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A Quarterly Insight Into the Happenings at Marinuka



Marinuka Manor

Bethany St. Joseph Corporation

upcoming events >>>

July 18 – Farm Animal Visit
July 23 – Campfire & S'mores
July 25 – Great River Landing
Outing
July 27 – Birthday Party
August 15 – Pontoon Ride
August TBD – Campfire &
S'mores
September 9 – Family Picnic

Reminder for Current Residents: Bring in your New Medicare Card!

- Leah K. Rentmeester

Letter from Leah - New Medicare Cards

Hello Everyone! The Centers for Medicare & Medicaid Services (CMS) is issuing new Medicare cards to all Wisconsin Medicare participants after June of 2018. CMS is removing Social Security numbers from Medicare cards to help keep personal information more secure and protect the cardholder's identity. Cardholders will be assigned a new Medicare number that is unique. The new card will not change coverage or benefits.

For all Marinuka Manor residents, please bring in your new Medicare card so we can make a copy. We need this in order to bill for Medicare Services appropriately.

For more information, see:

<https://www.medicare.gov/Pubs/pdf/12018-10-Things-To-Know-About-New-Medicare-Card.pdf>



By Leah Rentmeester, Administrator

2018 Marinuka & Eden House Family Picnic

Our family picnic is right around the corner and we encourage you to save the date:

**Sunday,
September 9th
12pm-3pm.**

Come with an empty stomach, as a delicious meal will be served. We will have a Chinese Raffle, a photo booth and the petting zoo will be back again this year.

Come & Join the FUN!!!



Rec. Therapy Update

By Sarah Wick, Rec. Therapy Director

Summer is in full swing and we are enjoying the many blessings it brings. We continue to be busy with a variety of activities here and welcome you to join us in the fun!

We have a great group of volunteers here at Marinuka, including the Marinuka Manor Auxiliary. They host multiple parties throughout the year and have fundraisers to assist with various costs. The beautiful carnations that the residents receive on their birthdays are from the Auxiliary. Their dedication does not go unnoticed! If you are interested in being part of the Auxiliary or volunteering, please contact Sarah Wick.

Carpet making you ill?

By Lisa Dietrick, Housekeeping/ Laundry

Carpet cleaning not only benefits the looks of your home and extends the life of your carpet, but also benefits the health of you and your family. Here at Marinuka, our family is quite large and we strive to provide a clean and healthy environment for everyone. If anyone in your house suffers from conditions such as asthma, allergies, or snoring, it will benefit you to vacuum your carpets at least 3 times a week. Here in our home we vacuum at least once a day. There is also a huge benefit in shampooing your carpets at least once a year. In our home, we shampoo our carpets a few times a year because we have so many people coming and going.

Did you know a dirty carpet can contain several sources of indoor/outdoor air pollutants? To include things such as pet dander, lead, particle pollution and everyday dust and dirt. Now let's think about those special little creatures, dust mites. You don't see them but if they are there, they are leaving special things behind such as feces and body fragments which can make allergies

worse. To help improve the health of you and your family, make sure you are cleaning your carpets often.

Birthdays



Featuring: *Share the Music Ladies*

June

24 – Annabelle Geske

July

4 – Margaret Ziegler

21 – Sophie Benrud

August

5 – Kathleen Ertz

15 – Millie Rohrer

18 – Maggie Radebaugh

19 – Jerome Paisley

22 – Joanne Hayter

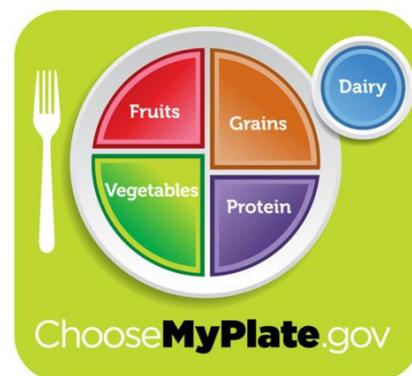
25 – Mary Ginther

Picnics, Barbeques, and Food Safety, OH MY!

By Leah Freund, Dietitian

Summer is a time for picnics and barbeques, which comes along with a bunch of delicious food. The hot summer heat may be great for going to the beach and swimming, but the heat is not a friend to the cold foods like pasta salads, fruit salads and potato salads. When cold food is kept out in the heat and not kept cold, invisible bacteria could be growing and may cause foodborne illnesses. To help prevent the possibility of foodborne illness at your picnic or barbeque, make sure cold items are kept on ice and not just cold water during the entirety of the event. If you want to go above and beyond to ensure safe food, make sure your cold foods are kept below 41°F. Wishing you all a fun and food safe summer!

The USDA MyPlate recommends that we fill half of our plate with fruits and vegetables. Here are a few recipes that can help increase your fruit and vegetable intake while grilling out this summer!



Grilled Corn

1. Remove the corn husks and wrap in foil or keep the husks in place.
2. Grill your corn at medium-high heat. It will take about 10 minutes to grill, turning every 2 minutes.

*Note: the husks may burn, but the corn kernels shouldn't. Once the kernels are a golden yellow, you're ready to eat!

<https://www.fruitsandveggiesmorematters.org/grilled-corn-the-taste-of-summer>

Grilled Vegetable Packets (5 servings)

- 2 small zucchinis, diced
- 2 small summer squash, sliced
- 4 small red potatoes, scrubbed well and sliced
- ½ medium red onion, sliced
- ½ medium bell pepper, seeded and sliced
- ¼ cup Italian dressing
- Salt and pepper to taste

Heat grill to medium heat or 350F. Combine washed and cut vegetables in a large bowl. Toss with Italian dressing until vegetables are coated. Place half the mixture on a large square of aluminum foil. Cut another large square of foil and place on top and fold to make a pocket. Repeat for remaining vegetables. Place on a heated grill for 15-20 minutes or until potatoes are tender. Before opening the packets, poke holes with a fork. Be careful of the steam!

<https://www.fruitsandveggiesmorematters.org/grilled-vegetable-packets>

Grilled Fruit

Use fresh pineapple slices, peach halves or watermelon slices. Grill each side of the fruit for 3-4 minutes on medium-low heat.

Marinuka Career Opportunities

Do you or someone you know want a job that matters? That makes a difference in someone's life for the better?

Apply today online at www.bsjcorp.com!

**Part Time & Full Time
RN/ LPN, CNA, & Dietary Positions Available!**

Don't have your Certified Nursing Assistant certification?

No problem! Marinuka Manor has a **CNA Scholarship program** and is also part of the **WisCaregiver Careers program!**

If selected into the CNA Scholarship Program the cost of training and testing is paid for by Marinuka Manor up to \$915 with a 2 year employment contract. While you are completing the training, you will have the opportunity to start employment with Marinuka Manor as an Environmental Assistant where you will serve a supportive role to the CNAs. To learn more about the CNA Scholarship Program, contact Lauren Frost, Human Resources Specialist at 608-788-5700.

WisCaregiver Careers offers nurse aide training at no cost to the student through a participating approved nurse aide training program. Testing fees for the state competency exam will be covered for the students who successfully complete the requirements through the program. After completing the free training and testing, **apply for a job with us and receive a \$500 retention bonus** paid by us after 6 months of employment

To learn more, view the WisCaregiver Careers overview page on the WI Department of Health Services' website. We are pleased to be a participant in this program to help you become a certified nursing assistant and for you to start your career with us.

<https://www.dhs.wisconsin.gov/caregiver-career/cna.htm>



"Hi, my name is Madison. I am a junior at Viterbo University pursuing a bachelor in nursing. I have been blessed with the opportunity to work in the healthcare field here at Marinuka and get hands on experience doing what I love- helping people. Marinuka is a great place for me to work, especially because nurses will give you the opportunity to watch them fulfill nursing tasks which is really important to me as I will one day advance and be doing those same nursing tasks! I am comfortable being myself around staff here, what more could I ask for?!"

- Madison Doerr

Marinuka Manor and Galesville LTC Pharmacy Volunteer

Pictured Left to Right: Liza & Jesse, Galesville LTC Pharmacy; Lori & Leah, Marinuka Manor



By Leah K. Rentmeester, Administrator

Marinuka Manor Staff partnered with the Galesville LTC Pharmacy to volunteer at the local Galesville Lion's Club 4th of July Celebration. Marinuka and the Pharmacy were represented at the concessions stands by staff members in bright pink shirts throughout July 4th festivities. The Galesville LTC Pharmacy provides pharmaceutical services to Long Term Care facilities throughout Trempealeau, La Crosse, and Vernon Counties and has been a long time partner with Marinuka Manor and the Bethany St. Joseph Corporation. Amber Smith, DON of Marinuka Manor, and Jesse Swing, Owner of Galesville LTC Pharmacy, worked together to organize volunteers from each business to tend the concession stands. Overall, we had 3 Pharmacy staff and 8 Marinuka staff present for the day. Thank you to those that volunteered!



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Resident Rights

By Dawn Washburn, Social Worker

The state of Wisconsin Board on Aging and Long Term Care Ombudsman program has a wonderful brochure called *"You Have Rights"*. There are copies of this brochure outside of the Social Worker's office. Residents of Marinuka Manor have the same rights here as anyone would in the community. The brochure states;

"As a resident in this facility, you have rights guaranteed to you by state and federal laws. This facility is required to protect and promote your rights. Your rights strongly emphasize individual dignity and self-determination, promoting your independence and enhancing your quality of life. You have the right to exercise all of your rights free from interference, coercion, discrimination or reprisal."

Some of your rights include:

- The right to be treated with respect and dignity
- The right to vote, to attend or not attend religious functions.
- The right to voice concerns, file a grievance, and the right to resolution. *To file a concern, please notify staff ASAP, describe the concern using detail and description.*
- The right to direct your care. To refuse care and treatments.
- The right to privacy during cares, visits with family, with your mail, and confidentiality of medical records. *To have access to your medical records, please contact Medical Records Director, Mary Slaby.*
- The right to be fully informed of your plan of care.

At Marinuka Manor resident rights are respected and valued. We take

great pride and honor in the opportunity to care for you.

It is Marinuka Manor's goal to respect, value, uphold, and encourage you to practice your rights.

Please take the time to educate yourself of your rights. For more information on resident rights you can refer to the bulletin board next to the Director of Nurses office.

