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July 2021 - A Quarterly Insight Into the Happenings at Marinuka Manor



# Marinuka Manor

Bethany St. Joseph Corporation

## BIRTHDAYS!

We want to give a special shout out to our residents with birthdays coming up over the next few months!

**Kaye B. – August 13<sup>th</sup>**

**Mary Etta A. – August 18<sup>th</sup>**

**Jerome P. – August 19<sup>th</sup>**

**Joanne H. – August 22<sup>nd</sup>**

**Nona L. – September 15<sup>th</sup>**

**Jodi T. – October 3<sup>rd</sup>**

**Margaret W. – October 9<sup>th</sup>**

**Pat L. – October 21<sup>st</sup>**

*Due to COVID we are not currently hosting our end of the month birthday celebration. We encourage families to send cards and letters as well as visit to help make their birthdays special!*

## Message from Megan – Welcome Visitors!

Ah summer. What a great time! The weather is hot, and the sun is shining! Our residents have been enjoying the warm weather with different outdoor activities, visiting with family, and going out for a breath of fresh air with staff members! We are thankful to have more family and friends visiting our residents on a regular basis. When visiting our residents, we ask that visitors continue to wear masks when in common areas. You are able to remove your mask when in the resident rooms if all visitors and the resident are fully vaccinated. We still ask that visits be limited to two individuals when in the building and if there are more than two visitors, that visits be held outdoors or in our gazebo to minimize the number of people in the building at one time. We also continue to ask that indoor visits occur in the resident's room or in our front family room as not all of our residents are vaccinated. We know that these restrictions have been going on for so long, but we are proud of everything our staff and resident's family members do to keep our residents safe! Keep up the great work and we can't wait to see you soon!



Megan McLean, Administrator

## PT, OT, Speech ‘Oh My’ – Therapy Services Update

Marinuka Manor is excited to announce that we have begun partnership with a new therapy company! MJ Care provides our residents with Physical, Occupational, and Speech Therapy in a way that maximizes their outcomes. Our collaboration with them began on July 1<sup>st</sup>, and it has been a joy since then getting to know new faces as well as continuing to work those who joined their team from our previous therapy provider. The mission of MJ Care aligns closely with that of Marinuka Manor. According to their website, “For 40 years, MJ Care has operated by a philosophy of doing things the “MJ Way”, a phrase created by company associates that simply translated means providing quality healthcare through the services of quality people encouraged and supported to function at very high standards. It means treating others the way you would like to be treated by honoring their individuality and respecting their dignity” ([www.mjcare.com](http://www.mjcare.com)). We are excited to see what changes and improvements will come with this new addition to our services and to hear from our residents what they think of the change!

Megan McLean  
Administrator



## Social Services We Learned to Dance

Yay, it's SUMMER!! Long, hot days, short nights, summer food, outside time, warm rains; yay it's summer! Though almost normal, we are still dancing, following the visitor guidelines, wearing masks, social distancing and still encouraging staff and the community to get vaccinated. We don't want this new normal to become our true normal and we do NOT want COVID around ever again.

We are still dancing. We are seeing more and more families, we are getting outside often, as well as having volunteers, church, and music events. We hear laughter and conversations and see and encourage the residents making more friendships and enjoying the company of peers.

We are still dancing. The Marinuka Manor family is strong. Our resident and staff appreciate the support given by families and community. We LOVE seeing the top half of your smiling faces.

Welcome back to our almost normal, it's so much better than COVID weird!

*Dawn Washburn  
Social Worker*

## Nutrition Services A Department of Royalty

Crowns, sashes, and parades are ahead for a couple of our Nutrition Services members! We are very excited to announce that we have a couple of queens cooking up food for our residents in the Nutrition Services Department. Newcomer, Aleah Hunter was graciously named Miss Galesville earlier this month at the Galesville Lions Club Fourth of July Celebration. Carlie Baker, who joined our team back in June of 2020, has proudly earned the title of Miss Trempealeau 2021 where she was crowned at the Trempealeau Catfish Days in mid-July. Congratulations ladies, your coworkers and our residents are proud to say we are amongst royalty!



Pictured: Pat taking part in Western Day dress-up during Nursing Home Week!

## Nursing A New, But Familiar Face Takes Lead

What is the first thing you think about when you hear the term "nursing home." Some may think about the elderly, others may think of someone they know in a nursing home, but many think of exactly what they hear "nursing." The Director of Nursing is not only someone who knows about nursing homes, but someone who understands what it takes to lead those on their team to provide the best care possible to those we serve. Marinuka Manor has without a shred of doubt found the individual that will not only lead but will inspire those around her. Thankfully, we didn't even have to look beyond our front doors to find someone who we knew was the one, and that is Taylor Docken, RN. Taylor has been a strong presence at Marinuka Manor since 2011 when she began as a CNA. She has since climbed the ladder of positions in the nursing department and has finally made that impressive step to Director of Nursing. She has many traits one looks for in a great leader: compassion, knowledge, determination, and so many others that she shows by example through her work. Our residents are so lucky to have someone like Taylor in the driver's seat of the nursing department to ensure quality care and quality of life. We are beyond excited to see what great things Taylor will continue to do at Marinuka Manor in her new role.

## Recreation Therapy Enjoy the Ride

Learning how to ride a bike again... We've all heard this at some point, and many know what it is like hopping back on a bike after years of not riding. I relate this proverb to getting back on track with activities since the COVID pandemic began. Although we've been having group activities throughout most of the pandemic, it's been a while since we've had volunteers and entertainers in the building. I have often caught myself saying, "How did that go again?" Perhaps the key thing that we haven't forgotten is the importance of leisure in our lives. Many of us turned to the enjoyment of leisure and hobbies when businesses were closed, and events were cancelled. That was evident when I needed more paint for an activity and the only bottle left on the shelf was silver glitter paint. Our residents here are active in a variety of independent and group activities. They find joy in revisiting past interests and learning new ones as well. Leisure provides so many benefits whether we realize it or not. It lowers stress, anxiety, and depression; increases self-esteem; improves self-worth; improves physical health; and the list goes on and on. Why not have fun while staying mentally and physically active? Challenge yourselves to find time in your day for a bit of leisure. Perhaps find something new or revisit a hobby that you used to enjoy. It may have been a while and you may be a bit "wobbly," but I guarantee you will find joy in the ride!

*Sarah Wick  
Recreation Therapist*



Pictured: Darwin lassoing a horse during the fun of Nursing Home Week!

# Wound Healing & Nutrition

## A Collaboration Between Our Wound Therapy Nurse & Registered Dietician

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Getting good nutrition during wound healing is important as it helps you heal faster and fight infection. Without the tools to repair damaged tissues, outcomes can be less than favorable. In this instance, the tools being referenced are nutrients. During times of healing, your body has an increased demand for calories, fluids, and macronutrients. Some examples of these are Vitamin A, Vitamin C, Vitamin E and Zinc.



Ultimately, the best way to ensure you are getting the nutrients you need is through eating a healthful, well balanced diet and incorporating a variety of foods, that include lots of colors. However, in the context of wound healing, supplementation has the potential to be beneficial as it can be difficult to consume high enough levels of certain nutrients solely through oral consumption. Some individuals may have a hard time eating when they are not feeling well, and in this instance supplements such as Ensure and Boost can be beneficial in getting some of the key macronutrients and micronutrients that may be absent with poor appetite and eating. There are other supplements, such as Juven and Arginaid that can be added to a balanced, healthful diet and/or the supplements listed above, that have been clinically shown to aid in wound healing. These supplements provide some of the specific micronutrients that are hard to consume enough of such as arginine, glutamine, HMB, collagen protein, vitamins, and minerals.

Collaboration between the Wound Therapy Nurse and Registered Dietician has been critical to our success in aiding our residents by creating a personalized plan of care that optimizes an individual's ability to heal and be well. By ensuring adequate nutrition, applying evidence-based research practices, and implementing resident specific interventions, we have had tremendous success in significantly increasing the healing process, thus decreasing the healing time, and improving skin integrity for optimized quality of life and wellbeing.

*Sam McCormick, Registered Dietician  
Christina Tjerstad, Wound Therapy Nurse*



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# STATEment of SUCCESS

Marinuka Manor has always strived to provide those in the Galesville and surrounding areas with the highest quality care. Every 9-15 months the State performs a rigorous survey process on each facility to ensure that nursing homes are functioning at an appropriate quality level and are following all applicable regulations. Like with most things, COVID had put a stop to surveys and Marinuka had not had a full annual survey since June of 2019. This July, we welcomed surveyors through our doors as they arrived to complete this process. Our survey lasted two days and included resident interviews, staff interviews, observations of the staff, and many, many questions. At the end of the two days the surveyors thanked us for the kind treatment they had received from staff and shared with us how highly our residents had spoken of living here at Marinuka Manor. The surveyors were very impressed with our staff's knowledge and our residents' satisfaction and informed us that we passed our inspection with **no deficiencies**. This is a remarkable accomplishment! All staff members at Marinuka Manor should be proud of themselves for the great work they put in every day to ensure our residents receive the highest quality care possible.

Congratulations everyone!

