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August – October 2019 Insights to the Happenings at Marinuka!



Marinuka Manor

Bethany St. Joseph Corporation

upcoming events >>>

- Aug. 14, 11:15am-
Lunch Outing
- Aug. 23, 2:15pm-
Birthday Party
- Sept. 8, 12Noon to 3pm-
FAMILY PICNIC!
- Oct. 31, 3pm to 7pm –
Trick or Treating

**For more information on each month's activities, visit our website at:*

www.bsjcorp.com/nursing-homes/marinuka-manor/



Letter from Leah: Enjoy the sunshine...



By Leah K. Rentmeester, Admin.

Are you looking to spend some quality time with your Residents or celebrate their birthday? Give us a call!

In 2016 we did a fundraiser to build the Gazebo here at Marinuka Manor! With the help of our generous community members, Bruce Reedy Construction, Central Builders, and Kraus-Anderson Construction, we were able to make that a possibility. We have a beautiful Gazebo that you may reserve for any occasion.

Call us to reserve the Gazebo for your special event before the sunshine runs out!

Thank you to all of those who helped make the Gazebo a possibility!

Nursing Update

In June, we had our annual survey inspection done by Department of Health and Human Services. The staff were amazing and because of their hard work we only received 5 citations. The State Surveyors were very complimentary of the staff at Marinuka and offered many compliments to their knowledge of our residents and their routines!

One of the areas we were found to be deficient with is side rail consents from both residents and families. All Resident Representatives received phone calls to explain both the risk and benefits of side rail use. Per state guidelines, there is a risk of entrapment. Many of our residents feel more safe and secure with the rails and it helps them with bed mobility. However, with the state guidelines, we still have to explain those risk and benefits and in order to allow residents to use them.

Thank you to all the family members who we contacted for being so responsive to this concern and helping reach compliance!

We are looking forward to many new and exciting things over this next year!
By Lana Berry, DON

Support our Local Farmers!

By Leah Freund, Dietitian



It's farmers market season! Farmers markets are a great way for you to increase your fruit and vegetable intake, which may reduce your risk of cardiovascular disease, and to support our local farmers and businesses. Farmers markets allow you to get seasonal produce at its freshest, to talk to the farmers about their crops and learn something new about fruits and vegetables.

It may be overwhelming with all the stands at the farmers market, but with planning the experience can be fun and enjoyable!

Tips:

- Before heading to the market make a list of produce you need and like. Buy only what you will eat.
- Try at least one new fruit or vegetable every week.
- Go during a weekday farmers market, when the crowd is usually smaller.
- If you're shopping on a budget, going at the end of the market day, which may result in some deals and the crowd is usually smaller

What's in Season?

Bell Peppers, Blackberries, Blueberries, Butter Lettuce, Cantaloupe, Corn, Cucumbers, Eggplants, Green Beans, Peaches and many more! Check out your local farmers market to find out what other produce is in season.



Local Farmers Markets

Galesville every Saturday from June through September on the Square in Downtown from 8 a.m. until noon.

Holmen every Wednesday 3 PM to 7 PM through end of October at the Festival Foods parking lot in Holmen

Onalaska every Sunday 8 AM to 1 PM through end of October at the Festival Foods parking lot in Onalaska

La Crosse every Friday, 4:00PM to dusk and Saturday 8AM to 1PM through end of October in downtown La Crosse at Cameron Park

Chirp Talk!

By Lisa Deitrick, Housekeeping/ Laundry



As you have noticed we have a Bird Aviary in our main room as you enter our building.

This Aviary serves a few purposes. Our residents see these birds as their own. When they see "their" birds are well cared for, it assures them they will also be cared for in their time of need.

The Aviary draws residents to it, providing a comfortable place for them to sit and talk to each other. There are often times where you will hear discussion about all of the different breeds of birds and experiences they have had during their lives with birds or other animals. It is always a great conversation starter and has helped develop many friendships along the way.

There are a couple facts that our residents seem to find interesting. The lights in the aviary are on a schedule to provide the birds with an adequate number of daytime hours as they need a steady supply of natural light to maintain optimum

health. The system actually replicates natural sunlight. Another is... Not all of the birds have a mate. This topic has caused many questions. There are a few birds that become aggressive with the other birds if they were to have a mate in the aviary with them.

These birds are provided from a company called Living Design. Every quarter they have a representative come and check all the birds and perform maintenance on the aviary if needed. They will also switch some of the birds out with others they have brought with. We generally have a few babies that they will also take with them to be checked out.



Next time you come to visit please check out the Aviary as it is a special part of our resident's home.

Birthdays!



Featuring: Share the Music Ladies

August

Wayne Blanchard- 8/8
Mary Etta Anderson- 8/18
Jerome Paisley- 8/19
Joanne Hayter- 8/22

September

Ben Lubinski- 9/6

October

Marie Eichman- 10/7
Gerry Edwards- 10/12
Pat Lutz- 10/21

2019 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, bags, volleyball, and other fun games!
Come & Join the FUN!!!



A Picture is Worth a Thousand Words, but the Memories are Priceless!



By Sarah Wick, Rec. Therapy

We all have pictures from many different times in our life. Pictures are a great way to remember the many experiences we have had throughout the years. From baby pictures, to wedding pictures, to vacations; they all reflect a part of our stories. It's great to page through an old album and reflect upon the joys (sometimes sorrows) of each picture. They can bring back great memories and can even take us back to that moment when the shutter button was pushed and the camera flashed.

It is a familiar activity to us all, but for people with dementia, reminiscing can be highly beneficial to their inner self and their interpersonal skills. It gives them a sense of value, importance, belonging, power, and peace. It can also help reduce injury to self-image, and it can create a feeling of intimacy and give special meaning to contact time with others.

We encourage you to share a photo album or pictures of your loved one. We would love for them to share their life stories with us through their photos and have seen first-hand the benefits of reminiscing through pictures. If you wish for any assistance with this, the Recreation Therapy Department would be more than happy to assist you.

Also, we welcome you taking pictures of your loved one when you are visiting. However; we ask that you be mindful of who is in the background of your picture, as not all people wish to be in pictures.





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Heavy Reading for a Hot Summer... Trauma Informed Care

By Dawn Washburn, Social Worker

When bad things happen in our lives either past or present, our response and knowing how we cope, and the response to coping measures, is called trauma informed care.

We all bring baggage with us on this trip called life. Our past life experiences, while not defining us, predict our response to current situations, conversations, decisions, and our emotional state. Our experiences good and bad teach us how to go on, with our daily life. We are learning that each individual has their own way of coping during a crisis. That a crisis for one person may not be a crisis for the other.

By being self-aware, we can at least try to understand other people's point of views and make sense of our own response. Each individual is unique in their abilities to adapt and develop strategies to cope. Our abilities to cope is what helps us to survive by recognizing success and positive outcomes, or just making it through the event.

We are learning about trauma informed care and how we develop coping skills to survive and move on. Some coping skills cover and mask problems. For Example, drinking and drugs are temporary solutions to an ongoing underlying problem. Others find strength through religion and/or family. Some are able to talk through a problem and this helps them, while others use avoidance as a coping mechanism.

We need to be kind to ourselves and others. We need to know we all have a story and life gets hard sometimes. We should consciously consider what strengths help us through difficult times. Consider sharing your strengths. Identify the situations that are hard for you and celebrate the strengths that helps us at these times.

At Marinuka Manor, we want to continue to create an environment that is sensitive to each resident's needs. Understanding each resident's coping strategies helps with this.

This is a team effort between staff, families, and residents and will continue to foster a warm, caring and accepting home for our residents. Any thoughts or questions please stop in and we can talk.

Trauma creates change
you DON'T choose. Healing
is about creating change
you DO choose.

- Michelle Rosenthal