



Douglas County
Health Center

DOUGLAS COUNTY HEALTH CENTER NEWSLETTER

JUNE
2020,
VOL.2 (6)



HELLO DOUGLAS COUNTY HEALTH CENTER!

by Molly Motsinger & Sherry Sparks



June

Birthstones:
Pearl and Alexandrite

Zodiac Signs:
Gemini (May 21-June 20)
Cancer (June 21-July 22)

Flowers:
Roses

WHAT'S HAPPENING



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Douglas County
Health Center

What is Happening in Your *Department?*



Updates From Administration

Douglas County Health Center has no positive cases of COVID-19

As of May 17, 2020, Douglas County Health Center officials confirmed 14 residents who previously tested positive for COVID-19 have fully recovered. Three residents remain hospitalized in stable condition. That means there are currently no active cases of COVID-19 at the Health Center.

“This is a relief and we are grateful to be on the road to recovery, but we are still seeing what’s happening with the number of positive cases outside the facility,” said Erin Nelson, administrator of the Douglas County Health Center. “Our goal is to stay COVID-19 free and our staff is on board to continue the fight. Our focus is to continue to support the residents and to maintain engagement with their families as the visitor ban continues for the facility.

Since March 29, 2020, the Health Center has had 37 positive COVID-19 cases in total – 23 long term care residents and 14 employees, including six residents who have passed away. Twelve of the employees have fully recovered and are back at work.

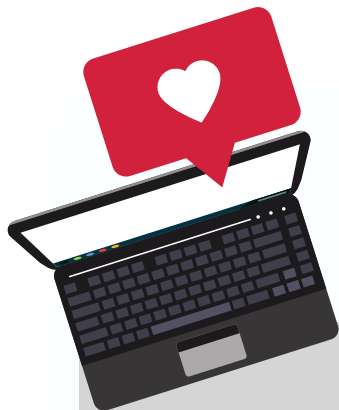
Douglas County Health Center has a 254-bed long term care facility that employs more than 350 staff in long term care.

The Health Center continues to follow CDC guidelines for daily screening, PPE use, disinfection and onsite testing.



Douglas County
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What is Happening in Your *Department?*



Updates From Administration

Continued from Page 2

Douglas County Commissioner Mary Ann Borgeson said she continues to be impressed with the leadership at the Health Center.

“It’s incredible to see our administration and staff keeping each other safe while also providing a high level of quality care,” Borgeson said. “Working during this COVID-19 pandemic is no easy feat, and all of our employees are doing it with pride.”

(IMPORTANT NOTE: The last news release from the Health Center on April 25, 2020 announced four deaths. Two additional deaths from mid-April could not be announced at that time because officials were awaiting confirmation on cause of death. The two additional deaths were men with several comorbidities. Both have already been included in the numbers reported by the Douglas County Health Department.)

Let's keep up the great work and stay COVID free!

DCHC Admin Team



What is Happening in Your Department?



Staff Development

Due to a change in computer software, Staff Development will no longer keep track of outside education CEUs.

All DCHC educational programs and CEU certificates are part of your RELIAS profile and can be accessed and printed at any time.

How to Print Your CEU Certificates from RELIAS:

- Log in.
- Select assignments from the left hand side.
- Select the learning tab at the top left of the screen.
- Scroll down to the bottom of the screen and under "Learning Summary" and select "Print Transcripts".

County Policy Regarding Masks and Social Distancing

Just a reminder that masks are to be worn on county property at ALL times. This includes getting to your vehicle in the parking lot. Also, social distancing should be observed when possible throughout the Health Center including at picnic tables and in the parking lot.

Pharmacy



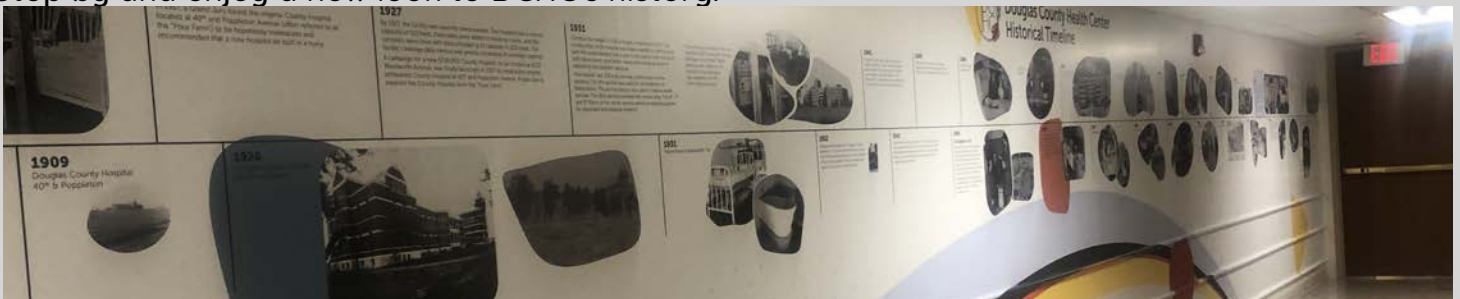
Congrats to Shanae for celebrating 5 years!

Security Reminder for Parking Lots

As of May 18, Security will be monitoring the parking lots verifying vehicles are parked in the correct lot based on their permit. Security will be enforcing this policy so please make sure your permit is prominently displayed and you are parking in the correct lot. Night shift are still able to park in the front lot.

THE NEW TIMELINE WALL IS COMPLETE!!!

As the final project in phase 1 of our branding, pictures and history were recreated intertwined with our new colors and symbols. The new wall is located by the Pharmacy and Central Supply. Stop by and enjoy a new look to DCHC's history.



DCHC Online Ordering Portal

Purchases Available June 1-June 14th

How It Works:

The portal will be open to browse and available for purchase from June 1st-June 14th (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.

This online portal will be available 3 times per year. Next open portal time will not be until the fall.

Here's the site:

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

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



Emotional First Aid *During COVID-19 Pandemic*

Submitted by Renee Hinsley, Social Services

Tips for Providing Support to Our Residents During the Coronavirus (COVID-19) Pandemic and Nursing Facilities Visitor Limitations

Helping others and providing support can make a difference for someone who is having a difficult time. There are simple ways to talk with others that show support. Remember, there is no perfect support. Often the person needs to know that someone cares enough to check on them and to listen if they are able to talk about their concerns. Even a short check-in can be helpful in showing someone they are not alone and that others care about them.

Here at Douglas County Health Center, we encourage the use of modern technology with each unit having iPads for resident to do Face Time, Google Duo, and Skype. Many of our hospice teams offer spiritual visits by their chaplains to any residents needing extra support. Contact Recreation Therapy and Social Services to make a special visit. Each social worker and rec therapists have cell phones that can help residents reach out to their families. Encourage families and friends to send letters and packages to their loved ones or any residents in the facility. Encourage a “walk by visit” for residents to see their loved ones through their windows or dining room windows. Music is available on all televisions through our cable connection. A listening ear, a smile or a simple touch of the hand to say “Hello, I’m here for you” is enough to make a resident feel comforted and loved.

During this extraordinary time, staff is the connection to social relationships that are so vital for all residents to feel a part of the community and to feel loved. This is something that Douglas County Health Center is known for and keeps us “Douglas County Health Center Strong!”

Thanks for all you do!

Renee Hinsley, Social Services



What is Happening in Our Community?



STAFF UPDATES

COVID-19 Employee Safe Practices Slogan Contest!!

As national restrictions begin to lift, we want to remind our team members of safe practices *both on and off the job.*

Help us come up with a poster/campaign/slogan/hashtag to keep your fellow team members engaged and encouraged to use safe practices beyond the workplace.

This is a team effort- get your team together and submit your best idea!!!

Send your ideas to Sherry Sparks in the Admin Office.

The winning team will receive a PRIZE and we will promote your idea on social media and through the building!

Some ideas to get the process moving:

I stay home to protect their home
Keep on Keeping it on
Save a life wear your mask

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

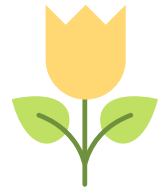
Jan Hankey

Program Director

Molly Motsinger



DCHC STAFF *Thank you!*



The Walls Come Down in Miracle Gardens!!!



Thanks, Kristan for helping tear down those walls in Miracle Gardens



Thanks to Vetter Senior Living for the delicious lunch!



**Congratulations Via Bella!
Your walls have come down too!**

Community Support For Our Staff & Residents



Leslie and Ann are better Ghostbusters; they're spraying disinfectant to kill the COVID19 virus!!!!

I want to express
the Gratitude and praise
to Rec. Therapy for all that
They have been doing for us
during the ~~quarantine~~
Pandemic.

Thank you ~~you~~ you all are awesome
Sabra, Eric, Tracy, Cheryl,
Shelley, Jen and Katelyn
Waggoner
Thanks, Sincerely -
Lillian W.
Field of Dreams
4-11

Hello! I'm Lucy Tu, and I'm a senior at Millard North High School (for now, counting down the days until virtual graduation!). I don't doubt that our community is grateful for our healthcare workers, but I think we often forget that each healthcare worker has their own name, face, family, and life. It's easy to group healthcare workers because of the bravery, determination, and compassion each of you possesses. That being said, in a time like this, I wanted to ensure that our healthcare workers had the opportunity to prioritize self-wellness like they deserve!

This box is a WELLNESS PACKAGE that contains some items I hope will help. With the help of community donations, I collected items that the Health Center officially requested, as well as some general self-care products.

I also asked my friends to write thank-you letters, which I re-wrote on paper and included in the package as well! Many of my friends are also Class of 2021 Seniors. In the last few weeks, we've lost our chance at experiencing events like graduation, our final days of high school, and many other memories. From personal experience, these lost opportunities and social isolation have made this time increasingly difficult, but this frustration also fueled my involvement in this project.

Putting together this package was my passion project. Your work inspires young people like me and my friends to dedicate ourselves to helping one another, even when the situation pushes us apart. You're my reminder that there will be a future, but you also remind me that there is also a lot of kindness in our "now". I wish you and your families the best! From the bottom of my heart, thank you so much for everything you do!

-Lucy Tu



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!

Amber Cecil
~ADMISSIONS~
May EPIC Winner



Christy Williams
~NURSING~
May EPIC Winner

Sorry. A picture of
Christy was not
available.



Sarah Tast
~PHARMACY~

Juana Castro Alberto
~NURSING~
May EPIC Winner



Lakeisha Turner
~NURSING~
May EPIC Winner



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

Staff Member Spotlight!



Judy Delgado

I am the youngest of seven children and grew up on a farm in Iowa. I have 5 sisters and 1 brother. I love the city but miss that small town Iowa farm living every day. I moved to Omaha in 1983 to go to nursing school at Creighton and have lived here ever since! I have been a nurse for 32 years. I started my nursing career at Nebraska Medicine and have worked in Oncology/ICU for the duration of my career. I continue to work there 1 day a week as I love patient care and want to always assure that I keep up my mad skills! I came to DCHC in December of 2013 as a house supervisor and in November of 2014 I moved into the role of Assistant Director of Nursing. I have been proud to serve alongside Mary Powell, Shannan Bradley and now Ranae Manning.

I have been married to my husband Rich for 26 years, fast approaching 27! We have two boys who are our pride and joy. Garrett is 25 and is in his final year of engineering school at UNL. We are excited to see where his career may take him! Kirby is 24 and is a pastry chef at Google. He also has a set of pipes on him that you wouldn't believe so keep him in mind for your wedding singer/cake baker! The newest members of our family are our yellow lab puppies, Bentley and Marley. Their claim to fame is that they are ADORABLE! When we were having children I always wanted a girl but trust me...it is a good gig being the only girl in the house! I am blessed beyond measure! ALL of these boys have my heart in ways I can't even describe!

When we were having children I always wanted a girl but trust me...it is a good gig being the only girl in the house! I am blessed beyond measure! ALL of these boys have my heart in ways I can't even describe!

In my spare time I enjoy reading, scrapbooking, cooking, baking and time with family and friends. I love crime shows, scary movies, sappy-make-you-cry movies and Judge Judy is my hero! If you have ever been to my office then you know that I am also a big fan of Creighton Men's Basketball. Go Jays!! I am anxiously awaiting the arrival of grandbabies although I think I have a few years to go!

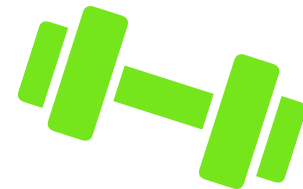


Garrett

Kirby



DCHC Wellness Program



JUNE WELLNESS STEP CHALLENGE

- *Monitor your daily steps on your personal fitness devices*
- *Keep track of steps on attached Steps Log*
- *Turn in Steps Log with total steps by July 3rd to employee health*

***Top 3 individuals with the
most steps will receive a DCHC
water bottle !***



*Find a copy of your "Steps Log" via
the Wellness Program sent to your
DCHC email*



JUNE Work Anniversaries

Shelette Hankins - 33 years

WOW!!!

Jane Fentress - 32 years

AMAZING!!!

Maria Melski - 26 years

Craig Schmitz - 23 years

Tammi Schaffart - 23 years

Joseph Otto - 22 years

Gail Williams - 22 years

Tiarrachannel Loftin - 20 years

Terrence Smith - 16 years

Denise Gunter - 13 years

Lori Soula - 13 years

Ann Hoeft - 11 years

Kerri Rockwell - 8 years

Roxanne Ailes - 7 years

Leah Caldwell - 7 years

**THANK
YOU!**

**THANK
YOU!**

Maria Montes Alvarez - 6 years

Kurtis Evans - 6 years

Idil Awale - 5 years

Bianca Childs - 5 years

Marion Egbe - 5 years

Wieslawa Doloto - 4 years

Cathy Bimpolo Madzouka - 4
years

Christopher Aldrich - 4 years

Ryan Shallberg - 4 years

Joelisha Brown - 3 years

Carlisle Conolley - 3 years

Kristan Moss - 3 years

Marcus Story - 3 years

Kelsey Haywood - 2 years

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

FACE MASK ETIQUETTE

Please wear your face mask over your nose and mouth the ENTIRE time you are in the facility. Do not take it off until you leave the building. Keep yourself, your fellow employees and residents safe.

How do I safely remove my face mask?

Clean your hands with soap and water or hand sanitizer.

For a face mask with ear loops, remove it holding the ear loops. Assume that the front may be contaminated with virus, so remove the face mask slowly and carefully and place it on a paper towel with outside facing down if you plan to use it again that day.

After removing the face mask, visually inspect it for contamination and/or distortion in shape of form. If soiled, torn, or saturated (e.g.wet), the face mask should be discarded.

If the face mask is not visibly soiled, torn, or saturated, you can place the mask, exterior side down, on a paper towel in a place unlikely to be encountered by others, clearly marked with your name.

Clean your hands again.

PHILLY CHEESE STEAK SLOPPY JOE



Ingredients

2 teaspoons organic canola oil or avocado oil

1 pound lean ground beef

1 teaspoon dried oregano

¼ teaspoon salt

1 cup no-salt-added tomato sauce

1 cup Sautéed Peppers & Onions (see associated recipe)

4 (6 inch) whole-wheat sub rolls, split

4 slices reduced-sodium provolone cheese

Associated Recipes

Sautéed Peppers & Onions

Instructions

Arrange oven rack in upper third of the oven. Preheat broiler. Line a baking sheet with foil.

Heat oil in a large skillet over medium-high heat. Add beef, oregano and salt; cook, crumbling with a wooden spoon, until cooked through, 4 to 6 minutes. Add tomato sauce and cook until bubbling, 1 to 2 minutes.

Meanwhile, warm peppers and onions in a small skillet over medium heat, stirring often. (Alternatively, microwave for 1 minute to reheat.)

Lay rolls, split-side open, on the prepared baking sheet. Broil, rotating the pan as necessary, until just starting to brown and toast, 1 to 2 minutes. Remove from the oven.

Top toasted buns with the beef mixture, dividing evenly. Top with the peppers and onions and then cheese. Broil just until the cheese is melted, 30 seconds to 1 minute. Wrap each sub in foil until ready to eat. Serve hot.