



# Sheffield Bay

Assisted Living and Memory Care

~ JULY 2011 QUARTERLY NEWSLETTER ~

## Caring Care Staff Notes

### IMPORTANT TIPS

**TIP #1:** Please remember to notify a member of our staff when a resident of Sheffield is leaving the building and indicate on the Resident Register located near the front desk when they will be returning. We want to make sure residents have all their prescribed medications with them while they are out. Also this information is helpful, not only to our staff, but also for any visitors who may stop by.

**TIP #2:** If you haven't done so lately, please review all Emergency Contact Information for a resident of Sheffield to ensure it is up to date with the latest phone #'s, addresses and medical information. In the event of an emergency this information is very critical. If you are an emergency contact person for one of our residents and will be out of town for a period of time, please notify us regarding alternate emergency contact information while you are away.

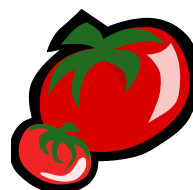
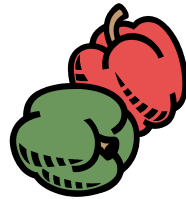
### LEARNING NEVER ENDS

Our Staff recently completed an extensive training on Alzheimer's disease presented by a representative from the local Alzheimer's Association Chapter. We learned about the latest information on the disease itself, how the brain is affected, the different signs/symptoms of the disease, how it affects communication, suggestions for dealing with difficult behaviors and most importantly getting help and support for those in need. This information is always helpful to us and we are happy to share what we learned with anyone who is interested.

## Culinary

### GROWING & LEARNING

Although our garden got off to a slow start with the cool spring weather, we are "growing" now. With the help and tips of our "resident farmers" we picked a sunny day and got our garden planted with herbs, tomatoes, cucumbers, eggplant, zucchini and peppers. We hope it won't be long before the Sheffield produce is gracing our dinner plates with some tasty dishes.

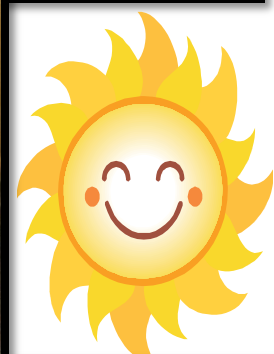


Aly Koch, a CMU dietician student, is not only helping out in the kitchen this summer. She is also learning the ins and outs of meal preparations for a party of sixty+ residents x 3 per day. Welcome, Aly! Here's hoping you're enjoying your challenge as much as we're enjoying you!

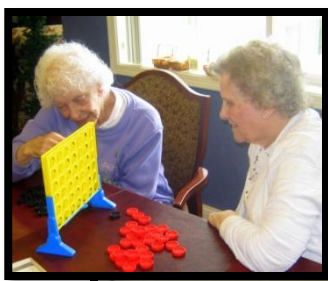
## Activities/Special Events

### SEASONAL FUN

First there was Easter with springtime décor and flowers, colored and chocolate Easter Eggs, guessing jelly beans flavors and a special Easter dinner of baked chicken for residents and their families to enjoy. This fun was followed closely by a trip to the Saganing Casino in May and then a bridal shower of fun for Amanda, one our culinary staff, who was married at the end of May. Teams of residents & staff designed some wedding dresses made of toilet paper and afterwards we took photos of all our paper brides. Lately we've been having summer fun with putting games, ring toss, horseshoes and there's a rumor going around that bocce ball is on the schedule along with a baseball outgoing to the Midland Loons minor league baseball game on July 27<sup>th</sup> which is Family Feast night.



On the quiet days it's just our regular activities of baking, crafts, afternoon movies, bingo, entertainment, tea socials, Friday wine-cheese, card playing, board games and puzzles, just to name a few things.



As the summer weather improves, we also have more ideas we're looking into – a fishing trip to the Bay City State Park, a Sheffield Carnival and trying our luck again at the casino. Excursions and special events at Sheffield can be a wonderful opportunity for residents and family members to spend some quality time together while we do all the planning. Please contact Christy for more information on upcoming events and watch our Face book pages for more news and fun photos.

### **NO MOSS GATHERS UNDER THEIR FEET**

Some of the ladies of our community have been hard at work planting colorful flowers in our courtyards while the Men's Club has built a picnic table and bench to add to our community. With all this help it's no wonder we feel so blessed and thankful to be working here with all these special people!



## **Housekeeping**

### **SPRING CLEANING**

Our housekeeping staff worked hard this spring getting all the apartments spruced up with special spring cleaning tasks like washing walls, cupboard doors, windows and baseboards, vacuuming behind furniture and anything else that needs special attention. They were also on the look out for any maintenance jobs that will keep Jim, our maintenance go-to guy, busy through the summer. They've done a great job working together as a team to get all 66 apartments sparkly clean and smelling fresh!

## **Building and Grounds**

### **PHEW, IT'S HOT IN HERE!.....BRRR, IT'S COLD IN HERE!**

We do our best but we know it's pretty hard to get the temperature just right for everyone at the same time. While some residents like it on the cooler side, others prefer it on the warmer side. Residents who are feeling the "chill" are welcome to crack their apartment window a few inches to warm up, but please remember to close the apartment door so our air cooling system isn't running to cool down the high summer temperatures outside!

### **COURTYARD RE-DO**

Later this summer we'll begin some re-landscaping of the courtyard in our assisted living community. Out with the old and in with the new, more color, more manageable and more user-friendly are our goals for this space. We hope a trip to the courtyard for sun and fresh air will be a daily outing for our residents to enjoy the peaceful beauty of the outdoors.

## **Administration**

### **MAKE YOUR LIFE EASIER...**

By taking advantage of a new service we are now offering to email monthly invoices directly to you and/or having the Sheffield invoice paid each month by doing nothing more than signing up for direct bank transfer service. This new program

should certainly help simplify your life if you've got more to take care of than you can keep up with! Please contact Nicki or Laurie if you would like to sign up or have some questions. With payment by ACH bank transfer, even if you have any questions/changes to the invoice, we can do all of that electronically lickety-split!

## Coming Up!

### ANNUAL FAMILY MEETING & SATISFACTION SURVEY REVIEW

Soon we will be mailing out our annual Resident & Family Satisfaction Survey and we hope you will take some time to complete this survey and share your thoughts with us. This Satisfaction Survey gives us insider information on how we are doing and allows us to evaluate the quality of our services as we continue to look for ways to improve and meet the needs of our residents. After the results are in, we'll be hosting our annual Family Meeting so you can hear what we learned from you.

### RECRUITING TEAM PLAYERS!

We are forming a Sheffield Bay Team to participate in the Alzheimer's Association Memory Walk being held this year on Saturday, September 24<sup>th</sup> in Midland's Emerson Park at 9:00am. We had a great time last year and we would love to have you join our team and the fun! Our residents (walking and wheelchairs) who have participated in the past have always enjoyed the day with our staff and family members. Money raised from the Memory Walk supports vital programs, education and support services for **local** victims of Alzheimer's, their families and caregivers. If you think this is a date you can set aside to join our team, please contact Nicki, our Team Captain, for more information. Go Sheffield!

### OUR NEWSLETTER

If you have enjoyed our newsletter and you think other members of your family would be interested in receiving it, please contact Nicki and we will include them on our growing list

of interested persons. Our next newsletter will be in October when our summer will be a fading memory but the fall season will be in the midst of all its colorful glory.

## Welcome New Residents



Bill Musolf  
#106



Emily Herek  
#205



Pauline Mills  
#411



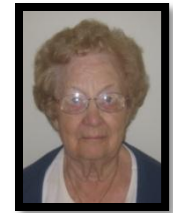
Lois Stewart  
#305



Maxine Johnson  
#414



Allen Loehr  
#504



Marge MacDonald  
#211

## Welcome New Staff



## Happy Birthday To.....

- Marie Carolan - 7/1
- Lorene Buday - 7/12
- Freida Evans - 7/12
- Elaine Witbrodt - 7/17
- Carl Doan - 7/21
- Alvina Wackerle - 7/19
- Agnes Gordon - 8/3
- Ruth Claes - 8/4
- Alice Young - 8/23
- Marion Hammond 8/26
- Francis Ivan - 9/3
- Connie Follis - 9/17
- Lenore Finlan - 9/27
- Earl Bublitz 9/30

- Raquel R. - 7/7
- Michelle J - 7/7
- Christon C. - 7/8
- Karen L. - 7/9
- Taresa A. - 7/12
- Krissie A. - 7/12
- Sue W. - 7/27
- Nicki L. - 7/27
- Rob H. - 8/8
- Cyndi S. - 8/14
- Katie S. - 8/16
- Laura S. - 8/19
- Sheri S. - 8/25
- Chez M. - 8/26
- Carol D. - 9/4
- Hillarie D. - 9/5
- Donna G. - 9/10
- Brenna Z. - 9/16
- Marie R. - 9/17
- Cherie V. - 9/21
- Colleen H. 9/24



"Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone." J.Fiebig

