Extending season's greetings to those in long-term care goes beyond simple words; it's an expression of gratitude, encouragement, and hope for a brighter future.

For residents of long-term care facilities, the holiday season can be both joyful and challenging. While festive activities often bring cheer, many individuals face feelings of loneliness or nostalgia for family gatherings of the past. Sending personalized greetings, engaging in meaningful visits, or organizing festive events can go a long way in brightening the lives of residents. A handwritten card, a thoughtful gift, or even a small act of kindness can remind them that they are valued and remembered during this special time of year.

For caregivers, the season serves as a reminder of their unwavering dedication and the vital role they play in supporting others. Their work often goes unrecognized, yet they are the backbone of long-term care systems, providing emotional and physical support every day. This holiday season, expressing gratitude to caregivers can uplift their spirits and acknowledge their tireless efforts. Simple gestures, such as words of appreciation, a small token of thanks, or opportunities for rest and self-care, can make a meaningful difference in their well-being.

Families of long-term care residents also play an important role during the holiday season. For many, the season offers a chance to reconnect and create cherished memories with their loved ones. Visiting frequently, participating in holiday traditions, and involving residents in festive activities can strengthen family bonds and create a sense of normalcy. For those who cannot visit in person, virtual calls or sending holiday packages can still bring warmth and connection to their loved ones.

Above all, the holiday season is a time to reflect on the values that underpin long-term care: empathy, respect, and the commitment to ensuring dignity and quality of life for all. The season's greetings serve as a reminder that no one is alone in their journey and that the spirit of togetherness can uplift even the most challenging circumstances.

As the year comes to a close, let us carry the spirit of the season into the new year, continuing to support and cherish those in long-term care. Whether through small acts of kindness, expressions of gratitude, or simply being present, our efforts can make the season brighter and create lasting impacts on the lives of others. Season's greetings to all, and may the holidays bring peace, joy, and hope to everyone in the long-term care community.

Jordan Pierce, RN BSN

Director of Nursing

## Our New MDS Coordinator

**My name is Maureen Hershey, I live outside of Aplington in the country with my husband, who is retired from the Army after serving 24 years. We are both originally from NE Iowa, we have four grown children and nine grandchildren all of whom live out of state.**

**I enjoy gardening, both vegetables and flowers and have many beds, traveling to see our children and grandchildren, crafts of many kinds especially painting, puzzling and playing board games.**

**I started my career as a certified nursing assistant, later attended Mountain State University in West Virginia, where I received my bachelors degree in nursing. I have worked in hospitals on medical surgical units, as well as bariatric and geriatric. I have been a Staff Nurse, Charge Nurse, Director of Nursing and MDS Coordinator.**

**I truly enjoy working with the geriatric population. I am joining the Clarksville Skilled Nursing and Rehabilitation Center team as the MDS Coordinator. I am looking forward to getting to know the residents and their families.**

**Maureen Hershey, RN BSN**

**MDS Coordinator**

# From the Activity Department

The Activity Department has been busy, and having fun along the way! In late October, we had a part in making the Fall Expo a wonderful experience for all. Our facility staff put a lot of time and effort into this successful, now annual, event! Thank you all for doing your part to make this an awesome fundraiser for We Care, The Do-Gooders Club.

Our resident Trick or Treat, paired with Kristin's library crew, was fantastic! Despite the chilly weather, we had a HUGE turn out of well over 250 trick or treaters in the course of one hour. We also had the resident's decorated pumpkins on display to be voted on, numbering 23 total. Our resident, Bonnie Gangsei, received the most votes for her spiderman pumpkin! What a fun time for all.

Our department has been busy with the Christmas season. On December 6th, our wonderful group of volunteers, helped the residents decorate gingerbread houses. These little delightful works of art are on display. On the 12th, with the help of two local volunteers (Terry and Glenda), the residents made wine bottle gnomes. The gnomes turned out so cute! The residents really loved them. Our resident Christmas party, held on the 19th, was a lot of fun. Each department had their own activity for the residents to participate in. After the residents had finished the activities, we all gathered in the activity room and Santa was there to hand out presents to the residents! The gifts were from the staff members, and a few outside merry givers. The residents loved the whole day and there were many smiles and a few happy tears.

On Christmas Eve day, our activity staff members read "The Christmas Story", with Jill Pliner on piano, and her husband Tom singing the solo "Mary Did You Know." Following the Christmas story, hot chocolate and scotcheroo bars were served to residents and staff.

For New Years Eve, our local Nature center representative, Annette Wilcox, will be here to do a presentation in the afternoon. Following the nature program, we will serve some light snacks and festive drinks to our residents.

The activity department will continue to make good times for our residents look forward to. We are excited to celebrate the facility's 50th anniversary in 2025! We are planning special events each month to celebrate this wonderful milestone. We look forward to all the fun and celebration throughout 2025!

A special thank you to the awesome community of Clarksville for always being a huge support of all our festivities! We could not do it without your faithful participation!

Tamela Mayer

Activity Director

# JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>New Year's</i>		1 HAPPY NEW YEAR!!!	2 9:30 New Year Reminiscence 1:30 Merv Edeler	3 9:30 Tenzi 11:15 Exercise 1:30 Movie and popcorn	4 9:30 Devotions 11:15 Exercise 1:00 Kickball
5 1:30 Coffee and Cookies	6 9:30 Baking 11:15 Exercise 1:30 LCR	7 9:30 Music Therapy 11:15 Exercise 1:30 Bean Bags	8 10:30 Community Church 1:30 Bingo	9 9:30 Wheel of Fortune 1:30 Norrah Bruns	10 9:30 Bowling 11:15 Exercise 1:30 Dan's One Man Band	11 9:30 Devotions 11:15 Exercise 1:00 Big Screen TV time
12 1:30 Coffee and Cookies	13 9:30 Name 5 11:15 Exercise 1:30 Take Away Poker	14 9:30 Current Events 11:15 Exercise 1:30 Classical Guitar by Abigail	15 10:30 St. Johns 1:30 Bingo	16 9:30 Ball Toss 1:30 Cheese and Crackers	17 9:30 LCR 11:15 Exercise 1:30 Movie and popcorn	18 9:30 Devotions 11:15 Exercise 1:00 Storytime
19 1:30 Coffee and Cookies	20 9:30 Remembering MLK 11:15 Exercise 1:30 Social Hour	21 9:30 Music Therapy 11:15 Exercise 12:30 4th Grade Friends	22 9:30 Do-Gooders Mtg. 10:00 Communion 10:30 St. Johns 1:30 Bingo	23 10:00 Resident Council 12:30 Manicures	24 9:30 Baking 11:15 Exercise 1:30 Devotions	25 10-11 Tim the Music Man 11:15 Exercise 1:00 Ball Toss
26 1:30 Coffee and Cookies	27 9:30 Piano by Robin 11:15 Exercise 1:30 LCR	28 9:30 Current Events 11:15 Exercise 1:30 Tenzi	29 10:30 Pleasant Valley 1:30 Bingo	30 9:30 Storytime 1:30 Dominos "Chicken Foot"	31 9:30 Name 5 11:15 Exercise 1:30 Birthday Party	
Notes: Birthdays: Irene G. 01/08 Shirlene G. 01/14 Kathaleen S. 01/20						



# New Employee Spotlight



## **Ann Buege, LPN**

Ann's, favorite color is green, she likes Red Bull, raspberries, Butterfinger candy bars and chocolate chip cookies. In her free time she enjoys going to concerts and taking a nap. Ann's favorite restaurant is Texas Roadhouse and her favorite animal is a cat. Ann's favorite time of the year is Fall and loves to help those in need and make those who need help feel special everyday.

Welcome Ann!

## **Kymberlee Evanson, CNA**

Kymberlee has a fiancé Kagen and two sons. Her favorite color is sage green and her favorite flower is a sunflower. Kymberlee likes Coca-Cola, Carmel latte's, grapes, Butterfinger candy bars and oatmeal butterscotch cookies. In her spare time she likes crafting. shopping at Hoppy Lobby.

Welcome Kymberlee!

## **MacKenzie Gillen, RN**

MacKenzie, has a fiancé Gage and a son and a daughter. Her favorite color is green and her favorite movie is Harry Potter. MacKenzie likes Coke or Pepsi, coffee with creamer, pineapple, Reece's, and Chocolate Cookies. MacKenzie favorite season is summer/fall and her favorite animal is a cow. She likes to spend time with her family and loves to help people.

Welcome MacKenzie!

## **Amy Gomez, CNA**

Amy's, favorite color is blue and like Cherry Pepsi and iced coffee. Her favorite restaurant is Jimmy Johns and likes Peanut Butter with apples, Peanut Butter M & M's and Chocolate Chip Cookies. Amy likes to shop on Amazon and Hobby Lobby. She likes to spend time with family and loves helping others.

Welcome Amy!

### **Morgan Johnston, Dietary Aide**

Morgan's, favorite colors are green and pink. She likes Arizona Green Tea, Pumpkin Spice coffee and her favorite foods are Honeydew, Oatmeal Raisin Cookies and Almond Joy candy bars. Morgan's favorite season is fall and she likes to shop at Target and she likes to paint. Her favorite animal is a cat and she likes to hang out with friends.

Welcome Morgan!

### **Christian Ochoa-Soto, CNA**

Christian's favorite color is blue and favorite hobby is hiking, Kayaking, running and movies. His favorite restaurant is the Texas Roadhouse and likes strawberries, brownies and chocolate chip cookies. Christian's favorite season is spring and in his free time like to go for a run. His favorite animals are dogs and cats and he loves to help and care for others.

Welcome Christian!

### **Jayden Walther, CNA**

Jayden, favorite color is pink and she likes Dr. Pepper, Iced Carmel Latte , Pineapple, Chocolate Chip Cookies and Airhead Extreme candy. Jayden likes to tend with plants and her favorites are Tulips and Monstera. Her favorite season if fall, she likes cats, painting and spending time with family. Her career makes her happy and proud to help others.

Welcome Jayden!

### **Zach Winkowitsch, Environmental Aide**

Zach's favorite color is blue, likes Dr. Pepper, strawberries, Kit Kat candy bars and Chocolate Chip Cookies. His favorite restaurant is the Texas Roadhouse, fall is his favorite season and his hoppy is fishing and likes snakes.

Welcome Zach!



★ **HAPPY** ★  
**BIRTHDAY!**



Irene G - January 8th - Shirlene G - January 14th  
Kathaleen S - January 20th Eloise S - February 8th  
Alice S - February 9th Lynn T - February 10th  
Jane B - February 26th Darrel K - March 18th

**ATTENTION!**

If you would like your  
statement e-mailed to you  
Please e-mail Kristol at  
cnhfin@clarksvilleskillednursing.com



Clarksville  
Skilled Nursing & Rehabilitation Center



\$20.00 Meal punch card for 5 meals.  
Please present this card when getting a meal.  
This card is nonrefundable.

We have started a meal punch card for our resident's family and friends that want to have a meal with them. The card can be purchased for \$20.00 and then it is good for 5 meals. The card can be purchased only in the business office. Just present the card to the kitchen staff and they will mark off a star. We hope that this makes things easier for everyone.

**Reminder: Our center's suggestion box is a small box mounted to the wall of the Solarium.**

**We encourage you to share your suggestions!**



**DID YOU KNOW?**

**\*\*\* Numbers to Know \*\*\***

Clarksville Skilled Nursing & Rehab Center

T - 319-278-4900

F - 319-278-4166

**Westside Assisted Living Suites**

T - 319-278-4909

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 delivered right to your loved one!