



Caring Care Staff Notes



24/7

Did you know we have a Director or Assistant Director of Resident Care working at Sheffield 24 hours a day, 7 days a week? Either Carol Glaza, Kim Morris, Dori Amthor, Kim Killey or Jayne Glaza are here if you have any questions or information you want to share with us. We want to make sure we are available to you when you need us, so please ask to speak with one of these ladies any time – day or night, Sunday through Saturday.

Tuberculosis (TB) Testing

As part of our state licensing, our residents and staff are tested annually for TB to ensure they have not been exposed to this dangerous and contagious disease. Tuberculosis develops when tuberculosis bacteria are present in the air inhaled into the lungs, usually through coughing, sneezing, laughing, etc. The initial infection and symptoms can be so mild you may not be aware an infection is present and can be easily overlooked. Since this disease is more likely to be spread in situations where people are living together, we feel this precaution is in the best interest of everyone here at Sheffield. McLaren Nursing will be here to test and read our resident TB tests and we'll be sure to make sure we are all "TB free" here at Sheffield.

Discharge Instructions

In the unfortunate event that a resident needs to visit a hospital, even if it's just for a couple hours, the discharge instructions given to a patient when leaving the hospital is critical information for us. We want to ensure we follow the emergency doctor's orders exactly as they have indicated which may involve medication changes, dietary restrictions, signs/symptoms to watch for and important follow-up information. So please remember to pass along this critical information to ensure we provide the prescribed care to get you feeling better soon.

"Laughter is the sun that drives winter from the human face." V.Hugo ☺

Culinary Corner



What Goes Up May Not Come Down

Our culinary staff has been working hard to maintain a creative, quality menu during these tough times of high food prices and poor product quality due to poor weather conditions throughout the country. We've learned food related prices have increased up to 10% from last year and are at a 35 year high. Now that's a challenge when preparing a menu that serves 60+ and makes us long for the days when a loaf of bread was 10¢. We're serving some "fresh-baked from the Sheffield oven" raisin bread and testing new products to maintain a quality menu our residents will enjoy.

A Tough Decision

Each day at our noon meal our Assisted and Heritage Hall residents need to decide between two different entrées to enjoy. And when you have to choose between citrus tilapia or veal cordon bleu or baked bread bowl or smoked salmon with caesar salad that can be a difficult decision – in a good way! We hope our residents are enjoying these types of tough decisions!

Coming Up Soon

.....Will be our planting of the 2011 Sheffield Garden – peppers, tomatoes, cucumbers, squash, herbs, etc. Let's hope we're as blessed this year as last when our residents enjoyed both watching the garden grow and tasting the final product at meal times. Also coming up is a Ladies Luncheon in April so please watch your mailboxes for a special invitation and remember guests are welcome – just let us know in advance. And for the gentlemen of our community.....not to worry your special day is just around the corner!

Building & Grounds



No Parking Zone

Please remember the drive in front of our front entrance is a no parking zone. This drive needs to be kept clear for emergency vehicles and for dropping off or picking up residents. If you will not

be remaining with your car, please do not leave your car parked and unattended in this drive. You are welcome to call ahead when picking up a resident and we'll pass along the message you are on your way. You may also park your car in a designated parking spot for a short visit and then go out and bring your car up front to "load up" your loved one for a fun day.



Administration



Sharing the Good News

We often hear many positive comments about Sheffield and the work we do here for our residents which provides us with encouragement to continue to do our best. To help us share these positive words, we have developed a Testimonial Statement and Release form which we are hoping residents and family members will use to share their positive comments with us. We are very appreciative of the kind words we hear and we want our staff to know what a positive difference they can make in the lives of our residents. We also hope your words about Sheffield will help others as they explore the concept of assisted living at Sheffield Bay and research other communities. We have already begun collecting words of appreciation and hope you will add to our collection. If you are interested in sharing your words of encouragement with us, please let us know. We can also always learn from words of wisdom, so please be sure to let us know when you think we could have done a better job and we'll continue to strive to do our best.

Going High-Tech

We've been exploring the world of high technology here at Sheffield. We now have the ability to email our monthly invoices directly to you, if you prefer. And we have begun the process of direct deposit banking for payment of monthly invoices. If you think you are interested in either of these electronic

perks, please let us know so we can include you on our "high tech" people list. Also we recently completed updating our building to offer wireless internet service. While this service is not a "secure" connection for processing confidential financial information, it is very helpful if you are interested in connecting to the internet from any location in our building. Please stop by the front desk if you are interested in accessing this service and we'll give you the steps to "surf the net" wire-free.

The Price of Beauty

For the first time in over 5 years we have found it necessary to increase the prices of our beauty salon services. The new prices will be effective May 1st and, in line with our policy of not accepting gratuities, tips will no longer be accepted for our beautician's services.

Haircuts – Women \$14; Haircuts – Men \$12; Shampoo-Set/Blow Dry - \$15; Comb Out - \$8; Colors/Tints - \$38; Rinses - \$1; Permanent with Haircut - \$60; Permanent - \$49.

Our Newsletter

If you have enjoyed our newsletter and you think others who might be interested in receiving it, please let us know their email/ mailing address and we will add them to our list. You can expect the next newsletter in July when we'll be in the midst of a beautiful Michigan summer. Please contact us at (989) 684-6800 or email Nicki at nicki.legacy@sheffieldplace.com if you have any changes to your email or address or wish to be removed from our list. We appreciate any of your questions, comments, thoughts and/or feedback.

Sheffield Birthdays



April

Glenda Chandler ~ 4/5
Margarite Beutel ~ 4/18

Laurie L. ~ 4/3
Randie L. ~ 4/4
Leanne W. ~ 4/22
Ashley B. ~ 4/27

May

Romaine See ~ 5/14
Dorothy Piesik ~ 5/20
Mary Crampton ~ 5/26
Noreen Howell ~ 5/28

June

Lorine Witkopp ~ 6/3
Florence Adams ~ 6/12
Lydia Young ~ 6/12
Lucille Ahler ~ 6/23



Tabitha K. ~ 6/6
Sara G. ~ 6/10
Haley S. ~ 6/25
Jim R. ~ 6/30

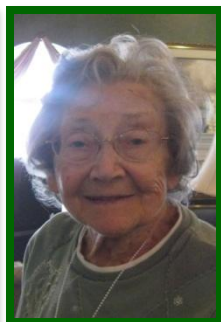
Welcome to Sheffield



Housekeeping



Dorothy Lee
104



Lorine Witkopp
#112



Norman Jay
#204



Elaine Hughes
#215



Glenda Chandler
#301



Katherine Jezewski
#303



Ashley B.
Care Staff



Colleen H.
Care Staff



Sushila M.
Care Staff



Cherie V.
Care Staff

WELCOME

Spic N Span

Our housekeepers will be working hard next month on spring cleaning of apartments. Spring Cleaning consists of: Washing walls, cupboard doors, windows and baseboards, vacuuming behind furniture, washing blankets and comforters upon request and anything else that needs our special attention.

Activities



Entertaining Entertainment

We've been doing a little talent search over the last couple of months and we've found there are some very gifted people living in our area! Miriam Reynolds played some beautiful music on the mountain dulcimer, an instrument that originated in the Appalachian area, and she mixed history with the music as she shared some information about her favorite instrument. Paul & Dean and Arlyn Willett have been cheering us up with their music and singing and Carl Steitler, who just enjoys sharing his musical gift with others, has been playing some "mean" harmonica music. A magician, Caroline Rostallan, kept us watching close with her magic tricks and listening carefully to her message of "you are possible". We've also been increasing our brain power with trivia questions and crosswords in the sunroom. When the answer is stuck on the tip of our tongue, Christy's humorous hints will bring out a smile along with the answer.

Busy Bees

Lest you think we only sit around listening to good entertainment you might also want to know how busy we stay with bake club, reading club's Nora Robert and Danielle Steele novels, crafts for the holidays such as Valentine's Day, St. Patrick's Day and Easter, as well as excursions to McDonalds for some shakes and sundaes and a ride around town to see what's new and watch the snow melt away-finally! How did we ever find time to work during the day?

Keeping Time

Our Bake Club Ladies have been hard at work making, baking and selling some delicious cookies here at Sheffield Bay. With the funds collected they have purchased some beautiful clocks to adorn our common areas and keep us on time so we don't miss a beat or a treat or an act that's hard to beat!

