

Volume 7

July, 2009

Darlene Hamby, Editor

# The Golden Press

Dyer Nursing Home, Inc.

## Staff

*Jerry Park,*  
*Administrator*

*Betty Caton, R.N.,*  
*Assistant Administrator*

*Jim Williams, M.D.*  
*Medical Director*

*Teresa Heathcott R.N.,*  
*Director of Nursing*

*Beth Griffin, BSSW*  
*Director, Social Services*

*Darlene Hamby,*  
*Activities Coordinator*

*Mary Jane Powell,*  
*Director, Food Services*

*Heather McEwen,*  
*Director,*  
*Environmental Services*

*Kenny Peevyhouse,*  
*Maintenance*

## SOCIAL SERVICES BETH GRIFFIN, DIRECTOR

During the summer many delicious fruits and vegetables are growing and many visitors like to bring these for the residents to enjoy. We appreciate the thoughtfulness for our residents, however please keep in mind the resident rooms are not equipped with refrigerators to keep foods chilled and residents are not allowed to keep in their possession knives or other sharp objects by which to peel or cut foods with. When bringing a food for a resident, please make sure it is already cut into serving pieces and is sealed in an airtight container so it will not attract bugs and mice. If it needs to be refrigerated, please leave it with the charge nurse so it can be properly chilled. Many of our residents are not aware of the dangers spoiled food can cause and if it is not properly contained the staff have no choice but to throw it away. If you have any questions regarding what is appropriate please contact Darlene Hamby or Beth Griffin.

Also we have acquired quite a bit of clutter in the resident rooms. When you visit, please look around the room and in the closet. If there is a chair the resident never sits in, please take it home. Folding chairs take up little space and can be folded and placed behind a door when not in use. Extra clothes never worn could also be taken home. Due to some of the objects in residents' rooms it would be difficult to get a resident out in an emergency. Many objects are easily tripped over or get in the way when trying to put someone in the bed or get them up. While we want each resident's room to have a homey feel we also have very little space to work with. Pictures on the wall and a personal bed comforter are great for personalizing the room and do not take up the space that bookshelves, extra dressers and baskets/magazine racks on the floor do. If you have items you would like to hang on the wall, please consult with the Administrator or Maintenance Department before doing so as there are restrictions on what can be placed on the wall. Nothing can be hung on the doors as this takes away from their ability to be fire retardant. Please consider these items and suggestions and help up keep resident rooms neat and clutter free.



## Happy Independence

JULY, 2009

**EMPLOYEE OF  
THE MONTH**

*Henry  
Dozier*

**VOLUNTEER OF  
THE MONTH**

*Little Joe &  
Leta*

**RESIDENT OF  
THE MONTH**

*Mary Ann  
Hunt*



If you would like to see an email version of this newsletter,

Go to our web site:  
dyernursinghome.com

## NURSE'S NOTES

### Staying Safe in the Outdoor Heat

Warm weather means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

#### Preventing Heat-Related Illness

- Dress in lightweight, light-colored clothing for the heat.
- Drink plenty of water.
- Eat small meals and eat more often.
- Avoid using salt tablets unless directed to do so by a physician.
- Avoid strenuous activity.
- Stay indoors during the hottest part of the day when possible.
- Take regular breaks when outdoors.



#### Stages of Heat-Related Illness

Heat-related illness usually comes in stages. The signal of the first stage is heat cramps in muscles. These cramps can be very painful. If you are caring for a person who has heat cramps, have them stop activity and rest. If the person is fully awake and alert, have them drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat these steps if necessary. If the victim has no other signals of heat-related illness, the person may resume activity after the cramps stop.

The signals of the next, more serious stage of a heat-related illness (often called **heat exhaustion**) include—Cool, moist, pale skin (the skin may be red right after physical activity); headache; dizziness and weakness or exhaustion; nausea. the skin may or may not feel hot.

The signals of the late stage of a heat-related illness (often called **heat stroke**) include—Vomiting; decreased alertness level or complete loss of consciousness; high body temperature (sometimes as high as 105°F); skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry; rapid, weak pulse; rapid, shallow breathing.

This late stage of a heat-related illness is life threatening. Call 9-1-1 or the local emergency number.

#### General Care for Heat Emergencies

- Cool the Body
- Give Fluids
- Minimize Shock

**For heat cramps or heat exhaustion:** Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets. Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

**For heat stroke:** Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number. Move the person to a cooler place. Quickly cool the body. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.



# JULY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Birthday 3 Bobby Williams 12 Pearlie Baker 13 Nell Brewer 15 Ruth Shivers 16 Annie Huddleston 17 Eleanor Flowers	19 Bernedia Edmond 21 Margaret Wamble 26 Charlene Glidewell		1 10 Darts 4 Devotional Stephen Skelton	2 9-11 Patriotic Nails 2 Red, White & Blue Patriotic party	3 10 Games in dining room 2 Movie Independence Day 6:30 Mennonite Music	4 10 Reading in the Library 2 Berea Baptist Church
5 10 Sunday School <u>Worship Service</u> 1:15 Church of Christ 2 First Assembly of God Dyer	6 9:30 Current Events 10 Person Place or Thing 2 Bingo	7 10 Ring Toss 2 Music with Mary Ann Reed & Lou Jean Austin	8 10 Reminiscing July Picnics 2 Devotional with Porter Mealer	9 9-11 Fantastic Nails 4 Devotional Reverend Hardy 6:30 Rook Game	10 10 Velcro ball 2 July Birthday Party	11 10 Puzzles 2 Sing a Long Janice & James Gibson
12 10 Sunday School <u>Worship Service</u> 1:15 Church of Christ 2 United Pentecostal Church Dyer	13 9:30 Current Events 10 Story Telling Donna Minton 2 Bingo	14 10 Seat works 2 Music & Devotional Trenton Salem Baptist	15 10 Skeet ball 2 Music Little Joe Key Board	16 9-11 Star Spangle Nails 4 A word with BO Booth	17 10 Wheel Chair Race 2 Music Program with Elvis Emerson 6:30 Rook game	18 10 Current events 2 Music program Whitley Sisters
19 10 Sunday School <u>Worship Service</u> 1:15 Church of Christ 2 First Baptist Church Dyer	20 10 Word games 2 Cards & Dominos	21 10 Shoot Some Hoops 1:00 Happy Stitches 2:30 Sing a long John Richerson friends	22 9:30 Current Events 10 Basketball 2 Ice Cream Sundae	23 9-11 Fire Works Nail Painting 4 Game Person Place or Thing	24 10 Seat Works Peaches & Ice Cream 6:30 Rook Game	25 10 Volunteer Visits 2 Music with The Apostolic Church
26 10 Sunday School <u>Worship Service</u> 1:15 Church of Christ 2 New Bethlehem Dyer	27 10 Bible Study 2 Bingo 6:30 New Concord Music Program	28 9:30 Current events 10 Darts 2 Men Only	29 10 Skeet ball 2 Lemonade Social	30 9-11 Nail Painting with the girls 2 Deco for August	31 10 Story Telling Sue Harper 2 Melon Extravaganza	

**ACTIVITIES**  
**Darlene Hamby,**  
**Activities Coordinator**

Residents, families, volunteers and staff enjoyed music, worship services, nail painting, ice cream cones, water melon, music, bingo, cards and dominos. We all had the best time especially with our Olympic program this year. We had many to participate and lots of new winners. Our dietary department prepared snacks and drinks for our Olympic athletes it was great . Thank you girls.

July will be full of fun with cards and dominos, bingo, nail painting, music, devotionals, worship services, the happy stitchers mending cloths, special guests this month are music with the Whitley Sisters and the Taylor Street Church of Christ and music with Elvis Emerson will be back each month  
 Thanks to all of you who helped with our Activities its was deeply appreciated.



Basket- ball  
 Residents : Zana Needahm

Bean Bag Toss  
 Photo Staff :Latisha Gammons &  
 Karla Chavarria  
 Residents : Mary Moss



**Winners:**

**Disc:**

- 1st Hilda Oliver**
- 2nd Dorothy Harris**
- 3rd Hazel Shanklin**

**Wheel chair race:**

- 1st Sally Young**
- 2nd Kathleen Flowers**
- 3rd Hazel Shanklin**

**Basketball:**

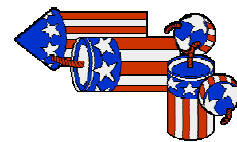
- 1st Melissa Kernodle**
- 2nd Clyde Becton**
- 3rd Sally Young**

**Bean Bag Toss:**

- 1st Clyde Becton**
- 2nd Hughilot Moss**
- 3rd Hazel Shanklin**

**Skeet ball**

- 1st Sally Young**
- 2nd Shirley Myers**
- 3rd Hazel Shanklin**



**Thank you to our Staff,  
 Volunteers, and families for  
 making this event possible.**

**SUGAR AND SPICE**  
**Mary Jane Powell,**  
**Director**

**Corn Salad - Faye Robinson**

- 5 or 6 ears corn (fresh or frozen)
- 1 cup diced green peppers
- 1/3 to 1/2 cup minced onion **or** 3 or 4 tablespoon dry minced onion
- 2 tablespoons diced pimento (optional)
- 1/2 cup mayonnaise
- 1/2 teaspoon salt
- 1/3 teaspoon pepper
- 1/2 teaspoon curry powder (optional)

Boil corn on the cob about 7 minutes, drain, cool completely. Cut from cob.

Combine remaining ingredients in large bowl, mix well. Add corn toss lightly. Chill at least 1 hour or even overnight.

10 to 12 servings

- Can make a day or two ahead from Southern Living ( 6/1981)

**BUCKETS AND BUBBLES**  
**Heather McEwen, Director,**  
**Environmental Services**

**How To Rid Houseflies**

There are many chemical means of killing houseflies, but there are some people that prefer home remedies.

**Home Remedies**

1. **Prevention**—Flies lay their eggs in decomposing organic matter, so it is important to keep lids on trash cans indoors and out, and to always cover food scraps.
2. There are many **Herbs and spices** that can be used as home remedies, and that work to repel flies from the home, **fresh cut basil** in a vase, burning **Eucalyptus leaves**, **fresh cut mint** in a vase.
3. House flies can also be controlled by making natural **fly traps**. Flies are attracted to wine, particularly Chardonnay. Fill a small saucer with white wine and a couple of drops of dish detergent. The flies will drink the wine and eventually die from poisoning.



**Resident Birthdays**

Bobby Williams	July 03
Pearlie Baker	July 12
Nell Brewer	July 13
Ruth Shivers	July 15
Annie Huddleston	July 16
Eleanor Flowers	July 17
Bernedia Edmond	July 19
Margaret Wamble	July 21
Charleen Glidewell	July 26

**Employee Birthdays**

Lori L. Needham	July 06
Glenda K Sanders	July 06
Nina M. Bane	July 08
Chevonne Dixon	July 09
Courtney R. Williams	July 11
Demonica R Jennings	July 14
Cathy A. Stephenson	July 16
Jerry A. Park	July 20
Teresa L. Tate	July 20
Nancy K. Gilmore	July 31

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