

MAY 2018

# Blair House Bulletin

Enriching Lives Through. Kind. Compassionate. Care.



## **May Birthdays**

### **Staff Birthdays:**

Brett M. May 11<sup>th</sup>

Karen G. May 16<sup>th</sup>

## **Praise Singers**

*May 9*

## **Mother's Day Tea**

*May 11*

## **Mother's Day**

*May 13*

## **Art Guild**

*May 15*

## **Ride a Unicycle Day**

*May 20*

## **Memorial Day (U.S.)**

*May 28*

## **Notes from Jean**

It is my pleasure to announce that Talisa Jacobs will be joining our staff as Administrator effective May 2, 2018.

Talisa's comes to us with more than 25 years of experience in the human services field with the majority of her time spent at the Mt. Pleasant Mental Health Institute in Mt. Pleasant, Iowa.

Talisa and her husband, Kevin, have 6 children and 9 grandchildren. They have made the New London and Burlington areas home for these past 25 years. In addition to spending time with her family, she enjoys working in her yard, enjoying nature and spending time with her animals on the family acreage.

Please join me in welcoming Talisa to Blair House.

As a side note, I have thoroughly enjoyed my return to Blair House and look forward to working with Talisa in making this a smooth transition for everyone.

Should you have any questions or concerns, as always, please stop in and see me.

Jean Westerbeck, Administrator

## **Dietary:**

Please remember that if you eat with your loved one we require a two-hour notice and cost of the meals are \$5:00 dollars. Please drop your payment in the grey drop box next to the conference room. If you have any questions don't hesitate to ask.

## Nursing

The month of May is designated as Better Sleep Month and there's a wealth of information available to learn how to maximize your rest time. Let's start with this question: Why is sleep so important?

According to The Better Sleep Council, sleep is a key part of maintaining a healthy lifestyle: "Like eating right and exercising, sleeping well is essential to feeling your best during the day. It affects how you feel, your relationships, your productivity and your quality of life. While you sleep, your brain goes to work, consolidating the day's learning into memory and reenergizing the body." A good mattress and pillow are essential to good sleep, and it's worth investing in something that aids in relaxation. Since our bed and bodies naturally change over time, consider replacing your mattress every seven years and replacing your pillow every year.

Also, in this age of flourishing technology, one primary rule is to power down smartphones, laptops, and tablets early due to the bright backlighting that may trigger stimulating chemicals in the brain and trick you into thinking it's time to be awake. In fact, just leave the technology out of the bedroom!

The Better Sleep Council offers other tips to practice good sleep hygiene: make sleep a priority; create a sleep sanctuary; exercise early; replace caffeine with water after lunch; eat light in the evening; and set a snooze button quota.

And finally, how many hours of sleep should you get every night? The National Sleep Foundation breaks it down by age • School age children (6-13): 9-11 hours • Teenagers (14-17): 8-10 hours • Younger adults (18-25): 7-9 hours • Adults (26-64): 7-9 hours • Older adults (65+): 7-8 hours

Sleep well and sleep smart!

Sarah Krieger, DON

## Mother's Day Tea

If you have not already, please fill out a reservation sheet for our Mother's Day tea being held on  
**Friday, May 11<sup>th</sup> at 2:00pm.**

The reserve papers are on the front desk and need to be turned in now later than May 7th.

If you have any questions regarding the event please don't hesitate to call.

Thank you!

Aubree Brown, Recreation Program  
Director

## National Nursing Home Week

The theme, "Celebrating Life's Stories" pays homage to the diverse set of perspectives that residents, families and staff bring to everyday interactions. From May 13-19, 2018, centers will be encouraged to collect narratives on each individual's most significant life events, relationships and experiences to cultivate a shared sense of purpose at the center and in the surrounding community.

Narrating one's life story can be an enriching experience for both the story teller and the listener. This National Skilled Nursing Care Week (NSNCW), centers will collect life's most treasured moments to celebrate every individual's personal narrative.

"We are proud to honor the unique stories of those in the long term and post-acute care communities," said Mark Parkinson, AHCA President and CEO. "This National Skilled Nursing Care Week, we hope centers and community members alike take the opportunity to join us in this celebration of life."