

Retirement Center

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Hill Top News

Exec's Desk

By Jeff Fritzen, Executive Director

We hope you are staying healthy this winter season. My calendar says February but the weather sure feels more like March. We are enjoying these mild temperatures so far this winter despite having a lack of moisture. We have seen plenty of changes since our last newsletter. We have a new president, the holidays have passed, construction continues, and illness is spreading quickly throughout the community.

Much the focus in the news over the last three months has been focused on the presidential race and what is happening with our federal government. While that is important I want to ensure that we don't lose sight of what is happening right here in our own state. Currently Nebraska faces a \$900 million budgeted revenue shortfall. As many of you know Nebraska has to have a balanced budget at the end of the fiscal year. In response to this the Governor put out his new proposed budget which is his way of making up the gap in the budget. In his proposed budget he has many cuts in expenses to overcome the revenue shortfall. One that was proposed by the Governor that is currently being discussed by the appropriations committee is cutting all Medicaid payments. This means that nursing homes and assisted living facilities would get 3.22% less each month for taking care of residents who are receiving state funding. This is a substantial decrease in revenue that we are monitoring closely. Our stance is while we understand that budget needs to be balanced we do not feel the elders in the state of Nebraska should have to pay this big of a sacrifice. If you run into a state legislature be sure to remind them that cutting payments for senior's healthcare is not the answer to balancing the budget.

Our daycare expansion project continues to move along as we work on the interior. Unfortunately this part takes the longest. I know some community members are starting to become impatient but we are getting closer and hope to have it open in the next few months.

Thank you to all who have served our children and seniors by sharing your time and talents here at Gold Crest over the last year. Our annual Volunteer Appreciation Supper will be held April 20th at 6 pm. We will be sending invitations out soon. I hope happiness, healthiness, and warm weather find you soon! Jeff Fritzen, *Executive Director*

Benefactors

(gifts of \$1,000 and over)

In Memory of Ralph Barmore
In Memory of Calvin Hartwig
In Memory of Hildegard Milke
In Memory of Jerry Saathoff
In Memory of Leona Kelle

Friends of Gold Crest

(Gifts of \$250 up to \$999)

In Memory of Joseph Sullivan
In Memory of Harlan Schmidt
In Memory of Ruth Hibbert
In Memory of Leona Moats
In Memory of Marlene Mulder
In Memory of Stan Floth
In Memory of James Sage
In Memory of Thelma Essink
In Memory of Clemence Pella
In Memory of Ruth Salomons

*Names are rotated as new memorials are established. Donations of \$250 or more are recognized on plaques at Gold Crest.

Hill Top News

Dietary



By Lynsey Graham, Dietary Manager

Happy New Year from the Dietary Department! I hope everyone had a fun and safe New Year's, saying good-bye to 2016 and hello 2017. I hope this year slows down a bit. It goes by faster every year, seems like I blink and another year is gone. Looking back, looks like I (we all) have survived the holidays! I'm always glad when they are over with and things can get back to normal.

Here at Gold Crest, we had our Holiday Dinner in December and served approximately 230 people. It was a great turn out and everyone had a good time. All the hard work and preparation was well worth it. I know all our residents enjoyed seeing and spending time with their families.

As we look ahead to the New Year, coming in February, we will have our Sweetheart Dinner. This special event will be held on Valentine's Day, February 14th at 11:30 a.m. This is a couple's luncheon, where we provide an intimate setting for our residents and their spouses. For this romantic lunch we will start with a romaine salad topped with strawberries and poppy seed dressing. The main course will be Chicken Cordon Bleu with a garden blend rice smothered in hollandaise sauce, a country vegetable blend and dinner roll, followed by a New York cheesecake with cherry topping. I know everyone will have a great time.





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Day Care

By Janie Jantzen, Day Care Director

Wow! Are things changing here around the daycare? Have you drove by Gold Crest lately to notice the change to the north side of our building? With our community of Adams growing, also comes the need for more child care services in this area. I am excited about the expansion and proud to say I have worked in the daycare since the first day that daycare opened in September of 1990, with first working in the baby room as a teacher, and then when the original Director retired I was asked to take over as the Director in February 1993. Last summer I started getting calls from the little ones that I took care of back then, asking me if I have openings in the daycare because they are expecting a baby now and want their babies to come to the daycare. It is exciting to be able to start watching the second generation of the community children but it was also sad that I had to turn some of them down due to lack of space in our baby room. So talking with the Gold Crest board members and telling them of the need here in our community they passed and approved the new expansion of the daycare last fall.

On September 19, 2016 the board members, Department Supervisors of Gold Crest and children from the daycare center had a fun time during the ground breaking ceremony for our new expansion to the daycare. The children enjoyed digging in the dirt with their little shovels alongside of the adults. The Children have had a great time watching the construction take place. They have had fun watching the construction workers out the windows and seeing the many different kinds of trucks and equipment it has taken to get the basement walls up and completed.



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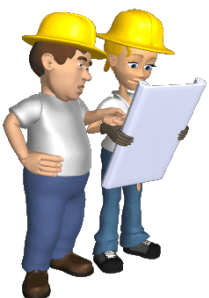
By Janie Jantzen, Day Care Director

Day Care

The expansion will add two new rooms to the north of the existing building. With this expansion we will be able to except more babies from the age range of 6 weeks to 18 months old. We plan on having the different age groups of the older children split up into different rooms too. The teacher to child ratio for the State of Nebraska regulations are one teacher for every 4 babies (6 weeks to 18 months), one teacher for every 6 toddlers (18 months to three years old), one teacher for every 10 preschoolers (3 year olds) and one teacher for every 12 preschoolers that are 4 years and older.

With the expansion and adding more space comes new employment opportunities for those who are looking for employment. If interested please come to Gold Crest's main office and fill out an application. Some of the qualifications of the job are you must enjoy being around children, be 19 years of age and be willing to do the State required training.

Director of Child Care
Janie Jantzen





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Activities in Action

By Jen Schurman, Activity Director

I am really excited to share with you the new opportunity we will have for our residents to express themselves beginning in February. The Ruth Salomons Artist in Residency Program will begin on February 7th. This program is funded by a memorial donation from the Salomons Family. Ruth enjoyed all types of arts and crafts, and her family wanted to expand those opportunities for our residents.

The program will be led by Nancy Konrardy. Nancy brings a varied & vast range of experiences to the art program at Gold Crest. Nancy's most recent work in Los Angeles included 4 years at The Skirball Jewish Cultural Center & Museum as an educator and Drop In Art Studio Coordinator. Nancy has also been recognized (for costume design) with two Daytime Emmy awards and an NAACP Image award. Nancy will have assistance from her son Aaron and his significant other Shelby. Both Aaron and Shelby are artists, specializing in mixed mediums. Additionally Shelby works in photography and oil painting. Each week the residents will have the opportunity to create a project. Everything from painting to fabric art and printing will be explored.

If you would like to participate in the program with your family member or volunteer to help, we would love to have you! Be sure to call ahead to let me know you will be attending. We are so thankful to the Salomons family for making this program possible and we look forward to having you see the art our residents create!



In Loving
Memory of
Ruth Salomons.





PAIN.....Is it Acute or Chronic Pain?

Identifying which type of pain you have is the first step in taking control:

Acute pain comes on suddenly. It can be brief or last for weeks or months.

Acute pain goes away once the cause has been treated. **Chronic pain** is ongoing. It may result from an injury or infection or be psychogenic, meaning it's unrelated to injury. Chronic pain persists for months or years and affects your physical and emotional well-being.

What can we do about it? There are many, many different severities of pain, ranging from severe to moderate to extreme. There are also many ways to treat pain, ranging from medications, to exercises and stretching, or modalities like heat, cold, and ultrasound. Although Ultrasound requires a professional treatment, heat and cold can be trialed at home on your own.

Of course with heat, we want to make sure we layer the hot pack/towel/blanket with 4-6 layers to avoid chances of burning. Check skin frequently, not leaving the heat on for more than 20 minutes at a shot. For cold treatments, there are many ways to treat, from cold wash cloths, to ice massages to ice packs. With cold treatments, it's also important to cover the ice packs with a towel or pillow case and also do frequent skin checks.

We thought it might be helpful to give you a few choices of ice packs alternatives that you can make at home.

1. **Corn Syrup-** Corn syrup (like [Karo Light Corn Syrup](#)) makes an excellent gel type of ice pack. It stays nice and squishy and flexible and doesn't change texture or color in the freezer. It also contains nothing harmful if it would accidentally puncture or leak in a lunch, aside from things getting a little sticky. It can be made using any size ziploc bag. Simply pour some corn syrup into the bag, seal, and put in the freezer for several hours.

2. **Rubbing Alcohol-** The addition of alcohol to water will keep it from freezing completely which makes it an easy way to create a homemade ice pack. Use a sandwich size or quart size ziploc bag and combine 1-1/2 cups of water with a 1/2 cup of rubbing alcohol. Seal and put in the freezer for several hours or overnight.

3. **Salt-** For a really cheap and easy ice pack, simply add some ordinary table salt to water. Use a sandwich size or quart size ziploc bag and add 2 tablespoons of salt to 2 cups of water. Seal and put in the freezer for several hours or overnight. With all of these, I recommend double bagging in case of leakage.

Jodi Harms, PTA



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Nursing

By: Cindy Nelson, MDS Coordinator

Cheers to a New Year! Each year Gold Crest has a Year End Party for employees in January as a time to enjoy a nice dinner, celebrate milestones, and have a little fun off the clock. The EDAC (Executive Director's Advisory Committee) is in charge of planning, organizing, and decorating for the party. Current members of EDAC are: Cindy Nelson, Sandy Barnts, Colette Little, Vesta Mewes, and Lynette Jurgens.

This year's theme was Patriotic with décor of red, white, and blue. The meal included a choice of brisket or chicken with sides and was catered by Legends from Clatonia. For dessert, we had sugar cookies decorated to fit our theme from Eileen's in Lincoln. Staff with milestones this year included – 5 years: Maria Gonzalez, Lynette Jurgens, Morgan Lenner, and Betty Oosting; 10 years: Michelle Denker; 15 years: Rhonda Scott; 20 years: Becky Jobman; 25 years: Angie Sedlacek.

For our entertainment this year, we played the Saran Wrap ball game. Each table was given a large Saran Wrap ball with over 20 items wrapped tightly inside. Prizes included lotion, candy, scratch tickets, and cash among many others. This was a fun game that got everyone involved and hopefully each person walked away with a little something. Lots of laughter was heard throughout the room as everyone played along.

Each employee was given a Luxury Throw Blanket as the gift from Gold Crest! They have come in handy on these chilly winter nights. The blankets are warm, fuzzy and great for snuggling under!

I'd like to thank everyone for attending the party and for the years of service each of you have contributed to Gold Crest! Here's to another great year!

Cindy Nelson, RN
MDS Coordinator



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Nursing

By: Cindy Nelson, MDS Coordinator





Hill Top News

Socially Speaking

By: Diane Nieveen, Social Services

Change, change, change....in this industry it seems like something is always changing. There have been some recent changes in the rights of those who make Gold Crest their home. It is part of our job to make sure everyone knows of their rights and that they are allowed the opportunity to those rights.



In February at our monthly Resident's Council meeting, we began updating our residents about their rights and the recent changes with their rights. As the world changes, so does the nursing home setting. Some of the new changes address same sex marriage rights, nondiscrimination and how we must provide language assistance for those who do not speak English at no extra charge...etc. I think by now you are getting the idea of how we change along with the current issues of the world. Some of them are more simple than those hot topics right now. Such as the need to give our residents" written" notice prior to making a room change. I have always given our residents and their responsible party knowledge of room changes prior to them being made, now we have to go a step further and give written notice to the resident. The written notice must include why the change is being made. We must also provide information to our residents about services/resources outside of our facility. Some of them need to be posted in the facility with telephone numbers for easy access for our residents. Now our private pay residents will receive interest on personal accounts of over \$100 for private pay people and Medicaid residents will receive interest on \$50 accounts. Sometimes it just feels a little over whelming to keep up with everything in addition to providing the personalized care that our residents came here to receive.

In order to keep up with the new changes, next week we will start to give each resident a new resident rights book and discuss their rights. We will encourage them to keep it in their top drawer. We will ask them to sign that they have received it.

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By: Diane Nieveen, Social Services

Socially Speaking

Please review the updated Resident Rights Booklet for all the changes. If you would like a copy please stop by our office and request on. There will also be a copy kept on the Lobby Coffee table as well, Thank you.



Two thirds of our winter is over!!! Spring is around the corner and I will be looking forward to taking your loved ones outside for some fresh air! I hope we have everything updated by then! Stop by if you have any questions.

Diane Nieveen, Social Service Director



All the residents enjoyed the gifts they received from Gold Crest and picked out and bought by our staff! Thank you to Mr. & Mrs. Claus for stopping by.



Gold Crest Retirement Center

Leadership Team

Executive Director	Jeff Fritzen
Director of Nursing	Michelle Denker
Social Services Director	Diane Nieveen
MDS Coordinator	Cindy Nelson
Activity Director	Jen Schurman
Director of Food Service	Lynsey Graham
Maintenance Director	Joe Ashelford
Director of Housekeeping/Laundry	Marge Klein
Child Day Care Director	Janie Jantzen
Director of Administration	Rhonda Dorn
Medical Director	Dr. Stacey Goodrich

Residents’ Council

President	Doris Foote
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Board of Directors

Chairman of the Board	Max Gramann
Board Member	Wes Siefkes
Board Member	Ron Sutter
Board Member	Chris Gramann
Board Member	Julie Kealy

Hilltop Highlights

Preschool Graduation is
April 30th at 4:30pm.
Volunteer Dinner is
April 20th at 6:00pm.
Please mark your calendars.

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