



# Sheffield Bay

Assisted Living and Memory Care

## Quarterly Newsletter, January 2011

**A New Year and new opportunities for making memories and sharing special moments with those you hold most dear. We hope everyone enjoyed a very happy holiday season and is ready for 2011!**

## Caring Care Staff Notes



### **You've Got Mail in Heritage & Harmony Hall**

When you are visiting your loved one in Heritage & Harmony Hall, please ask a care staff to give you the resident's mail and they will happily empty the resident's mail box for you. We want to make sure you receive the mail in a timely manner but if you can remind us when you visit it helps us out a lot. Some families have completed change of address information for those "important" pieces of mail that they would like delivered directly to their home. This way a resident in Heritage/Harmony Hall gets their personal mail but all the important stuff goes directly into the hands of the person who is responsible. Now that's a great idea!

### **Pharmacy Change**

This fall we changed to a new pharmacy provider, MedCart Pharmacy out of Detroit. MedCart Pharmacy specializes in meeting the pharmacy needs of residents living in assisted living communities and we hope our residents will benefit from this change. If you have any questions or concerns regarding the services of MedCart Pharmacy, please contact us at your convenience.

### **Sleep Tight**

Each evening (or should I say early AM) our care staff make a check of each apartment to make sure our residents

are well and sleeping peacefully. We try to be as quiet as a church mouse when we do our room checks and hope we don't disturb anyone in restful repose. Occasionally we come across someone who is not sleeping peacefully and then we do our best to make them comfortable or assist them in whatever they may need. So please sleep tight and know that we are watching out.

### **OTC Medications**

OTC stands for Over The Counter medications (Tylenol, Milk of Magnesia, etc) and our state license requires us to have a physician's order for our residents to take these medications. There can be many potentially harmful drug interactions between prescription and OTC medications and by utilizing the services of a pharmacy for all our resident medications, we can help prevent these from occurring. So please remember to request any OTC (over the counter) medications you may want through our care staff so we can check it out and make sure it will make you feel better and not worse.

### **Important Medical Information**

Please remember to let us know when you or your loved one has a medical appointment scheduled so we can make sure we have all the important medical paperwork ready for you to take to your doctor. The medical information we keep here for each resident contains very helpful information for the doctor when making medical decisions. And just as importantly, please let us know how the appointment went and if there

are any concerns the doctor may have had or any changes he may have made. By keeping our medical information for each resident up to date, we can provide the best possible care the physician recommends.

### Daily Steps to Health

Our staff are busy each day cleaning and sanitizing surfaces, furniture, handrails, etc but we also need your help in maintaining a healthy environment for our residents. So we hope you will find the following very simple steps to stay healthy helpful:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it. Follow this with the use of some hand sanitizer or hand washing.
- Wash your hands often with soap and water or use an alcohol-based hand rub. We have hand sanitizer stations around Sheffield but your own personal supply can also come in handy.
- Avoid touching your eyes, nose and mouth – that's how many germs are spread
- Stay home or in your apartment if you get sick or are not feeling well to prevent spreading your infection to others. A phone call is the best way for visiting when you are not feeling your best.

## Down to Business

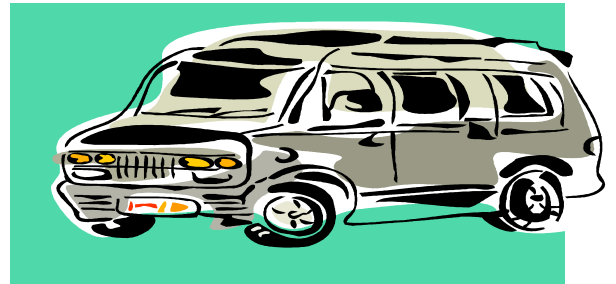
### Billing Due Date Blues

Just a quick reminder that the monthly invoices are due on the 1<sup>st</sup> of each month. If payment is not received by the 10<sup>th</sup> of the month, unfortunately we assign a 5% finance fee and send out the invoice again only with a larger balance due. Yikes! If you anticipate that your payment will be late in reaching us, please give us a call and we'll hold off on the finance fee for a couple days. After all, falling behind on things that need to

get done happens to the best of us and we understand when that happens from time to time.

### VAN TRANSPORTATION CHANGES

**Beginning March 1<sup>st</sup>, we will be making some changes to the van transportation schedule to accommodate early AM and late afternoon medical appointments for our residents.** Our van will be available **Mondays & Wednesday 10:30AM to 4:30PM, Tuesdays & Thursdays 8:00AM to 2:30PM and Friday mornings 8AM to 11:30AM. Friday afternoons the van is reserved for Resident Excursions and Shopping.**



If you have any questions regarding these changes, please call us and let us know. We want to have a transportation schedule that includes the availability of a certified driver and we hope these guidelines will ensure the van ride is a safe one. We continue to strive to meet the needs of our residents and hope these changes will help meet the scheduling needs of our residents.

### With Sincere Appreciation

To all the residents, families and associates who showered us with treats, goodies and yummy snacks over the holidays, we want to say thank you so much for thinking of us. It was fun to check out anything new that came in for us to enjoy over holidays. We are grateful that you remembered us in this special way. As you know our policy prohibits our staff from accepting individual gifts from our residents or their families. We work hard at working together and we appreciate your recognition of our teamwork!

Marion  
Hammond  
##110

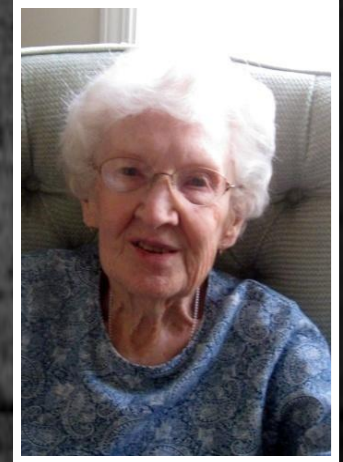


Doris  
LeVasseur  
#214



Liewella  
Bergen  
#507

Erma  
Nixon  
#406



# welcome



Ashley B.

CARESTAFF



Kathryn V.

HOUSEKEEPING



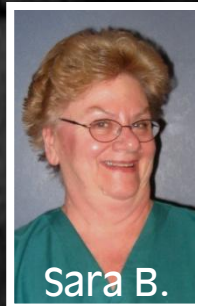
Laura S.

CARESTAFF



Traci D.

HOUSEKEEPING

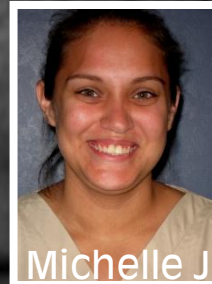


Sara B.

CARESTAFF



Aubrie S.



Michelle J



Rob H.

# Birthdays

## January

4<sup>th</sup> Geri Desk  
8<sup>th</sup> Peg Walsh  
21<sup>st</sup> Doris Belger  
29<sup>th</sup> Marie McPhee

## January

1<sup>st</sup> Barbie P.  
5<sup>th</sup> Carol G.  
12<sup>th</sup> Michele F.  
14<sup>th</sup> John C.  
17<sup>th</sup> Aubrie S.

## February

1<sup>st</sup> Florie Wright  
2<sup>nd</sup> George Stamiris  
18<sup>th</sup> Betty Strue  
21<sup>st</sup> Betty Baeckle  
21<sup>st</sup> Esther Weisenauro  
28<sup>th</sup> Vi Randall

## February

1<sup>st</sup> Devona  
3<sup>rd</sup> Kari M.  
8<sup>th</sup> Kim m.  
11<sup>th</sup> Kristin H  
17<sup>th</sup> Mike K.

## March

2<sup>nd</sup> Lenore Schultz  
*(109 Years Old! ☺)*  
6<sup>th</sup> Vickie Salois  
11<sup>th</sup> Helen Wenzloff  
18<sup>th</sup> Marie Surine  
21<sup>st</sup> Patricia Oconnor

## March

3<sup>rd</sup> Meagan R.  
4<sup>th</sup> Amanda G.  
8<sup>th</sup> Christy H.  
12<sup>th</sup> Chrystal  
22<sup>nd</sup> Debbie B.

# Kitchen Talk



## Happy Holiday Meal

Our Holiday Meal on December 5<sup>th</sup> was a very popular event as we served a record number of family members and special friends at each serving in each area of our community. In the end, our culinary staff prepared over 225 meals and they couldn't even take the next day off from work! The halls were decorated, the Christmas trees were lit and the rooms were filled with good food and good cheer. Once again we requested food donations from our guests and they did not disappoint us. We loaded our van with the donated items and dropped them off at the Salvation Army Food Kitchen. We also raised over \$270 for the Salvation Army through our Casual for a Cause program as our staff enjoyed wearing more

cheery, seasonal attire over the holidays. We are grateful for the generosity that was shown and feel good about being able contribute in such a substantial way to really make a difference.

## The Most Important Meal of the Day

Lately our Executive Chef and his staff have enjoyed coming up with new ideas to expand our breakfast menu, including the recent purchase of a couple waffle irons. From 7:00AM to 9:00AM our residents may choose from fresh waffles, pancakes, French toast, eggs-any way you like them, omelets, a variety of breakfast meats, fruit, hot/cold cereals, toast with butter/jam, etc – just name your favorite each morning! After 9:00AM our menu is a little more restricted – hot/cold cereals, toast, fruit – as we begin preparing for our noon meal at 11:30am. But please join us for this most important meal of the day and enjoy a good start to your morning!

## Culinary Changes

One cook is semi-retired, one cook is taking over the early AM shift and another cook is spending more time at Sheffield as we make some staffing changes in our Kitchen. Rande LaPrairie, who has prepared breakfasts for our residents for more than a couple years, has begun his semi-retirement and will be working a couple days a week as he explores some new adventures. Donna Grauherr is learning to rise-n-shine in the early AM as she takes over the breakfast shift and her daughter, Amanada Grauherr, is spending more time at Sheffield learning all kinds of new culinary skills. Of course our Executive Chef, Mike, is spending as much time here as always brainstorming for ways to improve our food service. If you have any ideas or comments you'd like to share with Mike, please contact him any time or join him for a Menu Meeting when he meets with residents at Sheffield to hear about their likes,

dislikes and new ideas. Just give us a call to find out the next date and time they meet so you can let him know what you're thinking when it comes to dining.

### **Card Play Cuisine**

We have found that many residents and guests enjoy spending time together playing cards. We have a group that meets in Heritage Hall, another in the assisted living dining room and another group in the fitness room. To compliment the card playing, our kitchen can prepare some refreshments to make the game more enjoyable. Please let us know if we can add some culinary treats to your card group so you can sip and snack while you play!

## *Activity Actions*

### **Holiday Happenings**

If you weren't in the Christmas spirit this last holiday season, you must not have been spending enough time at Sheffield Bay. We were busy all season with carolers, a winter carnival, "snowball fights", special holiday crafts, a Christmas cookie exchange, a visit to the Santa House in Bay City, holiday music and singing, sharing holiday memories and remembering the many blessings the holiday season brings. We even had a special visit from Carl Doan's daughter who added some fun decorations to the Christmas tree in Heritage Hall to make it especially cheery! When Santa visited he played the piano and led our residents in singing Christmas Carols and a balloon artist joined our winter carnival to create some pretty cute balloon art. Our Assisted residents found Santa had visited during the night to drop off "healing" gifts of lotion, body wash, chapstick, etc – and our Heritage & Harmony Hall residents gathered by the tree Christmas morning to open their gifts. In addition there were many individual family activities and gift sharing with packages and flowers

arriving daily – a wonderful holiday season!

### **Harvest Happening**

Although it seems like ages ago, we had quite a bit of fun in the fall when we hosted a Harvest Walk-Through for children of resident's families and Sheffield staff. Our Halls were filled with costumed children who walked through collecting treats from residents (some who were in costumes also!) at different spots throughout the building. While the children enjoyed the treats and the costumed adults, the adults enjoyed the costumed children and all the tricks, treats and smiles that filled the evening.

### **The More the Merrier**

If you happen to notice a fun-looking event on the activity calendar, hear about something fun in the works or just happen to be here when the fun happens, we want to invite you to join us. We have always found the more, the merrier so please feel welcome to join in the fun.

### **Our Newsletter**

If you have enjoyed our newsletter and you think other members of your family would be interested in receiving it, please let us know their email address and we will add them to our growing list of interested persons. You can expect the next newsletter in April when those showers will be bringing May flowers. If you are currently receiving this newsletter and you would like your name removed from our email list, please contact us at (989) 684-6800 or email Nicki at [nicki.legacy@sheffieldplace.com](mailto:nicki.legacy@sheffieldplace.com). We appreciate any of your questions, comments, thoughts and/or feedback so please let us know at your convenience. PS – Don't forget to check us out on Facebook and our web site [www.sheffieldplace.com](http://www.sheffieldplace.com) for more photos of good times and the latest happenings at Sheffield.





