



# Beacon

## ANNUAL STATE SURVEY

By Jean Marsh, Administrator

This week, we were visited by the Division of Health, Bureau of Nursing Home Quality of Care, team for our annual survey for Medicare and Medicaid. The team was made up of 3 Registered Nurses and 1 Social Worker. They arrived on Monday and wrapped up their review by late on Wednesday. During this process, the surveyors meet with residents to identify their care needs, concerns and areas of satisfaction with care. This part of the process is really what drives most of the survey process. Our care planning process is person centered, taking each resident individually and considering their needs and then planning care and approaches to meet those needs. Surveyors would request care plans for certain residents and would review our approaches and interventions. Other areas of the survey included our facility assessment (helps to analyze types of residents we serve, by diagnosis, and staffing needs and training programs to meet those needs); our QAPI (Quality Assurance and Performance Improvement) Plan; Infection Control; Antibiotic Stewardship; Resident Rights, including freedom from abuse and transfer and discharge rights. Dental services, psychotropic medication monitoring and behavioral health are also reviewed for compliance with regulations.

Needless to say, we find this process very stressful, and are especially concerned because a negative review can have significant impact on our facility by limiting admissions, fining us, or imposing sanctions. However, we are happy (and relieved) to tell you that this year's survey team did not have any citations for our facility, and we are deficiency-free! We have worked very hard this past year, training staff, improving systems for documentation and monitoring, and conducting random audits to ensure we are in compliance at all times.

## HOLIDAY SEASON REMINDERS

**EXTENSION CORDS:** Our facility must meet both life safety regulations and NFPA Fire code regulations. We are not allowed to use extension cords in the nursing home. We can use power strips with circuit breaker protection for lap top or tablet charging only. Christmas tree lights and decorations must be plugged directly into the outlet and cannot go into power strips. We are not allowed to "piggy back" two light strings into one outlet. Only UL (Underwriting Laboratory) approved light sets may be used. If you are not sure whether the holiday decoration meets safety standards, please have our Maintenance Supervisor, Kevin Clark, check the item for safety.

**DIABETIC CANDY:** Everybody loves sweets, including our diabetic residents. However, please be aware that many of the "sugar-free" candies and chocolates contain sugar substitutes that can cause an undesired side effect (stomach aches and diarrhea.) Residents may forget how many pieces they have had for the day or lack the self-control to enjoy only a piece or two.

**HOLIDAY MEAL AT FACILITY:** We plan on roasting our turkeys and serving up traditional Thanksgiving dinner to our residents. Residents may have a guest for the holiday meal. The cost per guest is \$6.00. Our Dietary Manager, Mary Murphy, needs to have an idea of how many guests we will be having, and if some of our residents will be going out for Thanksgiving Dinner (12 noon) so that we have enough on hand for all. If you plan on joining one of our residents for the holiday meal, please reserve your spot by Friday, November 16<sup>th</sup>.



## **ADVANCE DIRECTIVES**

By Amber Vogeltanz, Social Worker

When medical professionals ask patients about their end-of-life wishes, they often hear very strong feedback on the subject. People will blurt out “don’t resuscitate me!” or “no feeding tubes!” Many people know what they want and what they absolutely don’t want to happen. Unfortunately, they often haven’t communicated their concerns in a way recognized by Wisconsin statutes.

Roughly 10,000 Baby Boomers will turn 65 every day until 2030. Only 53% of U.S. adults have a health care power of attorney. Leaving instructions regarding medical desires means that you can continue to have control and autonomy, even when you are no longer able to exercise it directly. If you haven’t started this conversation with your doctor, lawyer, hospital discharge planners or nursing home social workers, please take the time to do so.

When a resident is admitted who has a power of attorney for healthcare document and they are unable to make decisions any longer, we start a process called “Activating the Power of Attorney”. Two physicians must examine the person and determine that the person is unable to make medical decisions in their own best interest. At this point, we then communicate with the resident’s designated agent for decision making. This doesn’t mean that we stop asking the resident how they like things or what their preferences are. We continue to involve the resident as much as possible in their care, but the designated power of attorney/health-care agent makes the final decision for initiation of medications or treatments. The resident always has the right to revoke their power of attorney for healthcare.

In the nursing home setting, if a resident has not created a power of attorney document to describe their health care wishes, the alternative is court ordered protective placement and guardianship for someone who can no longer express their health care wishes.

## **ACTIVITY DEPARTMENT GREETINGS!**

For the month of November we are having a Veteran’s day breakfast for our Veterans and parade with our veterans and a short prayer with them. We are having lots of music entertainment from music with Luke Zastrow, Polka Joe and Mike Peterson so we will be having our dancing shoes on this month. We are currently working on a craft project that we will be giving our volunteers and school kids for coming to visit us. The end of the month will keep us busy with decorating for Christmas. Looking for stocking stuffers? Seroogy’s Candy bars for sale-Walter’s Hardware Store, City Slickers, City Hall or ALTCU. Sponsored by Auxiliary.

## **FLU SEASON REMINDERS**

By Katie Duescher, RN, Infection Prevention

Last year’s flu vaccine offered little resistance to the most common strain of virus. According to the CDC (Center for Disease Control), the vaccine reduced the risk of infection by about 40%; the result was that millions got sick and more than 80,000 people died. This year, the vaccine looks to be better matched to the circulating viruses—a good reason to get vaccinated.

There are several steps you can take to help prevent catching the flu and reduce the spread of viruses that cause it. It’s easier than you think, read below for tips and advice.

Get vaccinated. Vaccination is the first step to flu prevention. In general, all healthy people should get vaccinated. The CDC now recommends that, in addition to other high risk groups, all healthy children get a flu vaccination.

Wash your hands. Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent getting sick.

Do the elbow cough. Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It’s also an easy technique to teach kids.

Disinfect common surfaces. Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don’t forget to disinfect phone receivers, doorknobs, light switches, and remote controls.

Drink Water. Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, rehydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day. If the color of your urine is close to clear, then you are getting enough. If it’s deep yellow, drink more water.

Lastly, please refrain from visiting our residents if you are sick with the flu. If you suspect you have a cold or flu coming on, do wear a face mask, we have these available in the foyer for your convenience.

## **AUXILIARY FUND RAISER**

The Auxiliary is selling Kringle coupons from Uncle Mike’s Bakery, Green bay. They are \$16.00 each and don’t expire, they can be used at any Uncle Mike’s location. This fundraiser is to purchase an outdoor wheelchair accessible swing for the patio for our residents to enjoy.