



Douglas County  
Health Center

# DOUGLAS COUNTY HEALTH CENTER NEWSLETTER

OCTOBER  
2020,  
VOL.2 (10)



## HELLO DOUGLAS COUNTY HEALTH CENTER!

by Molly Motsinger & Sherry Sparks

## WHAT'S HAPPENING



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October

**Birthstones:**  
Tourmaline  
Opal

**Zodiac Signs:**  
Libra (Oct 1 - Oct 22)  
Scorpio (Oct 23 - Nov 21)

**Flowers:**  
Marigold





Douglas County  
Health Center

# What is Happening in Your Department?

## Updates From Administration

### ***We Are All in This Together***

We have all heard and read this many times over the last few months, but it has never been more true than at DCHC.

The Covid-19 virus entered our facility at the end of March and we continue to battle to keep it out and protect our beloved residents.

With no end in the near future, we will continue to strive and work together to keep everyone safe. We have followed and will continue to follow the guidance given to us by the State and by CMS.

We are slowly trying to return to some level of "normal". We have had family visits and are looking forward to more! Thanks to all those who worked hard to make the visits a HUGE success. We are encouraging the residents to enjoy dining and activities in small groups on their neighborhoods and spending time outdoors.

As we stay Covid free as a team, the facility can slowly and safely reopen. In addition, we are busy with construction throughout the facility. We will experience some disruption, noise, and inconvenience in our daily routines. However, by the end of this year, the facility will be a safer and even better place to work and live!!!

Staying "County Strong",  
Erin



*Thank you to all of the staff that made our resident and family visits happen!*





# Whats Happening in Your *Department*



## **Happy Healthcare Food Service Week!**

**October 4th-10th**

Take the time to thank all of our  
our dietary HEROES for all of the  
things they do for our residents!

We appricate you!

## **Dietary Update**

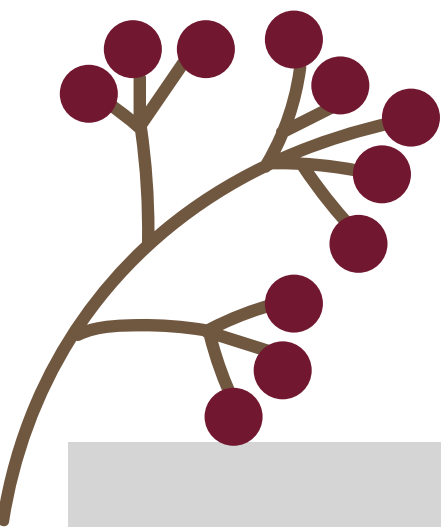
New dishes and trays!

Dietary is using the new  
heat retention system,  
trays and dishes. Please do  
not place the blue insulated  
bowls, mugs, plate liner or  
dome lid in the microwave.  
The microwave will ruin the  
items. Thank you!

## **Recreational Therapy**

During the next few months Recreation Therapy will be working with residents to install Portals for residents use. DCHC residents received a gift from the "Dreamweaver Foundation" of several of these Portals which will allow residents to access music and video calls to their families right from their room. Some residents with cognitive or speech impairments will need assistance in using the Portals. The recreation therapist for your neighborhood can show you how to use the Portal or to learn more about using the Portal you can look at this link: <https://www.youtube.com/watch?v=PwPZQwdAgkM>

Thank you to everyone who helped facilitate the recent resident and family outdoor visits. The visits were well attended by the residents as well as the family members.



# DCHC Policy Page

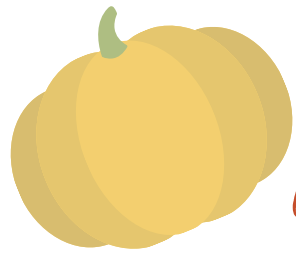
*New or Recently Reviewed DCHC Policies*

## Policy Updates

Technology devices that connect through our internet must be approved by Compliance (Jeannine Mulligan) prior to installation. Always on devices such as Alexa and Google dots are not allowed. Facebook portals and Skype and Facetime calls are allowed. Please refer to the new policy if you have any questions. Another policy the med staff has recently approved is related to resident use of CBD products. Residents are not allowed to have any CBD products that claim to have a medical benefit. If you have any questions or concerns please let Jeannine know!

## Policies to Review In Policy Tech

- Virtual Communication on Inpatient Units
- Mandatory COVID-19 Testing of Employees
- Outside Pandemic Visitation Policy
- Dietary Employee Personal Hygiene



# What is Hospice?

*(Contributions from Visiting Nurse Association and  
Douglas County Health Center)*



When thinking about the prospect of a loved one facing a life-limiting illness, making the best decisions for their care can be both emotional and overwhelming. It is difficult to find a balance between being a spouse/child, caregiver and an advocate for what is best for your loved one. When it is time to make these decisions, the discussion is not one about giving up hope. It is a discussion about providing a loved one facing a life-limiting illness the care options that are available to improve their quality of life.

Hospice care is appropriate at the time a loved one's illness no longer responds to aggressive, cure-oriented treatment and the focus shifts to providing comfort through the end of life. Following are indicators that it may be time for a hospice evaluation: Frequent hospitalizations, emergency room visits and/or physician visits/ Disease frequently worsens, and/or shorter time between periods of stability/ Ten percent or greater weight loss over a 6-12 month period/ A decline in overall functional status, activity tolerance, endurance or ability to perform activities of daily living (ADLs) such as feeding, toileting, selecting proper attire, grooming, maintaining continence, putting on clothes, bathing or walking and transferring (such as moving from bed to wheelchair)/ Dependence or assistance needed with ADLs/ Worsening laboratory values.

Douglas County Health Center and its staff are available to help you and your families understand the resources that are available to you. We'll help you and your family members make an educated and informed decision, and explain the coverage provided through Medicare for care and equipment, medication management, and the steps that could be taken to ensure your loved one has the best quality of life. You can start with the social worker and nurse manager of the neighborhood or your physician. We offer a number of contracted Hospice Agencies to ensure your loved one receives the best possible care during their last journey.

# DCHC Online Ordering Portal

## *Purchases Available*

### Portal Extended!

The portal will be open to browse and available for purchase from 9/14-10/2 (purchases will NOT be accepted outside of these dates).

The link on the side bar has two options for apparel shopping; Screen Print Items & Embroidered Items.

You can click on each individual apparel item by their title to see apparel description, size and color options (each item has multiple colors available).

You can order multiple apparel items by adding to your cart.

After shopping is completed you will follow the prompts to check out and pay for your items. Payment is required by Visa, MasterCard, Discover, or American Express at the time of checkout.

The items will be shipped to Douglas County Health Center, and you will need your badge to pick up the items from the administration office.

Once the portal closes the production and delivery take about 2-3 weeks, and you will be notified via mass email when you can pick up for your items.

**Here's the site:**  
**[print.firespring.com/customer\\_portal](http://print.firespring.com/customer_portal)**  
**Login: DCHC\_Staff**  
**Password: DCHCstaff1**

**Screen Print Items for Purchase:**  
Long sleeve T-shirt, Scrub top, scrub bottoms, scrub jacket, short sleeve T-shirt, V-neck T shirt

**Embroidered Items for Purchase:**  
Cardigan, full zip polyester jacket, polo, quarter zip jacket, zip jacket





# What is Happening in Our Community?



## STAFF UPDATES

Check the Wellness Bulletin Boards on Lobby Floor for the October Wellness Challenge.

Complete your challenge and enter to win a HyVee card!

See monthly challenge for details

Flu shots will be provided to employees only. Flu shots will be distributed to employees when they receive their weekly testing. Flu shots will begin 10/13/20.



## NAMES TO KNOW

### Board of Commissioners/Trustees

Clare Duda

Marc Kraft

Mary Ann Borgeson

Mike Boyle

James Cavanaugh

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 O'Neil

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!*

## **Michelle Cardona**

**~Nursing~**

She always has an upbeat can do attitude. She is always cheerful and goes out of her way to make sure the residents have their needs met.

## **Alicia White**

**~Housekeeping~**

Alicia was asked several questions by the on-site DHHS surveyor in June; she understood the question and provided the surveyor with excellent responses. Alicia remembered to explain what changes have been made and any education around the changes. Good work!

## **Stacy Cassady**

**~Fiscal Services~**

Stacy has been helping me process orders and pay invoices since Janet has been out on LOA. Stacy is amazing! She is prompt and takes care of everything. I appreciate everything that she has done! Along the way, she educates me on the financial system!

## **Ayefouni Tchona**

**~Nursing~**

Ayefouni is a phenomenal LPN. He ensures that all work is completed, will f/u with complaints (if any from both staff and residents) He is very thorough when checking orders, has found orders not yet completed; has found several medication errors, follows up with family members when needed, With any problems on the neighborhood will alert the HS or NM to what is going on, and will f/u with his next shift. It is indeed a pleasure working with Ayefouni.

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](mailto:Sherry.Sparks@douglascounty-ne.gov)

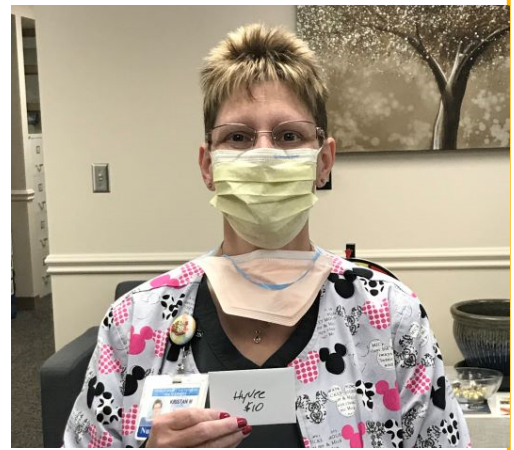
# EPIC Winners for September



Prize Change! First winner every month wins the parking spot in front of the building (previously Luck of the Draw)



**ASHLEY WHITFIELD**  
~PHYSICAL THERAPY~  
Sept EPIC Winner



**KRISTAN MOSS**  
~NURSING~  
Sept EPIC Winner

**TRACI  
HILLSTEAD**  
~REC  
THERAPY~  
Sept EPIC  
Winner



**Other Winner**  
(photos not  
available)  
include:  
**Sara Hargis -**  
parking spot



**Whitney Foster**  
~NURSING~  
Sept EPIC Winner





# October Work Anniversaries

THANK  
YOU!

Lora Dunlap-25 years  
Julie Iverson- 21 years  
Moo Prescher 20 years  
Linda Melendrez 20 years  
Jeannette Collette 20 years  
Stephanie Schmitt 20 years  
Shawn Curry 19 years  
Kimberly Stinson 18 years  
Tonya Mensah 17 years  
Alexa Mendoza Resendiz  
14 years  
Nancy Stennis 13 years  
Ann Conrad 12 years  
Sanchita Sharma 9 years  
John Jenkins 9 years  
Elizabeth Brooks 8 years  
Marni Vaught 8 years  
Sean Wallace 7 years  
Cira Happel 6 years

Timika Wills 6 years  
Jose Chaidez 6 years  
Grace Mburugu 5 years  
Margaret Thinnes 5 years  
Lady Herrera 3 years  
Haruna Sule 3 years  
Maria Pineda Gutierrez 3  
years  
Lesli Alexander 3 years  
Katelyn Glasgow 3 years  
Amanda Aremou 2 years  
Nathaniel Butler 2 years  
Muerynda Kelly 2 years  
Shamus Miller 2 years  
Brian Dalke 2 years  
Aileen Triplett 2 years  
Rhonetta Baker 1 year  
Alexias Barry 1 year  
Lakeisha Turner 1 year



THANK  
YOU!

# EXPAND Your Knowledge & Skills



- **Relias Learning-** Next mandatory modules due June 30th
- **On the Staff Development LifeLoop TV** there are community CE opportunities for Staff. Please contact SD for questions.



## Infection Control With Tammi

The most common citations seen during the infection focused surveys relate to personal protective equipment (PPE). Common deficiency examples include:

- Staff not wearing mask appropriately to cover mouth and nose
- Staff entering isolation room without wearing all required PPE
- Failing to don and/or doff PPE appropriately
- Not removing PPE before leaving isolation rooms
- No goggles or face shields on isolation carts
- Residents in common areas without face coverings
- Failing to immediately place symptomatic residents or new admissions in isolation
- Staff screening logs with omissions
- Hand hygiene between tasks, when changing PPE, after touching face or mask
- Allowing alcohol-based hand rub to dry
- Inadequate social distancing between staff members
  - Including non-patient care areas such as breakrooms

# PUMPKIN BREAD



## *Ingredients*

Cooking spray, for pan  
2 c. all-purpose flour  
1 tsp. ground cinnamon  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/2 tsp. kosher salt  
1/4 tsp. ground ginger  
1/4 tsp. ground nutmeg  
1/2 c. (1 stick) butter, melted  
1 1/4 c. granulated sugar  
1 c. pumpkin puree  
1/4 c. sour cream  
2 large eggs  
1 tsp. pure vanilla extract  
Cinnamon-sugar, for sprinkling (optional)

## *Instructions*

Preheat oven to 350°. Line an 8"-x-4" loaf pan with parchment paper then grease with cooking spray (or softened butter).

In a large bowl, whisk together flour, cinnamon, baking soda, baking powder, ginger, nutmeg, and salt.

In a separate large bowl using a hand mixer, beat melted butter, sugar, pumpkin puree, sour cream, eggs, and vanilla.

Gradually add dry ingredients to wet ingredients until just combined. Transfer batter to prepared pan then sprinkle with cinnamon-sugar, if using.

Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 minutes to 1 hour.