



Douglas County
Health Center

DOUGLAS COUNTY HEALTH CENTER NEWSLETTER

APRIL
2020,
VOL.2 (4)



HELLO DOUGLAS COUNTY HEALTH CENTER!

by Molly Motsinger & Sherry Sparks



April

Birthstones:
Diamond

Zodiac Signs:
Aries (March 21 - April 19)
Taurus (April 20 - May 20)

Flowers:
Daisies

WHAT'S HAPPENING



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the Health Center
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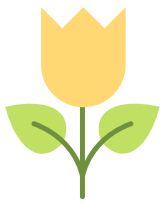
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What is Happening in Your *Department?*

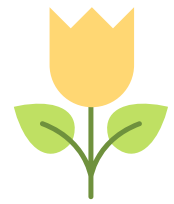
Updates From Administration

Our jobs don't stop at the end of our shift! Here are tips to keep yourself, your family, and our residents safe:

- Remove your work clothing & shoes before entering your home. Leave your shoes in the garage and put your work clothing directly into the washer.
- Wash your hands before touching any surfaces within your home.
- Shower after your shift before sitting on furniture or using any items in your home.
- Avoid hugging, kissing, or touching family until you have showered and changed clothing after your shift at work.
- Continue to avoid touching your eyes, mouth, and face when you are not in the home.
- Utilize social isolation outside of work. Send a family member or order groceries for pick up rather than going into stores.
- Disinfect surfaces in your home daily and/or after use
- If you have an immunocompromised individual in your home limit close contact.
- For additional recommendations visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/>



What is Happening in Your Department?



New Smell of Clean

The housekeeping department has switch to a new product called OxyCide. This is a non-bleach disinfectant concentrate for daily cleaning that has efficacy against numerous viruses, bacteria, and yeast including COVID-19 and C. difficile spores.

The new cleaner reacts to bleach, therefore, all bleach products will be removed throughout the facility. The cleaner must dry for at least 10 minutes after application for full effectiveness.

Any questions? Contact our Housekeeping Department.

Security

Thank you for going above and beyond to protect our staff and residents during these trying times. We have all noticed your positive attitudes and willingness to lend a helping hand! We are so lucky to have your team keeping us all safe!



Happy 25 Years loka!



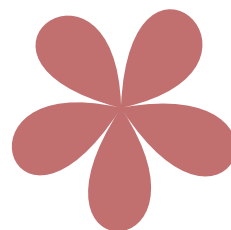
Happy Occupational Therapy Month!

Thank you Toren, Laura, Angel & Ashley for all that you do!

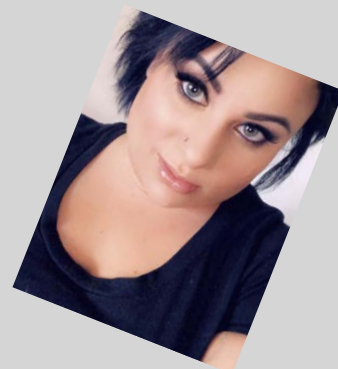




Meet New Faces at the Health Center



Meet Sara Potey Staffing Technician



I have a bachelor's degree in Small Business Management. I spent the last 3 years working in staffing for 2 different agencies, Remedy and Randstad. I recruited, hired and managed roughly 100 employees who were working under the agency at both industrial clients and call centers. Before that, I worked in sales and account management in the travel and hospitality industry for years prior to getting into staffing. Although I have done staffing before, I have never worked in the healthcare industry. My mom was a medical technician at the hospital when I was growing up and now does infection prevention for the State of Nebraska. She has always loved healthcare and has instilled her passion in me for making a difference in the healthcare field, which has made me extremely proud to be a part of the team here in Nursing! I am divorced but have a 5 yr old daughter. She is my everything! It has been very interesting trying to home-school a kindergartner during this time and explain what is going on with the coronavirus, but we are doing the best we can to get through it!

We have a small dog named Salvatore (named after my Italian grandfather) and a cat name Jack (he is an orange and white tabby), so my daughter named him after the the pumpkin king from Nightmare before Christmas. I have been a makeup artist for 8 years (another side gig of mine!) so I love doing makeup. I'm also into fashion, hair and nail trends - so I'm always on Pinterest or "window shopping" online to keep up to date with current trends in the fashion and beauty world. I also like to read and paint in my spare time (although I'm not very good at painting!). I used to live in Madrid, Spain so I have traveled to most regions in Spain. I have also been to London, Paris, Rome and several coastal cities in Mexico and Baja California. In the US I have lived in Omaha, the Los Angeles area and El Paso, TX. I have been to most southern states and western states but I would love to see the east coast (including NYC-I haven't been yet!). I'm big into traveling so while I'd like to see the whole world, Greece, Sicily, Morocco and Egypt are on the top of my for places I'd like to visit next.



What is Happening in Our Community?



STAFF UPDATES

Scholarship Information

Please see page 12 for details about how to apply for a \$1,000 education scholarship from the DCHC Foundation! Information can also be found at <https://dchc.douglascounty-ne.gov/dchc-foundation/>

NEW EPIC PROGRAM

EPIC is an employee who possesses these qualities:

Engagement – an employee who is passionate about their work and **DCHC** and goes above and beyond for the residents and their coworkers

Pride – a feeling of satisfaction from their achievements

Integrity – the quality of being honest and having strong principles

Compassion – sympathetic concern for the misfortunes of others

Supervisors will be nominating our EPIC employees for a drawing. It will be held at the end of each month and prizes will be available like your own personal parking spot and gift

NAMES TO KNOW

Board of Commissioners/Trustees

Mary Ann Borgeson
Clare Duda
Mike Boyle
James Cavanaugh
Marc Kraft
PJ Morgan
Chris Rodgers

Administrator

Erin Nelson

Chief Nursing Officer

Ranae Manning

Medical Director

Dr. Karina Bishop

Clinical Director - LTC

Dr. Nichelle Horton-Brown

Compliance Officer

Jeannine Mulligan

Director of Finance

DeDe Will

Director of Pharmacy

Erin Nelson

Director of Support Services

Jan Hankey

Program Director

Molly Motsinger

KUDOS
TO
YOU

Staff Kudos!

KUDOS
TO
YOU

The Kudos Program was implemented in June 2018 as a way to create social wellness in our building, creating stronger relationships between employees and making DCHC a family bond. Please help recognize our winners who were nominated by fellow employees for going "above and beyond" their daily duties!

Nechole Beale ~Nursing Staff~

"Nechole is passionate about her job and goes above and beyond for staff and residents."

Michelle Perales ~Nursing Staff~

**Thank you Michelle for all of your help. You are always able to answer all of my questions and help me find the information I need. Thank you for all you do for the residents, visitors and staff.
-Susan Kuhl**

Tammy Tomasello & Janet Benkis

**"I'd like to give a shout out to Tammy Tomasello and Janet Benkis for stepping up and helping out with the Board of Trustee meetings when we were between assistants in the Administration office. There's a lot of planning and organizing that goes into these meetings and in preparing all the agendas and minutes in addition to all the other documents required for these meetings. Janet organized a binder with all the details with all the information you need to prepare the documents. Tammy had copies of all the agendas and minutes that I didn't have which were crucial to recordkeeping for the Board. These are also a public meeting with the Trustees so that puts a little added level of stress to make sure everything is perfect. This is not part of their normal responsibilities and I just wanted to give them a big THANKS!!!!
-Sherry Sparks**

Alexa Mendoza-Recendiz ~Nursing Staff~

Thank you for all your hard work! You strive to make sure the needs of the residents you care for are met. You are adaptable, flexible and a great team player. You are always open and willing to learn new things. DCHC is lucky to have you!!

Chay Kizzee ~Nursing Staff~

"Thank you Chay for taking the time to assist a confused visitor. You stayed with him until you were able to figure out where he needed to be. Thank you for your kindness to this man and thank you for putting forth a positive image of Douglas County Health Center to the community."

To recognize staff please fill out a Kudos sheet & put in Kudos box located on the lobby level across from the Wellness Board. OR email your Kudos to Sherry.Sparks@douglascounty-ne.gov

Those who are recognized please stop by Admin Office office to receive a pin of recognition



1. WRITE DOWN 3 THINGS YOU ARE THANKFUL FOR
2. START A JOURNAL
3. WATCH SOMETHING FUNNY & LAUGH
4. REMOVE 3 ITEMS OF CLUTTER
5. GO OUTSIDE FOR 30 MINUTES
6. CREATE A LIFE-LIST
7. DONATE SOMETHING
8. READ SOMETHING INSPIRING
9. HAVE A TOTALLY ELECTRONIC FREE DAY
10. LISTEN TO YOUR FAVORITE SONGS
11. MEDITATE FOR 10 MINUTES
12. CREATE A DAILY MANTRA
13. TREAT YOURSELF TO A FAVORITE DESSERT
14. GET 15 MINUTES OF SUNLIGHT
15. GO OUT IN NATURE FOR 30 MINUTES
16. TRY AN ESSENTIAL OIL
17. GO TO BED EARLY
18. WRITE OUT YOUR DAILY SCHEDULE
19. CREATE A NIGHTLY SELF-CARE ROUTINE

APRIL WELLNESS

20. PLAN OUT YOUR DREAM VACATION
21. ADD BLUEBERRIES TO YOUR BREAKFAST
22. LEARN TWO STRESS RELIEVING PRESSURE POINTS
23. STRETCH IN YOUR OFFICE FOR 5 MINUTES
24. STAY AWAY FROM GREASY FOODS
25. GET HYDRATED
26. START A NEW VITAMIN REGIMEN
27. LET GO OF OBLIGATIONS THAT ARE NOT BRINGING YOU JOY
28. MAKE A BUDGET
29. TAKE A DETOX BATH
30. HANG UP A POSITIVE QUOTE ON YOUR FRIDGE





April Work Anniversaries

Michaela Knapp - 49 years WOW!!!!

Beverly Staley - 23 years

AMAZING!

Roxanna Graser - 22 years

AWESOME!

Hakim Ayeva - 16 years

Brenda Lott - 12 years

Hatimah Saunsoci - 10 years

Yushikea Gerez - 6 years

Shanae Starks - 5 years

Melissa Trosclair - 5 years

Hamdi Guled - 4 years

Saira Zuniga - 4 years

Jay Ser - 4 years

Nechole Beale - 3 years

Allana Smith - 3 years

Valerie Whitmore - 2 years

Joseph Alvey - 2 years

Timothy Hollenback - 1 year

Phillip Murray - 1 year

**THANK
YOU!**

**THANK
YOU!**

EXPAND Your Knowledge & Skills



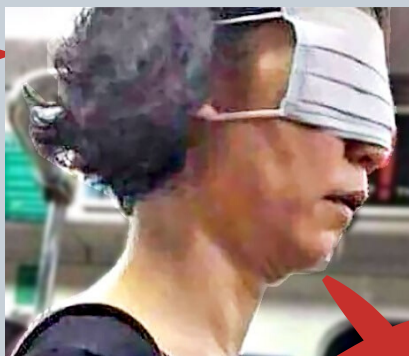
- On the Staff Development LifeLoop TV there are community CE opportunities for Staff. Please contact Staff Development for questions.



Infection Control With Tammi

Infection control and prevention are changing daily within our facility as we take extra precautions around COVID-19. Please make sure to check your email at least daily to receive the latest updates and instructions.

How to properly wear your mask!



EASY FISH TACOS



Ingredients

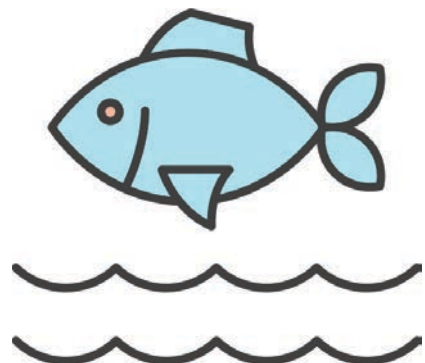
- 16 whole-wheat flour tortillas¹
- 12-ounce can tuna packed in water, drained
- 2 cups shredded iceberg lettuce
- 2 medium tomatoes, chopped
- 1 small onion, chopped⁴ ounces grated, reduced-fat Monterey Jack or cheddar cheese
- Taco sauce or fat-free sour cream (optional)

Serving size: 1 taco
Serves 4

Calories: 238; Total Fat: 8.9g; Saturated Fat: 2.8g; Cholesterol: 37.3mg; Sodium: 551mg; Total Carbohydrate: 26.3g; Dietary Fiber: 3g; Protein: 22.8g.

Instructions

1. Place two heaping tablespoons of tuna across the middle of each tortilla.
2. Add lettuce, tomatoes, onion and cheese to each taco
3. Fold in half, and serve with taco sauce and sour cream (optional).
4. Variation Substitute low-fat refried beans for tuna, and toss in a few sliced black olives.



Nursing Home Resident Rights

Residents of nursing homes have rights that are guaranteed to them under Federal and State laws. The laws require nursing homes to treat each resident with dignity and respect and care for each resident in an environment that promotes and protects their rights.

Right to a Dignified Existence

- ❖ Be treated with consideration, respect and dignity, recognizing each resident's individuality, wishes and preferences
- ❖ Freedom from abuse, neglect, exploitation and misappropriation of property
- ❖ Freedom from physical or chemical restraints
- ❖ Quality of life is maintained or improved
- ❖ Exercise rights without interference, coercion, discrimination, or reprisal
- ❖ A home-like environment and use of personal belongings when possible
- ❖ Equal access to quality care
- ❖ Security of personal belongings

Right to Self Determination

- ❖ Choice of activities, schedules, health care and providers, including attending physicians
- ❖ Reasonable accommodation of needs and preferences
- ❖ Participate in developing and implementing a person-centered plan of care that takes into account personal and cultural wishes
- ❖ Choice about designating a representative to exercise his or her rights
- ❖ Organize and participate in resident and family groups
- ❖ Request, refuse and/or stop treatment

Right to be Fully Informed of

- ❖ The type of care to be provided, and risks and benefits of proposed treatments
- ❖ Changes to the plan of care, or in medical or health status
- ❖ Rules and regulations, including a written copy of the residents' rights
- ❖ Contact information for the long-term care ombudsman program and state survey agency
- ❖ State survey reports and the nursing facility's plan of correction
- ❖ Written notice before a change in room or roommate
- ❖ Notices of information in a language or manner he or she understands (Spanish, Braille, etc)

Right to Voice Grievances

- ❖ Voice grievances without discrimination or retaliation or the fear of it
- ❖ Prompt efforts by the facility to resolve grievances and provide written decision upon request
- ❖ To file a complaint with the long-term care ombudsman program or state survey agency

Right of Access to

- ❖ Individuals, services, community members and activities inside and outside the facility
- ❖ Visitors of his or her choosing, at any time, and the right to refuse visitors
- ❖ Personal and medical records
- ❖ His or her personal physician and representatives from the state survey agency and long-term care ombudsman program
- ❖ Assistance if sensory impairments exists
- ❖ Participate in social, religious and community activities

Right Regarding Financial Affairs

- ❖ Manage his or her financial affairs
- ❖ Information about available services and the charges for each service
- ❖ Personal funds of more than \$100 (\$50 for residents whose care is funded by Medicaid) deposited by the facility in a separate interest-bearing account, and financial statements quarterly or upon request
- ❖ Not be charged for services covered by Medicaid or Medicare

Right to Privacy

- ❖ Personal, financial, and medical affairs
- ❖ Private and unrestricted communication with any person of their choosing
- ❖ During treatment and care of personal needs

Rights During Discharge/Transfer

- ❖ Remain in the nursing facility unless:
 - the resident's needs cannot be met in the facility;
 - the resident's health has improved and she/he no longer requires nursing home care;
 - the safety of the individuals in the facility is threatened due to the clinical or behavioral status of the resident;
 - the health of others in the facility is threatened;
 - the resident has failed, after reasonable notice, to pay the facility charge for an item or service provided at the resident's request;
 - the facility is closing
- ❖ Right to appeal the proposed transfer or discharge and not be discharged while an appeal is pending
- ❖ Receive 30-day written notice of discharge or transfer that includes: the reason; the effective date; the location going to; appeal rights and process for filing an appeal; and the name and contact information for the long-term care ombudsman
- ❖ Preparation and orientation to ensure safe and orderly transfer or discharge
- ❖ Notice of the right to return to the facility after hospitalization or therapeutic leave

DOUGLAS COUNTY HEALTH CENTER FOUNDATION SCHOLARSHIP APPLICATION INFORMATION

POLICY

It is the policy of the Douglas County Health Center Foundation, Inc., to make funds available to employees for college/trade school attendance with the goal of improving the quality of life for residents of the Douglas County Health Center.

PURPOSE

To provide Scholarship Funds for eligible employees of Douglas County Health Center. These funds would allow employees to advance their careers at the Douglas County Health Center and would allow employees to better promote the quality of life of residents at Douglas County Health Center.

FUNDING

All Scholarships monies are funded through the Douglas County Health Center Foundation, Inc., up to \$1000 in any twelve (12) month period.

ELIGIBILITY

All Scholarship Funds are limited and applications will be considered as follows:

1. Applicant must be a current Douglas County Health Center employee who has completed a six-month probationary period.
2. Applicant must be attending an approved college or trade school.
3. Applicant must show an interest and desire to serve the needs of residents at Douglas County Health Center and to promote the quality of life for residents.
4. Applicants who are enrolled in college programs or trade schools and apply for scholarship funds must maintain a 2.5 cumulative grade point average.
5. Applicant must have satisfactorily completed the school year term(s) that they are seeking awards for, and be in good standing with the institution they are attending at the time of scholarship submission.

DOUGLAS COUNTY HEALTH CENTER FOUNDATION SCHOLARSHIP APPLICATION INFORMATION

GENERAL GUIDELINES

1. Available Scholarship Funds will be given each year to assist eligible employees in advancing their careers which directly relate to their jobs at Douglas County Health Center and which strive to promote the quality of resident's lives.
2. All Scholarship Funds will be made payable directly to the college or trade school sponsoring the educational training for tuition only.
3. Applications for scholarship funds for college/trade school attendance must be submitted to Health Center Administration.
4. Recipients will be notified in writing via email or letter of any Scholarship Funds awarded to them.
5. Selection of scholarship recipients is based on eligibility criteria, motivation, personal career goals and commitment toward promoting the quality of life for residents at Douglas County Health Center.

REAPPLICATIONS

Monies will be disbursed once every 12 months if qualified and approved by the Foundation Board.

SCHOLARSHIP REQUEST APPLICATION Submit the following

1. Resume
2. Evidence of eligibility
3. Two letters of recommendation
 - One from Supervisor
 - One from academic and/or current/recent employer
4. Completed Scholarship Application Form
 - (If this is a reapplication, include copy of recent grades)
5. Completed FERPA form

**DOUGLAS COUNTY HEALTH CENTER FOUNDATION, INC.
SCHOLARSHIP FUNDS APPLICATION FORM**

Name of Applicant: _____ Date Submitted: _____
Address: _____ Phone: Work _____
City: _____ State: _____ Zip: _____ Home _____
Current Employer: _____ Hire Date: _____
Position/Title: _____ Number of Yrs. In Position: _____

Program Enrolled In: _____
Dates of Attendance: _____
College/Trade School Attending: _____
Number of Credit Hours Taking: _____
Tuition Cost per Credit Hour: _____

Specifically describe your academic/educational goals and commitment: _____

Specifically describe your personal career goals: _____

Specifically describe how your personal career goals will impact DCHC: _____

List any other financial assistance and the amount you received for education: _____

Signature: _____

ATTACH DOCUMENTS AS FOLLOWS:

- ☐ Resume
- ☐ Evidence of eligibility
- ☐ Copy of recent grades - *If this is a reapplication*
- ☐ Two letters of recommendation
 - ☐ One from Supervisor
 - ☐ One from academic and/or current/recent employer
- ☐ Complete FERPA

SUBMIT TO:

Scholarship Committee
c/o Douglas County Health Center Foundation
4102 Woolworth Avenue
Omaha, NE 68105-1899

Received by Health Center Administration for D.C.H.C. Foundation consideration: _____
Date

Reviewed by Scholarship Committee: _____
Date Outcome: _____
