

April Newsletter

2019



April Highlights

April 12
Music with Mike

April 21
Easter Buffet

April 26
National Elk Refuge
Naturalist

Living Center Receives Recognition

Last month, the Living Center was notified that we were designated a 2018-19 “Best Nursing Home” by *US News and World Report*.



This type of recognition does not come easily and is a result of incredible, sustained teamwork. This teamwork involves a myriad of individuals, including

- › The dietary, lab, imaging, and pharmacy departments in providing critically needed services on a daily basis
- › Our therapy team that works to keep our residents engaged with exercises that improve strength, balance, and mobility
- › Our families who make life enjoyable through assisting with events, bringing in centerpieces, giving insightful feedback, and partnering with us in the care of their loved ones
- › The Foundation for the financial support behind many of our programs and events

- › Our volunteers for their hearts and hands who help some of those programs and events happen
- › Our staff. What would we do without our committed loving and caring nurses, CNAs, secretaries, and leadership team?

The role of the staff was recognized by Linda Aurelio, St. John’s Board Trustee and daughter of one of our residents. She shared, *“I have been honored and humbled to watch the work ethic occur each and every time I have visited my mother at the Living Center over the past eight years. Your attention to her needs has been extraordinary, and the reason I believe that she still is alive today at 92. But what’s more incredible is to witness the same caring, loving and supportive attitude toward every single resident at the Living Center. Thank you for all that you do and congratulations on your well-deserved recognition!”*

I could not agree more with her comments! Thank you everyone for making the Living Center a very special place in the Jackson community.

Malenda Hoelscher
Executive Director of Senior Living



Marching to Our Own Drums

James Danna, our interim music therapist, shared that music has become a topic of significant interest for neuroscientists. Through the fMRI (functional magnetic resonance imaging), neuroscientists have discovered that music is not only processed throughout the brain, but is like a workout for the brain. When we hear music, our brain processes the numerous components of the sound in a complex web throughout the entire brain. Compare the experiences of trying to listen to a room full of

conversations and struggling to hear to all of them with being able to effortlessly hear all the parts of a symphony and how they work in combination with one another.

When we play music, our brain is given a fuller workout. Playing music requires activation of various parts of the brain, ones that process speech, motor, and cognitive skills. In our therapeutic drumming group, we are engaging the brain to play rhythmic sequences independently and

in coordination with one another, requiring full concentration and activation of these centers in the brain. The rhythm of the drumming, processed in the most primitive regions of our brain, helps prime our muscles and anticipate sequential movements in order to play. In addition to the neurologic benefits of drumming, studies have shown that drumming provides an improved immune system response, decreased stress, and decreased pain perception.



Interior Inspirations

St. John's Medical Center leaders and representatives from the Foundation have been meeting with architects Anderson Mason Dale (AMD) to learn about the progress on Sage Living and discuss the materials selected for the interior spaces. The interior design team at AMD has put considerable thought and effort into their work to select the most appropriate colors, patterns, flooring options, wall coverings, and finishes throughout the building. Paint colors and flooring selections will help with way finding and distinguishing between the four neighborhoods and common spaces. Patterns in the wall coverings are representations of patterns found in nature in this region. The colors throughout the building are intended to make the spaces warm and inviting, and also calming and peaceful. Take a peek at some of the inspiration for the interiors!

Welcome and Farewell



Welcome to Molly, our new RN in the Living Center.

Molly moved from Huntsville, Alabama to Jackson 6 months ago. Molly was working in acute care for the

elderly and in oncology before joining us. She has enjoyed hiking, wildlife viewing, and learning how to ski since moving to Jackson. When asked what she misses most from home, she said “Warm weather, but not the humidity, and Chick Fil A”.



Thank you, Maddie, for all your hard work at the Living Center the last 1 1/2yrs! Maddie will be leaving us at the end of April to move back to her home state of New Hampshire, where she will attend PT school at Plymouth State University to pursue her doctorate. Congratulations and good luck!



Resident of the Month: Verna Johnson

Verna Johnson was born Verna Viola Kinnunen, April 2, 1924, to Finnish immigrants who farmed in eastern South Dakota. Verna was the ninth of ten children, only eight of whom lived past childhood. She and her family suffered through the “dirty thirties” and the endless drought. Verna graduated from high school at sixteen. She moved to Detroit and later to Minneapolis. In Minneapolis she met and married Vernon Johnson, an accountant, and they had three children. In 1989, Vernon died after a long illness. Verna loves animals and her eight grandchildren.



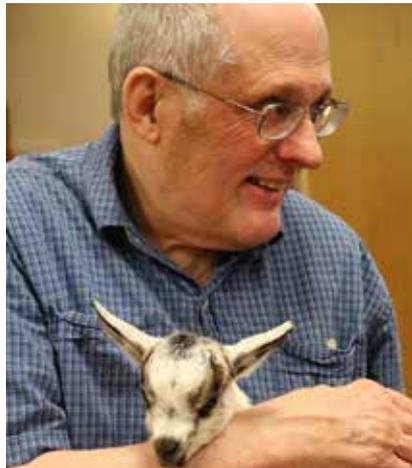
Wit, Wisdom, & Then Some

Believe it or not spring is officially upon us. A few of our residents shared what they look for during the first sign of spring...



Ken

"I look for the flowers to bloom and the snow to melt."



John

"Warm weather and flowers."



Mary Ann

"Flowers let me know spring is here."

In Loving Memory

Flo Dingle

Billie Garnick

Would you rather have a basket full of jelly beans or chocolate bunnies?

Jelly beans win!



Please join us for our Easter Buffet

Sunday, April 21st.

Seatings are available at 11:30 and 12:30.

Family and friends are welcome. \$10 per person.

What are your favorite Easter traditions?



Judy

Judy remembers how special holidays, including Easter, were at her house full of children. She has five adopted children and often had foster children living with them. They would spend a whole day dyeing eggs. The next day, the eggs would be hidden with special treats for the children to find. She said, "It was always so much fun."



Joan

Joan remembers looking for Easter Eggs and a wonderful Easter dinner of ham and scalloped potatoes.



Living Garden

We are excited about our new living garden located in the east dining room. We will be planting cucumbers, tomatoes, and peppers, along with flowers. We will be using pelleted seeds (about the size of a pea) so that they are easier to handle and everyone can participate. Later this month, we will start planting the lettuce on our outside garden wall.

Volunteer Corner: Outing Season

Hopefully, when you receive this, spring will be in the air, if not on the ground, and we'll be starting to look ahead to "outing season." We have a wonderful group of volunteers who help make sure outings go smoothly and the residents have safe and fun-filled trips. Our current outing volunteers have a great time helping us explore the region and enjoying the company of our residents, and we're always looking for new folks to round out the group. So, if you know someone who would enjoy helping us on our outings, please ask them to get in touch with Connie Hansen, at 739-7461 or chansen@tetonhospital.org.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 am: 1 Trivia 1:30 pm: Reading Circle 2:30 pm: Art Class 3:30 pm: Music for Memory	10 am 2 Music and Massage 1:30 pm: Chair Zumba 2:30 pm: Bible Study 4 pm: Gospel Music	10 am 3 Remember When 1:30 pm: Rock with Petra 2:30 pm: Walking Day Tea 3:30 pm: Choir	10 am: 4 News Currents 1:30 pm: Rock with Petra 2:30 pm: Bingo	10 am: 5 Drumming 1:30 pm: Rock with Petra 2:30 pm: Popcorn and Games 6:30 pm: Movie Night	10:00 am: 6 Rock with Petra 2:30 pm: Bingo with Petra
2 pm: 7 Church Service	10:00 am: 8 Brain Fitness 1:30 pm: Reading Circle 2:30 pm: Art Class 3:30 pm: Music for Memory	10 am 9 Music and Massage 1:30 pm: Chair Zumba 2:30 pm: Bible Study 4 pm: Gospel Music	10 am 10 Remember When 1:30 pm: Rock with Petra 2:30 pm: Birthday Tea 3:30 pm: Choir	10 am: 11 News Currents 1:30 pm: Rock with Petra 2:30 pm: Bingo	10 am: 12 Drumming 1:30 pm: Rock with Petra 2:30 pm: Mike's Music 6:30 pm: Movie Night	10:00 am: 13 Rock with Petra 2:30 pm: Bingo with Doris and Molly
2 pm: 14 Church Service	10:00 am: 15 Radiant Council 1:30 pm: Reading Circle 2:30 pm: Art Class 3:30 pm: Music for Memory	10 am 16 Music & Massage 11:00 am: Senior Center Birthday Lunch 1:30 pm: Chair Zumba 2:30 pm: Bible Study 4 pm: Gospel Music	10 am 17 Remember When 1:30 pm: Rock with Petra 2:30 pm: Easter Tea 3:30 pm: Choir	10 am: 18 News Currents 1:30 pm: Rock with Petra 2:30 pm: Bingo	10 am: 19 Drumming 1:30 pm: Easter Craft 2:30 pm: Easter Activity 6:30 pm: Movie Night	10:00 am: 20 Rock with Petra 2:30 pm: Bingo with Petra
21 11 am- 1 pm Easter Buffet 2 pm: Church Service	10:00 am: 22 Trivia 1:30 pm: Reading Circle 2:30 pm: Art Class 3:30 pm: Music for Memory	10 am 23 Music and Massage 1:30 pm: Chair Zumba 2:30 pm: Bible Study 4 pm: Gospel Music	10 am 24 Remember When 1:30 pm: Rock with Petra 2:30 pm: Family Stories Tea 3:30 pm: Choir	10 am: 25 News Currents 1:30 pm: Rock with Petra 2:30 pm: Bingo	10 am: 26 Drumming 1:30 pm: Rock with Petra 2:30 pm: Elk Refuge Naturalist 6:30 pm: Movie Night	10:00 am: 27 Rock with Petra 2:30 pm: Bingo with Doris and Molly
2 pm: 28 Church Service	10:00 am 29 Brain Fitness 1:30 pm: Reading Circle 2:30 pm: Art Class 3:30 pm: Music for Memory	10 am 30 Music and Massage 1:30 pm: Chair Zumba 2:30 pm: Bible Study 4 pm: Gospel Music	<p>Happy Birthday!</p> <p>April 2: Verna Johnson</p> <p>April 15: Jean Knights</p> <p>April 15: Doug Witwicky</p> 			

Our Mission and Vision

Mission: The Living Center fosters caring, respectful relationships that serve as a foundation for individual growth and well-being within a skilled nursing community.

Vision: The Living Center is a resident-centered community where individuals are surrounded by love and laughter; where learning and growth are fostered; and where quality of care is foremost. Life happens here!


St. John's Living Center is registered with the Eden Alternative, dedicated to creating quality of life for Elders and their care partners.

Our Staff

Executive Director of Senior Living:

Malenda Hoelscher, BSN, LNHA

307.739.7661

Director of Living Center Operations:

Sarah Graham, RN, 307.739.7462

Director of Nursing:

Cheryl Sawyer, RN, 307.739.7594

Care Coordinators:

Katina Campbell, RN, 307.739.7459

Allison Stevie, RN, 307.739.7608

Financial Coordinator:

Malissa Mejia, 307.739.7430

Social Services:

Cynthia Huyffer, MSW, LCSW, 307.739.7460

Life Enrichment Director:

Connie Hansen, CTRS, 307.739.7461

Admissions:

Beth Furlong, RN, 307.739.7452



PO Box 428, Jackson, WY, 83001

307.739.7450 | tetonhospital.org/livingcenter

