



Under the Oak Tree

A Crystal Oaks Long Term Care Publication

Issue 10

February 2016

From the desk of Tammy Cashion, RN, Director of Nursing

Monitoring our residents' nutritional status here at Crystal Oaks is very important to us. We start by providing good nutritional meals that appeal to our resident's appetites. Information is gathered and monitored by weighing all of our residents on a monthly basis. At times when a trending weight loss has been noted residents are weighed weekly or even daily. At each meal, nurses also observe and record each resident's intake. When weight loss of a resident has been identified we act immediately and initiate appropriate interventions. Interventions may include nutritional, appetizing supplements and snacks that are offered throughout the day. Sometimes obtaining labs may be necessary to identify special nutritional needs. In some cases, a consult with our speech therapist may also be appropriate. In an attempt to improve meal consumption some residents may be temporarily seated at our restorative dining tables. These tables are staffed with restorative aides that cue and encourage residents to improve their meal intake. We also have tables staffed with CNA's and nurses that assist the residents with eating.

A registered dietician also visits Crystal Oaks three times a month and works directly with our nursing team and physicians to develop a plan of care to improve the nutritional status of each individual resident.

Lolly's Corner

By: Lolly with assistance from Michelle Rolfi

I just celebrated my 9th birthday on December 31, 2015. Does that qualify me as a senior citizen? I recently read an article in this magazine for senior dogs (it is like the AARP magazine people get in the mail). It said that older dogs need a nice thick, soft, comfy bed to sleep on. The article also said that dogs like their meals served warm. (So far I love what I have read.) It also said to take slow walks and frequent tummy rubs are a must! (Really I had all of the above before my birthday!)



For my special day, I received special treats and a card signed by several of my human friends. I had a great birthday.

From the desk of Jim Arnold, Chief Executive Officer

Often I get asked "Who owns Crystal Oaks?" The short answer is "no one." Crystal Oaks was built by the former Jefferson Memorial Hospital in 1995-1997 as part of their healthcare services offered to the community. When I began working for Jefferson Memorial in December 2005 as Executive Director of Crystal Oaks, they were in the process of selling the facility. During 2006, we had several meetings to discuss the future of Crystal Oaks and the desire to keep it a locally operated, not for profit facility. The decision was reached in October 2006 to spin off the Crystal Oaks operations to a new not for profit corporation, "Crystal Oaks Long Term Care." On March 1, 2007, Crystal Oaks officially became its own independent not for profit long term care facility, operating with its' own board of directors.

To this day, Crystal Oaks operates as a 501(c)(3) offering the only not for profit choice for skilled nursing, short term rehabilitation, and assisted living services in Jefferson County. The Board of Directors currently overseeing the operations of Crystal Oaks include William Dodson, Chairman; Dan Eckenfels, Vice Chairman; Nancy Johnson, Secretary/Treasurer; Tony Casey, Director; Ron Present, Director; John Winkelman, Director; Jim Arnold, Director.

I would like to thank each board member for volunteering their time to ensure that Crystal Oaks maintains its ongoing, not for profit mission of providing excellent healthcare services to Jefferson County.

Anniversaries

By: Ashley Jennings

Crystal Oaks would like to recognize the following employees for their years of service:

OCTOBER

- ◆ Rebecca Maxson-Nursing-5 years

DECEMBER

- ◆ Elizabeth Hudson-Housekeeping-5 years

Resident Spotlight: Frankie Shanks

By: Amy Daniels



Frankie Shanks was born on July 23, 1923 and graduated high school in Dora, Missouri. She continued her education at Draughn's Business College in Springfield, Missouri. She met Ray Shanks, her husband of 50 years at their church in Zanoni, Missouri. Ray is a World War II Veteran. They have two daughters, Beverly Gansner and Barbara Perez. Frankie is very proud of her beautiful family and her strong faith. She has spent many hours reading and memorizing the Bible. She not only memorized the words but was also a living example of Christ's love and compassion. Frankie and her husband started their own mini storage business in Hillsboro which their daughter Beverly and her family continue to operate today. Frankie took a personal interest in her renters. Each month when sending out statements she would make sure to write a personal note on each one, asking about family, extending blessings, and sometimes even offering forgiveness and understanding when the payment was late or they were unable to pay. Still today renters remember her kindness and compassion and ask how she's doing. Frankie has a warm spirit that touches everyone she meets. She loves children and has never met one she didn't treat as her own. Her great-grandchildren have covered her room with vibrant artwork, but they are not the only artists

in the family. Frankie too has a regal talent and she also displays several of her beautifully framed water color paintings and oil paintings around her room. Frankie has won several awards and has even given many of her paintings to others. This is just another example of her giving spirit. Her smile is soft yet contagious, her spirit is warm and her heart is full of love. You do not have to know Frankie but for a few minutes to see she knows no other way to live her life except as an example of Christ's love.

Resident Spotlight: Donna Schweiss

By: Amy Daniels

Donna Lee (Schilly) Schweiss was born on April 2, 1936 on her parent's farm in Bloomsdale, Missouri, the oldest of eight children, seven girls and one boy. Donna being the oldest was blessed with a big responsibility. Her siblings remember her as being a natural nurturer, giving and always putting everyone before herself. Donna's mother relied on her to help keep the home operating in smooth order while the next two oldest children helped their father on the farm so that he could also work at Pittsburg Plate Glass (PPG) to support the growing family. With eight children to provide for her mother handmade all of their clothes, quilted, canned, and would bake eight loaves of bread every other day to feed the family. Donna and her siblings were very resourceful. With only one bike to share they were forced to use their creative minds and would make up games to entertain themselves such as volleyball over the clothes line, kick the can, and several others. One of Donna and all the girls' favorite thing to do with the family was fishing, but not just any kind of fishing, drift fishing. When you have 10 mouths to feed you have to get resourceful and they did. They all had an important job during their fishing excursions. There was a creek nearby they would all venture to, while several of the children held the net, the others would help guide the fish into the net and grab the fish out of the net once caught. But there was one sibling who had the most important job of all, the one and only boy. While the girls were fishing he would hide in the bushes and keep watch out for the Game Warden. Regardless of their methods at the end of each day they were together as a family around the table thankful for everything they had.

Family is what's most important to Donna Lee, both as a child and as she grew into an adult and started a family of her own. Donna met her husband, Donnie, of 58 years while waitressing at Parkway Restaurant when she was 15 years old. After high school, Donnie joined the Army and was away for two years. Six months after his return he and Donna were married. Donnie says he is often asked what their secret to a long and happy marriage is, he said "I don't really have a complicated answer, you just have to have a lot in common, we liked travelling, dining out, and fishing." To him it is that simple. They loved to travel, visiting almost every U.S. state, missing only a few, as well as taking several overseas getaways. Donna was a dedicated staff member for South County Water District for over 40 years, retiring at the age of 75.

Donnie and Donna have four boys, 13 grandchildren, and four great-grandchildren. Her extended family including her parents and sibling's families total 174 members. She is always surrounded by people she loves. You can see on her face when they are around that she feels blessed to have so many heartfelt people to call family. But if you ask each of them, they will all tell you that they are the ones who are blessed.



Customer Service

By: Cyndi Morgan

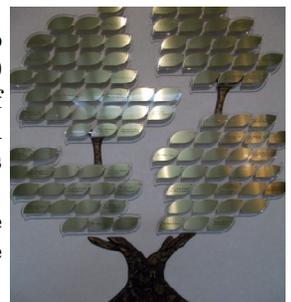


Over the past few months, several of our staff members have been recognized for providing exceptional service and care to our residents and their family members. Those recognized with “I Did It” buttons included Angie Deevers, Jennifer Hebert, Holly Boyster, Taylor Jackson, Alicia Jones, Ladonna Guess, and Sheryl Stevens. Each of these ladies went above and beyond their designated job responsibilities to meet our residents’ and their family members’ needs. These staff members were invited to a Customer Service Luncheon in January and recognized by administration, their supervisor and the Customer Service Committee. Their names were also entered into a drawing for a \$50 gift card for the 2015 “I Did It” recipients. Pictures will be posted on our “Wall of Fame” and on our Facebook page. Thanks to all of these ladies for their exemplary work!

Countless other staff members have been recognized with “Pat on the Backs” for their compassion, hard work, teamwork, and generosity. Savannah Place staff, Maintenance staff, and the Receptionists were also recognized for their customer service efforts. At Crystal Oaks, we are fortunate to have staff that provides kind and compassionate care every day of the week. If you have a staff member that you would like to commend, comment cards are available at each reception desk. We welcome your comments and suggestions.

Foundation News

By: Cyndi Morgan



The mission of the Crystal Oaks Foundation is to ensure that seniors residing in our communities feel at home. Monies raised through Foundation fundraisers are used to help meet the needs of our residents and to provide them with the “little extras” that bring pleasure and enjoyment. In October, the Foundation hosted the Awesome Autumn Accessory Auction which offered new and gently used purses, shoes, scarves, and jewelry. October ended with our third annual Trivia Night and Silent Auction held at the KC Hall in Festus. Both of these fundraisers were a big hit. Thanks to all who donated and helped to make these events a success. During November and December, the Foundation hosted a Krispy Kreme sale, Jewelry is Fun sale, and several raffles. With Foundation funds we recently purchased a beautiful bird aviary for Alden Place. Residents and visitors alike have enjoyed the opportunity to watch these colorful, active birds. Foundation funds also help to cover the costs of entertainment and special events for our residents.

Our Giving Tree, located in the front lobby, continues to grow with 45 engraved leaves. Our goal is to fill the tree with 200 leaves. Donors of \$100 or more are recognized with an engraved leaf on the tree. Purchasing a leaf in memory or in honor of your loved one would be a meaningful and lasting gift that helps Crystal Oaks maintain our commitment to providing excellence in care to our residents.

Crystal Oaks Foundation is a registered charity. All donations are fully tax deductible and directly support our mission. Further information on the Foundation is available at the reception desks.

Services Available

By: Cyndi Morgan

Additional professional services available at Crystal Oaks include psychiatry through Advanced Psychiatric Services, dental through Sterling Dental, podiatry care through Medical Options of the Midwest, and eye care through Outreach Eye Care. Contact Social Services at (636)933-1891 with any questions and for eligibility requirements.

Music and Memory Program

By: Cyndi Morgan

Thanks to the Jefferson Memorial Community Foundation, you may have noticed that some of the residents on Savannah Place and Alden Place have been wearing headphones, tapping their toes, singing, and perhaps even dancing to one of their favorite songs. The Music and Memory Program was designed to help elders with cognitive and physical challenges in care facilities find renewed meaning and connection in their lives through music. If you would like to learn more about this exciting program and how it may help your loved one, please join us on Tuesday, March 8th at 7 pm in the Activity Room for an introduction to Music and Memory. We will briefly discuss the principles of the program, the therapeutic benefits of personalized music, and show clips from the movie "Alive Inside."

From the Business Office

By: Linda Twomey

As the New Year begins, it is time once again to consider a couple of items. First of all, if you have changed any of your insurance coverage during open enrollment, please forward this information to the Business Office as soon as possible. When your insurance company sends new insurance ID cards, we will need a copy of those as well. This information will help us accurately bill your insurance company.

At this time of year, you may be beginning to think about tax time. If you need an itemized statement for your loved ones taxes, please don't hesitate to let the billing office know. We will be happy to send you this information. Please remember that these statements do take a little time to complete, so please give us a couple of days before your appointment with your tax consultant. To request an itemized statement, please contact Renee at (636)933-1841.

Crystal Oaks, a division of Crystal Oaks Long Term Care, is a local not-for-profit organization.



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Activities in Action

By: Kelly Anderson

In October, our Crystal Oaks residents began a community project partnering with Jefferson County Toy Distribution to sort and bag toys and clothing items. This wonderful organization has been providing Christmas gifts for low income families for over 30 years and we felt very proud to help out.

We all dressed in black and celebrated Johnny Cash day with One More Round, a Johnny Cash tribute band, who are always a big hit at Crystal Oaks.

Our bus trips included fall foliage rides, Lone Elk Park, a hot dog roast at Washington State Park, and a lunch outing at Eckert's.



Halloween brought us the Wee Care kids parading the halls of Crystal Oaks in their costumes, a special trick or treat night in our lobby for the children and grandchildren of staff and residents, a Halloween party with entertainment by The Al Sherman Trio, and a costume contest for staff.

Our Resident Councils once again sponsored a food drive that began in November for the Jefferson County Rescue Mission. Our theme this year was "Let's Can Hunger." Giant Campbell's soup cans were placed in the lobbies and many canned food items and toiletries were collected and donated.

Dorothy Lenz and her daughter put in a lot of time and effort to not only bring in and display their beautiful doll collection for us, but Dorothy also wrote a detailed and fascinating story that featured each doll in their exhibition.



On Veteran's Day, the Festus Amvets visited to honor and recognize our Veteran's with a touching ceremony and also presented all resident and staff Veterans with a gift. Fritz Engler ended the program leading the group in singing "God Bless America." The following day, some of our Veterans boarded the bus to enjoy a free Veteran's lunch courtesy of Second Baptist Church.

We are always blessed in December with so many kind visitors: Dance Plus Studio, Crystal City High School Choir and Band, Mary Mahder's music students, United Methodist Youth Group, Twin City Academy, the "Tiny Tigers" from Festus Elementary, Our Lady Youth Group, Arnold United Baptist Church, Fairview Christian Church, Connie's Carolers, Junior Optimist Club, The Waggoner Family, Cub Scout Pack #425, to name a few.



Our Christmas week was a blast as we celebrated on each unit with Santa Claus giving out presents, ice cream sundaes, and musical entertainment. Staff was a delight to see as they dressed each themed day in ugly sweaters, Christmas hats and socks, red and green, antlers and jingle bells, and pajamas.

The mild December weather made our out trips to see the Christmas lights even more enjoyable. And when our scheduled entertainer couldn't make it through the flood waters to play at our New Year's Eve party, it didn't dampen our spirits. Tammy Jaco, the newest member of our activity team, stepped in and rocked Crystal Cafe with her musical talents. We sang, danced, and counted down (a little early) welcoming in 2016.



For a listing of daily activities, please call the Activity Hotline at (636) 725-1244.

