



Sheffield Bay

Assisted Living and Memory Care

~QUARTERLY NEWSLETTER, OCTOBER 2011~

Memory Walk

The Sheffield Bay Team gathered together on Saturday, September 24th to participate in the Memory Walk event at Midland's Emerson Park to raise awareness and funds for the Alzheimer's Association Greater Michigan Chapter. It was a beautiful fall day with the trees beginning to change colors and the sun shining down on our team, including residents Ruth Claes and Priscilla Reitler, who walked almost two miles!! Overall the Sheffield Team raised over \$1,000, the Midland event raised over \$55,000 and over \$100,000 was raised for the Central Michigan Region. These funds are used locally to provide support and services to patients living with this disease and their caregivers, as well as much needed research in finding a cure. Thank you to everyone who participated and made our team and this event so successful!



Down to Business

CHANGE IS GOOD

Although we had to say goodbye to Jayne Glaza, our 3rd shift Assistant Director, and Bill Oczepek, our van driver for the last five years, we have managed to create some positive changes from their departures. Rob Humerickhouse has taken on the challenges of our 3rd shift supervisor; Jim Rylance, Building & Grounds Supervisor, has added the van driving to his list of responsibilities; Matt Herber has joined Jim in Building & Grounds to keep up on the maintenance requests that arrive daily; Christy Herber, adored wife of Matt and our former Activity Director, has taken on the challenges of Front Desk Manager, bringing her 11+ years of experience at Sheffield to this position and expanding the responsibilities of Front Desk Supervisor as support for our other departments; Nicki Legacy, our former Front Desk Manager, has stepped into the role of Activity Director bringing new and fun changes to our regular activities and entertainment. With each change has come new energy, new ideas and improvements to the services we provide our residents – change is good!

Looking Ahead

SHEFFIELD HOLIDAY MEAL

Although it may feel too soon for the holidays, we are in the process of planning ahead so we hope you will join us on Sunday, December 4th to celebrate the Holidays at Sheffield with your loved one and us! We enjoy celebrating this time of year with our residents and their families & friends and we hope you'll be able to attend. You'll be hearing more details as we draw closer to the date but we wanted to give you a heads up. Please allow us to treat you to a special day and get your holiday season off to a cheery start!

Activities

SIZZLIN' SUMMER FUN

As we say good-bye to summer we have some pretty good memories to look back on. There was an Elvis sighting this August at Sheffield Bay when the King got us "All Shook Up" with his singing and swinging performance. After the concert our residents had opportunities for some Elvis photo ops and sharing a few smiles, hugs and teddy bears. Although the circus didn't come to town, there was a carnival here at Sheffield where our residents enjoyed some fun times with carnival games and special treats like snow cones and corndogs. Too bad we couldn't get any of our staff to volunteer for a dunk tank – that would have made a big splash of fun! Our Heritage & Harmony residents enjoyed a beautiful sunny day outside parachuting! Okay – not from the sky but just as much fun creating waves of color and rolling balls from one edge to another. And no summer is complete without a baseball game outing. So one July evening we caught the baseball fever and enjoyed a Loon's game at the Dow Diamond in Midland. Fortunately the rain held off long enough for us to enjoy a few innings of America's favorite pastime and since it was family feast night we could dine on as many hot dogs, chips and pop as we wanted. Pass the cracker-jacks, please!



SAVE THE DATE

Tuesday, October 25th at 6:00pm is our annual Fall Fun Costume Day where our residents get to visit with costumed children and hand out some treats. We have also lined up some "magical" entertainment for the evening which starts at 6:30pm. We invite any of our resident's families, especially those with youngsters to join us. It's a fun fall event for everyone and we look forward to our halls being filled with the laughter of children which always makes you feel younger. Please RSVP to Nicki via phone or email at nicki.legacy@sheffieldplace.com if you'll be able to join us. Our residents have been busy making fall decorations for Sheffield Bay and to help set the stage for our Fall Fun Day. And just to make sure they were in the autumn mood, we made a trip to Tiny's Apple Farm where our residents enjoyed a scoop of ice cream and a slice of apple pie – now that was a tasty trip!



CHECKING THE CALENDAR

Beginning in October we'll be handing out a weekly activity calendar to our Assisted and Heritage residents with a little more detail on what's happening each day – we don't want anyone to miss out on the latest happenings. Aside from the calendars being available on our website, there will also be extra copies available for family or friends who want to check the dates and maybe catch an activity or entertainer themselves. If there's anything that sounds especially fun, please feel free to join us and if you just can't stand standing around, we always love volunteers to help make an activity more fun, plus it can be a nice opportunity to spend some fun time with your loved one. For our Harmony residents we want to create activities that are more personally centered so please stay tuned for more information.

Culinary



WRAPPING UP THE GARDEN

Our gardens here at Sheffield are starting to show signs of fall and cooler weather but we are actually picking more tomatoes now than we did during the peak growing season and we continue to harvest some fresh herbs and spices to keep our dishes nicely flavored. Soon we'll be cleaning out the plants and letting the ground rest for the winter but we're already looking forward to next year's garden as we keep track of what worked out and what didn't for a more productive produce year in 2012.

A FARMER'S LIFE FOR ME

Our resident, Norman Jay, and his family brought in 4 dozen fresh, sweet ears of corn from his farm in Pinconning for our resident to enjoy. It was a Jay family affair in the Sheffield kitchen that day as Norm, his son and daughter-in-law husked and cleaned the corn for our lunch menu. Norm and many of our other retired farmers, have some wonderful memories to share of farm life and we enjoy hearing about these tough but good old days. Thank You to Norm and his family for sharing some sweet corn and sweet memories with us this summer.



MOST IMPORTANT MEAL OF THE DAY

Breakfast is considered the most important meal of the day so for our early rising residents we have begun serving breakfast at 7:00AM daily. Prior to 7:00AM the dining room lights are off making the area a little more dark and shadowy so for safety's sake we encourage any really early birds arriving before 7:00AM to make themselves comfortable in the living room to catch the early news on TV. Once the lights are on, we hope our diners enjoy the expanded daily breakfast menu. We want everyone to take advantage of the most important meal of the day.

Caring Notes

WHEN A LOVED ONE IS CHANGING

As part of our initiative to provide more communication with family members, we will be contacting a family member when we become aware of significant changes in a resident's status or an increase in their needs. Beginning with a letter to explain our initial observations and concerns, the information will continue with regular weekly emails explaining changes that are occurring, what we are doing to meet their needs and any significant concerns we may have. We can also provide regular weekly communication for any interested family member. If you have questions about this new program, please call and speak with Carol Glaza or email her at carol.glaza@sheffieldplace.com.



DIABETIC EDUCATION

A certified Diabetes Education Specialist from Bay Regional Medical Center is coming to Sheffield Bay in October to educate our staff on Diabetic Management. This education will provide our staff with important diabetic management guidelines and parameters which will then be used to help monitor the status of our diabetic residents. These parameters which are similar to the home parameters used by diabetics, will be submitted to the resident's physician for approval, or needed changes as they direct, to provide us with critical information in helping our residents manage this lifelong disease and guide us in obtaining the correct intervention at the correct times.

QUOTE

"Autumn is a second spring when every leaf's a flower." A.Camus



Facility News

OUR COLORFUL COURTYARD

Our Assisted courtyard received some sprucing up in August when we removed some old landscaping plants, split large perennials and added new flowering shrubs that should provide color throughout the spring, summer and fall. We encourage our residents and their families to use this area for a quiet visit and enjoy the warm sunshine while it lasts. Unfortunately we had to say good-bye to birdfeeders that were located in our courtyard but hopefully we'll still see some birds stopping by the courtyard for a friendly hello.



OUR NEWSLETTER

If you have enjoyed our newsletter and you think other family members or friends would be interested in receiving it, please call us or send their email address to christy.herber@sheffieldplace.com, so we can add them to our "mailing list". You can expect the next newsletter in January 2012 when we will be celebrating another New Year and remembering the special moments of the holiday season. We appreciate any of your questions, comments and thoughts.

Welcome New Residents



**Elna
Rushman**
#305



**Glenn
Rushman**
#305



**Olwen
Musser**
#413



**Beverly
Schairer**
#515



**Paul
Brissette**
#514



**Jean
Young**
#303



**Virginia
Gerulski**
#513



**Margaret
Bosco**
#216

Welcome New Staff



Upcoming Birthdays

Norman Jay – 10/16

Beryl Mall – 10/25

Viola LaFlame – 11/2

Rita Begg – 11/4

Virginia Gerulski – 11/12

Glenn Rushman – 11/15

Erma Nixon – 11/18

Marion Stanton – 11/18

Allen Loehr – 11/19

Pat Weed – 11/28

Lucy Heitman – 12/1

Maxine Johnson – 12/5

Lois Stewart – 12/6

Ben Karbowski – 12/18

Priscilla Reitler – 12/23

Duane Rankey – 12/27

Doris LeVasseur – 12/31

Sara McMullen – 10/15

Traci D. – 10/19

Dori A. – 10/27

Kim K. – 11/30

Trisha G. – 12/3

Tricia H. – 12/6

Virginia L. – 12/13

