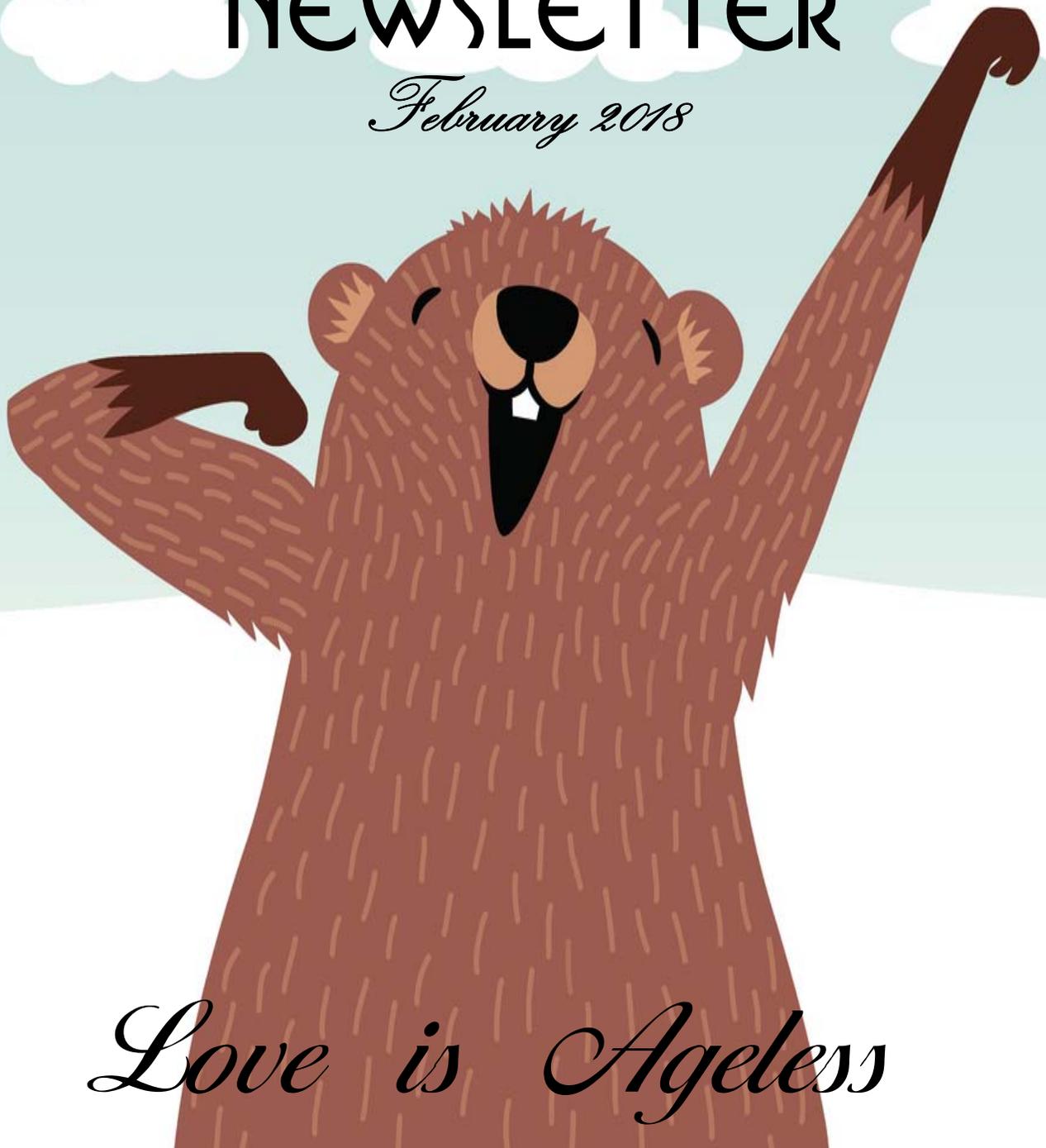


HAPPY GROUNDHOG DAY!

PARK MANOR NEWSLETTER

February 2018



Love is Ageless

A MESSAGE FROM THE ADMINISTRATION OF PARK MANOR

Park Manor is committed to the care and need of our residents, their families, friends, and our employees. Part of providing this care involves the comments and input of all of us. Further, Park Manor has policies and procedures in place that prohibit mistreatment, neglect, and abuse of residents and misappropriation of resident property. If you have questions or concerns about any aspect of the care of the residents or the operation of Park Manor, please feel free to contact any of the individuals listed below, or the charge nurse assigned to the care of each resident.

Deb Klatkiewicz, NHA, ADC - Administrator of Personnel & Regulations

Paula Kock, RNC, NHA - Administrator of Nursing*

Sharon Schultz, NHA - Executive Administrator

Heidi Prellwitz, RN, DON, NHA - Director of Nursing

Carol Maki, R.D. - Registered Dietician

Jayne Rominske, CDM - Certified Dietary Manager



Construction Update

WE ARE GETTING VERY CLOSE TO THE COMPLETION OF OUR CONSTRUCTION / REMODELING PROJECT. AT THE END OF JANUARY THE LAST TWO WINGS ON THE SECOND FLOOR WERE COMPLETED AND RESIDENTS WERE ABLE TO MOVE BACK TO THEIR ORIGINAL ROOMS!

THE LAST PROJECT ON OUR LIST IS TO CONVERT OUR 200 WING ON FIRST FLOOR TO AN ASSISTED LIVING SECTION WITH 8 PRIVATE ROOMS. CONSTRUCTION ON THIS LAST PHASE BEGAN JANUARY 30TH AND WILL TAKE ABOUT 2 MONTHS.

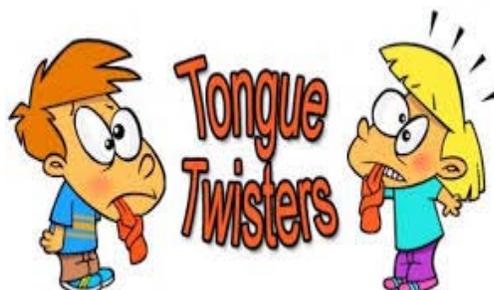
WHEN ALL WORK HAS BEEN COMPLETED PARK MANOR WILL CONSIST OF 23 PRIVATE SHORT TERM REHAB ROOMS AT PARK MANOR AND 8 ASSISTED LIVING ROOMS ON WOODLANDS.

THANK YOU TO RESIDENTS, FAMILIES, AND STAFF FOR PUTTING UP WITH THE MESS, NOISE AND DISRUPTIONS OVER THE LAST 2 YEARS. I THINK EVERYONE WILL AGREE IT WAS WORTH IT!

*** Need not your needles, they're needless to me; For kneading of noodles, 'twere needless, you see; But did my neat knickers but need to be kneed, I then should have need of your needles indeed.**

*** Whether the weather be fine or whether the weather be not. Whether the weather be cold or whether the weather be hot. We'll weather the weather whether we like it or not.**

*** There those thousand thinkers were thinking how did the other three thieves go through. How much pot, could a pot roast roast, if a pot roast could roast pot.**



*** There was a fisherman named Fisher, who fished for some fish in a fissure. Till a fish with a grin, pulled the fisherman in. Now they're fishing the fissure for Fisher.**

*** A skunk sat on a stump. The stump thought the skunk stunk. The skunk thought the stump stunk What stunk the skunk or the stump?**

*** I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes I won't wish the wish you wish to wish.**

4. FAMILY AND RESIDENT GROUPS

You and members of your family have the right to organize and participate in resident and family groups and councils in this facility. We will provide a private space for your meetings. Staff, visitors, or other guests may attend resident or family group meetings at the respective group's invitation.

You and family members or other resident representatives have the right to meet in the facility with the family or resident representatives of other residents in the facility.

The staff will listen to and act promptly upon recommendations and grievances of family and resident councils which concern policy and operational decisions that may affect your care and life in the facility.

The Wisconsin Music & Memory program is part of a national program designed to help people with Alzheimer's and related dementias find renewed meaning and connection with music.

The core feature of the program is utilizing programmable iPod to bring music to the resident on an individual basis.

The goal of all the program include: enhance engagement and socialization, reduce agitation and sun-downing behaviors, alleviate restlessness and resistance to care, Increase cooperation and attention, give purposeful and enjoyable leisure opportunities, provide a calmer social environment, improve quality of life, and offer an alternative method of behavior intervention for staff and families to learn more about supporting the



Music and Memory program at Park Manor

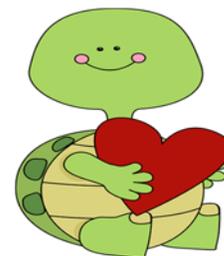
Please contact Karen Mojto @ 715-762-2449



Park Manor would like to thank all of the people who volunteer and make a difference in the lives of our residents and their families.

Volunteers are vital to the success of our activities program and are an important part of Park Manor!

“Someday, everything will make perfect sense. So for now, laugh at the confusion, smile through the tears, be strong and keep reminding your self that everything happens for a reason.”



ACTIVITY NOTES

The Activity Calendar for February is on the back page of the newsletter. Please check the hallway calendars, paged announcements , or Activity Department Staff for any changes as the month progresses.

ATTENTION FAMILY AND RESIDENTS

There are a total of 2 birthdays in the month of February so please be sure to plan your party to avoid conflicts.



Feb. 2nd ~ Pauline Patula
Feb. 8th ~ Gwendolyn Sheedy



Barbara Warshall

- Robert Little
- Harlan Bosacki
- Raymond Hill
- Phyllis Wiita
- Joshua Englund
- Richard Scharp
- Edward Modosh
- Lisa Bush
- Michael Schmidt



- Martha Silbanus
- Ruth Dryden
- Cheryl Freudenberg
- Frances Palmer
- Bonita Joustra
- Margaret Smidl
- Marcha Wilkins
- Steven Rienow
- Lorraine Damrow

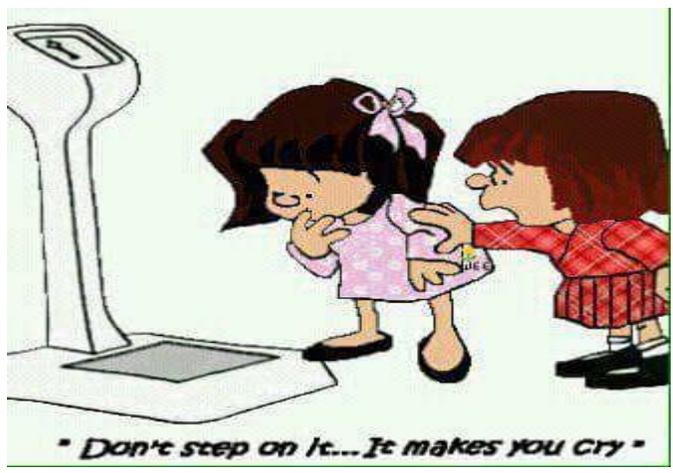


Theodore, Kronberger



Sympathy

- Allan Bay*
- Douglas Noetzel*
- Mary Post*
- Helen Schlitz*
- Dorothy Tank*
- Shirley Bourgard*



♥ Happy Valentines Day ♥



JANE DONNER	2/1
CINDY HAHN	2/1
JENNIFER DEWALL	2/2
KAREN HAEGERL	2/2
EMMA PANKRATZ	2/5
DEBRA BOURGARD	2/7
CAROL DUZELL	2/8
BRITNEY CASE	2/9
DIANE HEATH	2/10
EBERHARD SCHWARTZBAUER	2/11
ALICIA DUFFRIN	2/15
SARAH CHROUSER	2/16
CHARLOTTE BOTTOLFSON	2/24
PENNY CAMPTON	2/21
LORALEEN LIGORIO	2/21
ROBIN WAGNER	2/26



We would like to acknowledge and thank our employees who have their work anniversaries this month.

Thank you for your dedication to Park Manor

JAYNE ROMINSKE	35 YRS
PENNY CAMPTON	28 YRS
TAMMY APPEL	23 YRS
STEPHENIE HALL	9 YRS
DIANE MORGAN	6 YRS
KIMBERLY HARRINGTON	4 YRS
ALISON HINTON	1 YR

Getting to know our Employees

Julie has worked at Park Manor for 16 years. She works as an RSA downstairs. Julie was born in 1953 in New London, Wisconsin, She now lives just outside of Park Falls Wisconsin, She has lived here for almost 39 years . Julie has in-laws that live in the area. Julie's 1st job was babysitting for .35 cents an hour. Julie's mother was the most influential person to her as a child.

Julie admires her 4 sons because they all have worked hard to get through collage and get good jobs.

In her spare time Julie enjoys knitting, sewing, card making and gardening. She also enjoys watching football.

GO GREEN BAY PACKERS!!!



Julie Hilgart



Thank You Julie for all your hard work and dedication.

Word Around The Manor

Buurrrrr!

Hi all fellow Eskimos!

The beautiful north county once again is in a deep freeze.

The area lakes are in a buzz with snowmobiles, fisherman, and skiers.

Snowmen have appeared in many yards with their smiling faces.



However for all of those who long for warmer weather we are gaining more light and the sun is warmer.

The month of January was busy with activities and parties. Our New Year's party was a success with many residents and visitors enjoying a variety of foods and drinks. Residents enjoyed outings with country rides, and visiting out in the community. What a busy time with music group, game times, crafts, etc. Time flies when you're having fun!

February is shaping up to be another busy month. We would like to thank the many volunteers for all the support and encouragement they offer. "THANKS"

All of us here at Park Manor look forward to seeing each and every one of you in February

Keep Smiling! The days are getting longer and spring is on its way.

Bye for now and keep warm.

Getting to know our residents

Pauline Patula

Pauline was born in Chicago Illinois. She has one sister Deloris who now lives in Arizona.

When Pauline was a child she remembers receiving a bicycle from her mother and she remembers her father being angry that her mom bought her the bicycle.

Pauline remembers when President Franklin D. Roosevelt was president, and going to the county fair in the summer time.

She also loved to go ice skating.

When Pauline and her sister were younger they had chores that had to be done. Pauline's chores included doing the dishes and making her bed.

Pauline did lots of babysitting when she was a teenager.

When she was in her early 20's her cousin introduced her to Bob. Their first date was to a dance hall (Bob did not dance) They went to a restaurant and ate shrimp. Bob went away to the service for 2 years and when he returned Pauline and him were married. They adopted two children Donna and Karen Bob and Pauline were married for 62 years until Bob passed away in December 2016

Bob and Pauline owned and managed an Ace Hardware store in Chicago Illinois for 26 years.

Pauline has 4 grandkids April, Derrick, Jake and Jamie and she has 1 great grandson, David.

Pauline, Park Manor is happy to have you as a Resident!



DAILY OBSERVANCES

FEB. 2ND-GROUNHOG DAY
 FEB. 3RD-NORMAN ROCKWELL BIRTHDAY (1884)
 FEB. 12TH-BRAHAM LINCOLN'S BIRTHDAY (1809)
FEB. 14TH-VALENTINE'S DAY
 FEB. 15TH-PRESIDENT'S DAY
 FEB. 17TH-ASH WEDNESDAY
 FEB. 22ND- GEORGE WASHINGTON'S BIRTHDAY
 FEB. 24TH-FLAG DAY

MONTHLY OBSERVANCES

AMERICA HEART MONTH
 INTERNATIONAL BOOST SELF ESTEEM MONTH
 LAUGH-FRIENDLY MONTH
 LIBRARY LOVERS MONTH
 NATIONAL BLACK HISTORY MONTH
 NATIONAL SENIOR INDEPENDENCE DAY
 NATIONAL TIME MANAGEMENT MONTH
 RELATIONSHIP WELLNESS MONTH



Awesome facts about February birthdays



Happy birthday, all you February babies! You're so lucky to be sharing the shortest month of the year with one of the sweetest holidays of all—Valentine's Day! As either a witty, intelligent, and strong-willed Aquarius (Feb 1-18) or a compassionate, insightful, and creative Pisces (Feb 19-29), you've got some of the best qualities around.

Your birth flower is the iris, which represents faith, hope, and wisdom.

According to tradition, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

There are a few dozen national monthly observances during February, including Black History Month, Bird Feeding Month, Embroidery Month, Grapefruit Month, Haiku Writing Month, and Umbrella Month. There are just as many national weekly observances during February, including Friendship Week, Flirting Week, Secondhand Wardrobe Week, and Pancake Week.

A person born on February 29 during a leap year (which occurs only every four years) is called a "leapling" and will usually celebrate their birthday on either February 28 or March 1 in all non-leap years. The odds of being born on February 29 are 1 in 1,461 (or 0.068%) according to the Honor Society of Leap Year Day Babies.

An impressive roster of famous people were born in February! These iconic household names include: Jennifer Aniston (2/11), Drew Barrymore (2/22), Sheryl Crow (2/11), James Dean (2/8), Charles Dickens (2/7), Michael Bolton (2/26), Thomas Edison (2/11), Michael Jordan (2/17), Norman Rockwell (2/3), Babe Ruth (2/6), John Steinbeck (2/27), and John Travolta (2/18).

If you're a history buff, you probably also know that the following four presidents shared February birthdays: William Henry Harrison, Abraham Lincoln, Ronald Reagan, and George Washington.

ASTROLOGICAL SUN SIGNS



<u>Dates</u>	<u>Sign</u>	<u>Symbol</u>	<u>Description</u>
FEB. 20 - MAR. 20	PISCES	PAIR OF FISH	LIKES TO LIVE IN A FANTASY WORLD, DOESN'T LIKE ORGANIZATION OR ROUTINE, LOVE ATTENTION AND AFFECTION, ARTISTIC AND MUSICAL. GOOD STORYTELLER.



Health & Wellbeing

Healthcare 101: Battling the cold and flu season

Cold and flu season is here once again. The number of cases of colds tends to peak in December or January. February is usually peak time for influenza. It's almost certain you will come into contact with colds and the flu this season. But there are plenty of preventive measures you can take to decrease your risk of catching them, or to reduce their severity if you do.

What you can do:



- ◆ Practice good hygiene
- ◆ Wash your hands frequently¹, with soap and running water for at least 20 seconds, especially after being with ill people and before you eat.
- ◆ An alcohol-based hand sanitizer that contains at least 60 percent alcohol can be used when soap and water are not available.
- ◆ Avoid touching your nose, mouth, and eyes. They're the entryways to your body for cold and flu viruses.
- ◆ Cold and flu viruses are spread when infected people cough, sneeze or even speak. Touching contaminated surfaces, like keyboards, doorknobs, and phones can spread the germs. So be sure to clean those objects frequently.
- ◆ Avoid or limit contact
- ◆ Avoid contact with other sick people as much as you can. For the same reason you don't want to infect others when you are sick, try to avoid other sick people.
- ◆ Avoid sharing objects, especially with people who are ill.
- ◆ Avoid crowds if possible.
- ◆ Prepare your body for the fight
- ◆ Get enough sleep to help keep from getting run down.
- ◆ Reduce your stress.
- ◆ Eat right and get regular exercise.
- ◆ Get a flu shot. It's the number one way to help prevent the flu.



If you become infected, fight it!

- ◆ If you develop a fever higher than 100.4°F, have symptoms that last more than 10 days, or are not relieved by over-the-counter medications, you should visit your physician.
- ◆ Keep in mind that antibiotics are only effective for bacterial infections, not viruses, which are the causes of the common cold.
- ◆ There are a few natural remedies that have been shown to help relieve the symptoms of colds and flu, including saline nasal drops or sprays and gargling with salt water.
- ◆ Stay home from work or school. This will also allow your body the extra energy necessary to fight off any infection.
- ◆ Cover your mouth and nose when you cough or sneeze, preferably with a tissue. Then, promptly discard this tissue. If you do not have a tissue available, use your elbow or upper arm, not your hands. This can help prevent others around you from getting sick.
- ◆ Avoid contact with the frail, very young, and elderly.
- ◆ Antiviral drugs can be used early to treat people who are at high risk for developing serious complications from the flu. This includes people with risk factors such as chronic heart or lung disease, advanced age, asthma, COPD, or a compromised immune system. Most otherwise healthy people who get the flu, however, do not need to be treated with antiviral drugs.
- ◆ If you are at high risk, or you become very sick with the flu or cold, the most important thing is getting the care you need as soon as possible

You might be from Wisconsin if...



- ◆ you refer to the Packers as “we.”
- ◆ you know what cowtipping is.
- ◆ you know what a bubbler is.
- ◆ you only know three spices: salt, pepper, and ketchup.
- ◆ you design your Halloween costumes to fit over a snowsuit.
- ◆ your sexy lingerie is tube socks and a flannel night-shirt.
- ◆ you know that Eau Claire is not something you eat.
 - ◆ you go out for fish fry every Friday.
- ◆ you can recognize someone from Illinois from their driving.
 - ◆ you know how to polka.
- ◆ you think the start of deer season is a national holiday.
 - ◆ you’ve seen mosquitoes with landing lights.
 - ◆ formal wear is blue jeans & a baseball cap.
 - ◆ your snowblower gets stuck on the roof.
- ◆ you find 0 degrees a little chilly.
- ◆ your definition of a small town is one that only has one bar...
- ◆ you used to think Deer Season was included as an official school holiday...
 - ◆ a Friday night out is taking your girlfriend shining for deer...
 - ◆ every sweatshirt you own is either red and white or green and gold.
 - ◆ cheese is an important staple in your diet.
 - ◆ you have to drive thirty minutes to the nearest movie theater.
 - ◆ you know how to pronounce “brat”.
 - ◆ your school lost half their student body during deer season.
 - ◆ you ever went to a wedding reception in a bowling alley.
 - ◆ you own at least one cheese head.
 - ◆ Sunday afternoons are sacred for the Packer game!
- ◆ you get irritated at sports announcers that pronounce it “Wesconsin”.
 - ◆ you thought everyone drank from “bubblers”.
 - ◆ you went to the local tavern on Friday night for Fish Fry.
 - ◆ you have experienced snow storms in April.
- ◆ you have had school closed due to wind chills and frostbite warnings.
- ◆ you get choked up when you hear the University Marching Band play “On Wisconsin”.
- ◆ The Packers will always be better than the Vikings, no matter what the standings are.
 - ◆ sexy lingerie is tube socks and a flannel nightie.
 - ◆ you’ve seen a hodag.
- ◆ Bernie Brewer is your idol because he gets to dive in a giant beer mug.
 - ◆ you have more fishing poles than teeth.
 - ◆ you’ve taken your kids trickortreating in a blizzard
 - ◆ you know which leaves make good toilet paper
 - ◆ you define Summer as three months of bad sledding...

