

in this issue >>>

Letter From Leah: Residents Giving Back
Welcome Lana!
Rec. Therapy Update
Eggcited for Spring!
Bleach Streaks
Birthdays!
Nursing Home Week!
National Holidays in Healthcare
Volunteer Appreciation
Topic Tuesday
Easter Egg Hunt



May - July 2019 Insights to the Happenings at Marinuka!



Marinuka Manor

Bethany St. Joseph Corporation

upcoming events >>>

May 7 at 2:30pm - Auxiliary Spring Party

May 13 – 17 – Nursing Home Week

May 14 at 6pm – Topic Tuesday:
Retirement- making your money last

May 17 at 3:00pm - Ice Cream Sundaes in recognition of National Skilled Nursing Care Week

June 23 at 2:30pm - Auxiliary Pie & Ice Cream Social

Letter from Leah: Residents Giving Back

Residents here wanted to help make a difference, so they decided to collect tabs from pop cans for the

Ronald McDonald House.

We are excited to contribute to a great cause!



We are looking for donations of Aluminum Cans for our residents to pick off Pop Tabs!

Please drop them off at Marinuka!

Welcome Lana!

Hi my name is Lana Berry. I have taken the Director of Nursing position here at Marinuka Manor. I look forward to meeting each and every one of you so stop by and chat with me when you have time. As a previous employee of Marinuka, my positions included Staff Education/Infection Prevention and MDS. Currently in the nursing department we are working on the upcoming Nurses' Week, utilizing on line scheduling for staff and have planned a skills fair for CNA week for both Nurses' and CNA's. Many thanks to all the managers and staff that have welcomed me. Lastly, I want to thank Anne for making this transition so smooth. Anne has decided that she doesn't want to be the DON and will be stepping down to her previous position as PM Charge Nurse/ Wound Care Nurse here at Marinuka!



By Lana Berry, Director of Nursing



Rec. Therapy

By Sarah Wick, Rec. Therapy Director

The residents here continue to be busy with a variety of activities. We have been getting our fingers dirty, planting seeds for our raised garden and for a plant sale. Tomatoes, green beans, and a variety of flowers are coming along nicely. The sale will be held the last couple weeks in May with the proceeds going to bingo prizes.

We are excited to get outside and enjoy the sunshine again! Outings are planned throughout the summer; however, space is limited. We do our best to accommodate those that are interested and often "take turns". Places that we have planned include lunch outings, pontoon rides and sightseeing.

Our activity calendar is available for all to see on the company website (bsjcorp.com) or in paper format near the front desk. Family and friends are always welcome to join us!



Eggcited for Spring!

By Leah Freund, Dietitian

May is National Egg Month. Eggs can be an important component of a healthy lifestyle that provides you with protein and a variety of nutrients. Plus, eggs are inexpensive and easy to prepare. When preparing eggs be sure to follow these food safety tips to help prevent food-borne illnesses:

1. Cook egg dishes to 160F.
2. Cook eggs until whites and yolks are firm.
3. Wash hands, utensils, equipment and countertops with hot, soapy water after they come in contact with eggs or any egg-containing products.

Fun Fact: Your hard-boiled egg that has a green ring around the yolk is acceptable to eat. The green ring is caused by overcooking or can be caused by high amount of iron in cooking water.

Farmhouse Apples, Bacon and Egg Casserole

Ingredients

Vegetable oil cooking spray
8 slices whole-grain bread, cubed
2 cups liquid egg substitute
2 cups nonfat milk
2 teaspoons dried sage
1 teaspoon black pepper
½ teaspoon salt
½ pound apple-cured bacon, chopped
3 tart apples, such as Granny Smith
3 red apples, such as McIntosh

Directions:

Preheat oven to 350°F. Spray a 13 x 9-inch pan with the cooking spray. Arrange the bread in a pan.

Blend the egg substitute, milk, sage, salt and pepper; pour over the bread. Mix and push the mixture down with a rubber spatula. Set aside.

Cook the bacon thoroughly, but not crisp. Drain on paper towels; set aside.

Wash, core and chop (but do not peel) the apples. Add the apples to the bread mixture; stir well and push down with a rubber spatula. Sprinkle evenly with the bacon.

Bake for 50 to 60 minutes.

Variation: Sprinkle 2 cups of shredded sharp Cheddar evenly over the top of the casserole after it has baked 30 minutes. Continue cooking until the cheese bubbles, about 20 to 30 minutes.

Serving Suggestion: Create this dish for use as stuffing to accompany a baked ham.

Serving size: 1/12 of casserole
Serves 12

Calories: 200; Total Fat: 7g; Saturated Fat: 2.5g; Cholesterol: 15mg; Sodium: 570mg; Total Carbohydrate: 22g; Dietary Fiber: 4g; Protein: 13g.

Source: eatright.org

Bleach Streaks

By Lisa Deitrick

During the spring time, we always see an increase in the spread of the flu and cold. Our facility does everything in its power to prevent our residents from getting ill. You may notice the smell of bleach in the air or notice that there are more streaks on equipment and furniture. Well, this is from the bleach. In order for bleach to be effective against germs, it needs to have a dwell time. Dwell

time is the time it is required to be wet and dry in order for it to actually kill the germs.



Unfortunately, there is nothing we can do to prevent the steaking from happening. We cannot wipe it off after it is wiped with the bleach otherwise it will not be effective against all germs. Just be advised that it is clean and disinfected. We do our best to maintain a clean and sanitary building. The months that we are not using bleach we are still using products that disinfect which are peroxide based wipes. As far as airborne pathogens we also use Lysol spray. We, as a facility, ask that if a family member or visitor enter the facility, please wash your hands. If you feel ill, we ask that you do not visit until you are feeling better as it may get passed to our residents. Your family members or friends are our main priority. We love our residents and want to keep them safe and healthy. Thank you!

Birthdays!



Featuring: *Share the Music Ladies*

May

16 – Darwin Fetting
21 – Ruth Galewski
31 – Milda Bautch

June

24 – Annie Geske







July

21 – Sophie Benrud

Nursing Home Week!

Every year we are always excited to Celebrate Nursing Home Week! Join us in celebration during the week of *May 13 through May 17, 2019!*

Each year we plan activities for the Residents and Staff to do together. Below is a list of this years featured activities and treats! This is our time of year to recognize our staff, residents, and the community/ family we create!

Date:	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Dress Up:	Bright Colors	Mismatch 	Hat Day 	Marinuka Pride 	Sports Teams 
Penny War:	Penny War 				
Jeans Days:	Jeans Day & Non Perishable Food Drive 				
Treat:	-Nursing Home Appreciation Cake!	-Fruit & Veggies for Staff!	-Meat & Cheese Tray for Staff!	-Staff Potluck!	-Donuts!
Activity:	-10:30am Staff & Resident Pictionary Competition!	-10:30am Stump the Staff Game!	-2:30pm Deal or No Deal!	-3:15pm Penny War: Pie in the Face!	-2pm Minute to Win It!

While we take this week to celebrate together, we always value and appreciate our Staff and Residents and the family that we are!

National Holidays in Healthcare

By Nursing Leadership

National Nurses Week begins on May 6th and ends on May 12th, Florence Nightingale's birthday. It features a host of events to honor nurses for the work they do and also educates the public about nurses' role in health care.

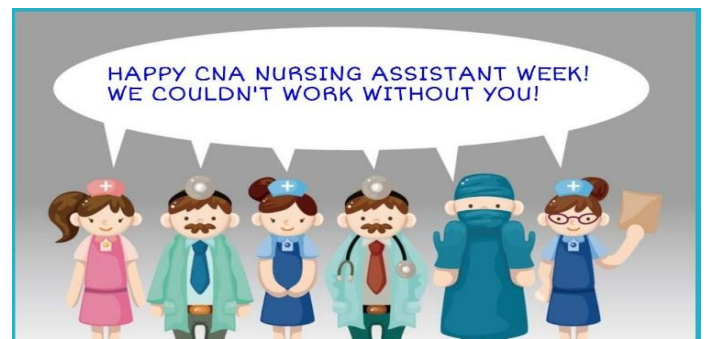
Did you know??

May 8th was designated as National Student Nurses Day. Thank you to all the staff that are nursing students that are dedicated to servicing our residents here at Marinuka.

National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year. Thank you to all the school nurses out there servicing our local schools and caring for our children.

International Nurses Day is celebrated around the world on May 12th of each year. So if you have a loved one who is a nurse or know a nurse give them a big thank you for what they do!

We stand up and thank our nurses for all the care and leadership they provide to our nursing department daily. Our hats off to you! We appreciate you!



National CNA Week June 13th - 20th

This week we honor CNAs for their service to our residents here at Marinuka Manor.

Did you know?

Why one of the chief complaints of CNAs is not enough recognition? Caregivers are notorious for not recognizing themselves! It is impossible to make someone else feel valued and important no matter how many times they are told "you are amazing!" and "you are valued!" We pay tribute to the CNAs who serve on the frontline of long-term care. CNAs provide more than 90% of the direct patient care in post-acute and long-term care centers across the country.

Keep in mind that the best way to communicate how you feel about them and their service is to stop a CNA in action this week and look them in the eye and say, "I know I don't say it enough, no one possibly could, but you matter and you are a valued part of this team!"

To communicate how you truly feel, take an opportunity this week to sincerely thank a CNA.

We at Marinuka Manor thank you for all your dedication to providing care to all our residents here.

We salute you all!





19475 Silver Creek Rd,
Galesville, WI 54630
(608) 582-2211

Volunteer Appreciation

By Sarah Wick, Rec. Therapy Director

In April, we recognized our many volunteers and their dedication to our residents and Marinuka Manor. We are blessed to have so many caring individuals among us! Thank you for all you do for us and our Residents!



Topic Tuesdays!

Topic Tuesdays are educational sessions for everyone in the community! Please join us the **Second Tuesday of each month at 6pm at Eden House** for a new topic of discussion.

May 14 – Retirement: Making Your Money Last!
(Presented by Edward Jones)

*These sessions are meant to be educational and **not** an opportunity to solicit!*

Easter Egg Hunt

By Leah K. Rentmeester, Administrator

On April 20, Marinuka Manor held its second annual Easter Egg Hunt. Residents, staff, and community members came together to enjoy 70 degree weather and search for Eggs!

