

Elwood Care Center & Assisted Living
ECC is "*Excellence in Care & Compassion*"

The  of the Matter...

Volume II Issue XI

November 2010

...Our Residents

Resident of the Month

Ruth Grabenstein



November Resident of the Month is Ruth Grabenstein. Ruth Grabenstein was born Ruth Maurine WycKoff on July 3, 1917. Her parents were Morris and Clara WycKoff. She was raised on a farm north of Farnam, Nebraska, and had one brother, Dan, born February 26, 1920. Ruth was a good student and graduated as valedictorian from Farnam High School in 1935.

Following her graduation, she taught at a country school north of Farnam for one year. During that time she met her husband of nearly 67 years, Ray Grabenstein from Eustis. Ray always told anyone who would listen that he knew he would marry Ruth the first time he saw her at a dance in Farnam. And, marry her he did on November 28, 1937.

Except for a short period when they lived in Farnam, Ruth and Ray spent most of their married life together in Eustis. Four children were born over the years; Jane, Bob, Virginia, and Mary Louise. Jane and Virginia both live in Lincoln with their husbands, Don Chandler and Paul O'Hara; Bob and his wife, Cindy, live in Eustis; and Mary Louise died at the age of four in 1952.

Ray and Ruth left their Eustis home in 2002 and moved into an apartment at Park Avenue Estates in Lexington. After Ray's death in 2003, Ruth later moved into the assisted living section; then after a fall, she moved to the Elwood Care Center on October 9, 2009.

Ruth has four grandchildren and nine great grandchildren. She has always been an avid reader. When her children were young (and for many years after her children left home) Ruth was a busy and excellent seamstress. She was an artist, working in oil; she loved to paint the beauty of nature. Over the years, she sewn dozens of quilts for overseas relief as well.

She is a member of St. John's Lutheran Church in Eustis and, while living in Eustis was a member of the Women's Club, the Ladies' Aid, and a charter member of St. John's Faith Circle. She worked with the Girl Scouts and Cub Scouts when her children were members.

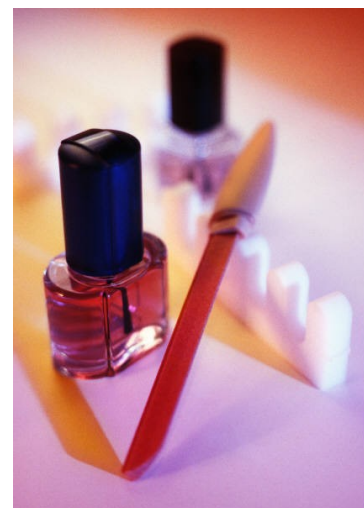
Ruth can still be found with her crossword puzzles, her books, and her intellect intact. Her greatest joy is found in her grandchildren and great-grandchildren. We are pleased to have Ruth as part of the Elwood Care Center Family.

Elwood Care
Center Board of
Directors:
Betty Koenig,
Chairperson
Nina Ernstmeyer
Bill Monter
Jim Varvel
Dick Bennett





The ladies enjoying getting their nails done during Beauty Hour. Pictured above are Dolores Oelkers, Eleanore Schutz, Pat Schutz, Ina Mace and Ruth Grabenstein.



On October 12th the residents decorated pumpkins for the table centerpieces. Pictured above are Donnie Esslinger and Ella Ewer. Thank you residents and Carolyn Houser, Activity Director for making these beautiful decorations for all to enjoy.



Did you know that Elwood offers an Outpatient Therapy Clinic? Anyone of any age needing any type of Physical, Occupational, or Speech therapy is welcome to make an appointment. Our therapists have experience in sports medicine, pediatrics, & geriatrics. They are here in Elwood 5 days a week to meet your needs and schedule! Call the Elwood Care Center at 785-3302 to make an appointment.

ELWOOD CARE CENTER
607 SMITH AVE
P. O. BOX 315
ELWOOD, NE 68937
PHONE: 308-785-3302

We're on the Web:
elwoodcarecenter.com

WE CARE

OUR MISSION: *Each person who enters through our door is important to us and will be treated with the utmost respect.*

All residents, families, visitors, and interested parties are encouraged to make suggestions, voice complaints, or file grievances as they see necessary. We want to ensure that our residents receive the absolute best in care and in order to do that we need to know of areas that can be improved upon.

Every resident has the right to voice complaints, grievances, and to make suggestions pertaining to his/her treatments, our operations, procedures, and policies. Any abuse, neglect, or fraud may be reported in the following ways.

Grievance forms are available at various locations within the facility. Administrator's office, Social Services, and nurses' station will have forms available.

Action you can take

Contact our Administrator, Kate Reiners at 308-785-3302, or ecckater@atcjet.net, or POB 315, Elwood, NE 68937.

If you are not comfortable talking to our facility administrator, you can contact the "Cool Line" and staff at the Nebraska Health Care Association will work with you to resolve a concern or complaint or provide appropriate resources.

Call: (402) 435-3551 **OR Write:** NHCA, Attn: Cool Line, 3900 Northwest 12th St., Suite 100, Lincoln, NE 68521, **OR e-mail:** coolline@nehca.org

RESIDENT ADVOCACY INFORMATION

State abuse and Neglect Hotline:
1-800-652-1999

State Survey, Certification, and Licensure Agency:
Nebraska Department of Health and Human Services
Division of Public Health
Health Licensure & Investigation Section
Licensure Unit
PO Box 94986, Lincoln NE 68509-4989
Phone:(402) 471-0316

State Ombudsman Program:
Nebraska Department of Health and Human Services
Division of Medicaid and Long Term Care,
State Unit on Aging
PO Box 95026, Lincoln NE 68509-5026
Phone: (402) 471-2307 or 800-942-7830 (Nebraska Only)

State Medicaid Agency:
Nebraska Department of Health and Human Services
Nebraska Department of Health and Human Services
Division of Medicaid and Long Term Care
PO Box 95026, Lincoln NE 68509-5026
Phone: (402) 471-9147 or 800-358-8802

State Advocacy Network:
Nebraska Advocacy Services
Federal Trust Building
134 South Street, Suite 600
Lincoln NE 68508-1919

Medicaid Provider Fraud:
To report suspected Medicaid Provider Fraud or the possible abuse, neglect, or financial exploitation of patients in Medicaid facilities, contact:
Medicaid Fraud Control Unit
Attorney General's Office
1221 N Street, Suite 500
Lincoln NE 68508-2009
Phone: (402) 471-3549 or 800-727- 6432

Medicaid Client Fraud:
To report suspected Medicaid Client Faud, contact:
Nebraska Department of Health & Human Services
Division of Public Health
PO Box 95164 Lincoln NE 68509-5164
Phone:(402) 595-3789
www.investigationsiu.dhhs.ne.gov



Holiday Decorating Safety Tips

We encourage you to decorate your or your loved one's room for the holidays as you like. Our Fire Marshall has some guidelines for us to ensure everyone's safety:

- No extension cords can be used, ever!
- Lights that are UL Listed are okay, we recommend "LED" lights as they stay cooler
- Small fiber optic trees are okay
- Any decoration placed on a resident's door that opens to a corridor must be flame retardant and made of artificial materials, fresh pine arrangements are beautiful, but the Fire Marshall says they are a hazard, sorry!

-If you have any questions feel free to ask our Maintenance Supervisor, Larry Warner, 308-785-3302

May you each enjoy the beauties of the upcoming season!!

Holiday Happenings:

Family & Friends may join their loved one for special holiday meals. Please call at least one day ahead, holiday meal prices are \$7.50 each, and due to space in the dining room we ask that you limit the number of guests to 2 per resident. Regular noon meal prices are \$5.25 each on non-holidays. You may also inquire about reserving our Activity Room for your family gatherings.

Excellent Full or Part Time
Opportunity for Nursing Staff
RN/LPN & Assistants

Join the Elwood Care Center Team!

We are known for our High
Quality standards and are
Proud to be a leader in the
long-term care industry.

We offer excellent wage & benefits
As well as NA class reimbursements.

Call (308) 785-3302
For more details!

REMINDER: Laundry—Getting lots of unmarked clothes and blankets. With the holidays coming up, please be sure everything is marked so that it can get back to the correct resident. Thanks for your cooperation in this matter.

November Birthdays

Residents

Thelma Petrina—12th
Florence White-Mohr—23

Staff

Vera Hender—7th
Anslie Dishman—16th
Shirley Schwarz—19th
Connie Carbaugh—27th



Elwood Care Center &

Wednesday's Are
Beauty Shop Day

November 2010 Event

Activity Calendar
Approved by the
Resident Council

Friends & Family
Welcome

Special Events

2nd Election Day

7th Daylight Savings
Ends

Sign Up Sheets
for Monthly
Shopping Trips,
Senior Center
Outings, and
Van Rides are
located at the
Social Services
Office. Make
sure to sign up if

-Caring Hands 1:1
Visits Provided

Activity Director:
Carolyn Houser
Activity Assistant:
Rita Darnall

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:15 Devotions & Trivia 10:15 Refreshments 11:15 Exercise with Connie 1:30 How It's Made 6:30 Wheel of Fortune	2 9:15 Devotions & Tater Peeling 9:15 Small Group 10:15 Refreshments 1:30 Bingo (Win A Prize) 2:30 Refreshments Birthday Dinner	3 9:15 Devotions 10:15 Refreshments 11:15 Exercise with Connie 2:00 Our Redeemer Lutheran Church 3:00 Coffee Time	4 Allen at the Organ 9:15 Devotions & 3 year old Preschoolers 10:15 Refreshments 1:30 Penny Ante (Dining Room) 1:30 Nursing Meeting 2:30 Refreshments	5 9:15 Devotions & When Families Made Memories Together 10:15 Refreshments 11:15 Exercise with Connie 1:30 Movie & Popcorn- "Sarah Plain and Tall"	6 9:15 Devotions Harvest Bingo Van Rides (Care Center) Nebraska @ Iowa State
	7 Daylight Savings Ends 9:15 Church 9:30 Communion Family Visits Check/Change Batteries Day <u>Vera H.—B</u>	8 9:15 Devotions & Card Recycling 10:15 Refreshments 11:15 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Giant Vegetables	9 9:15 Devotions & Bingo 5 c Day) 9:15 Small Group 10:15 Refreshments 1:30 Sing Along with Cindy 2:30 Refreshments	10 9:15 Devotions Bible Study 10:15 Refreshments 11:15 Exercise with Connie 2:00 First Christian Church 3:00 Coffee Time	11 Allen at the Organ 9:15 Devotions and Sentimental Reflections 11:15 Veteran's Program 1:30 Bean Bag Toss 2:30 Treats	12 9:15 Devotions Celebrating Autumn 10:15 Refreshments 11:15 Exercise with Connie 1:30 Movie & Popcorn- "Skylark" <u>Thelma P-B</u>	13 9:15 Devotions Crossword Puzzle 10:15 Refreshments Kansas @ Nebraska
	14 9:15 Church 9:30 Communion Family Visits National American Teddy Bear Day	15 9:15 Devotions & Crafts 10:15 Refreshments 11:15 Exercise with Connie 2:00 6:30 Wheel of Fortune 7:00 Lawrence Welk	16 9:15 Devotions & Bingo (Win A Prize) 9:15 Small Group 10:15 Refreshments 1:30 Sharon & Allen Sing 2:30 Refreshments <u>Anslie D-B</u>	17 9:15 Devotions & 10:15 Refreshments 11:15 Exercise with Connie 2:00 Eustis United Methodist Church 3:00 Coffee & Small Groups	18 Allen at the Organ 9:15 Devotions & Wilbur Sayles Thanksgiving 10:15 Refreshments 1:30 All Staff Meeting	19 9:15 Devotions & Thanksgiving Unstuffed 10:15 Refreshments 11:00 Senior Center 11:15 Exercise with Connie 1:30 Movie & Popcorn- "Winter's End" <u>Shirley S.-B</u>	20 11:00 Van Rides (Assisted Living) Family Volunteer Day Nebraska @ Texas A & M
	21 9:15 Church 9:30 Communion Family Visits Pumpkin Pie Day	22 9:15 Devotions & Baking 10:15 Refreshments 11:15 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Thanksgiving Traditions	23 9:15 Devotions & Over the Fence Visits 9:15 Small Group 10:15 Refreshments 1:30 Beauty Hour 2:30 Refreshments <u>Florence W-M-B</u>	24 9:15 Devotions 9:30 10:00 Bible Study 11:15 Exercise with Connie 2:00 Elwood United Methodist Church 3:00 Coffee	25 Allen at the Organ Count Your Blessings!!!!! Thanksgiving Day First Thanksgiving 1621	26 9:15 Devotions & Walton Thanksgiving 10:15 Refreshments 2:30 Colorado @ Nebraska Big Red Party	27 <u>Connie C-B</u>
	28 9:15 Church 9:30 Communion Family Visits Advent Begins	29 9:15 Devotions & Bingo (Win A Prize) 10:15 Refreshments 11:15 Exercise with Connie Square Dance Day	30 9:15 Devotions & Bingo (Win A Prize) 9:15 Small Group 10:15 Refreshments 1:30 One Fine Day 2:30 Refreshments				Birthstone: Topaz Flowers: Chrysanthemum Colors: Dark Blue and Red

ELWOOD CARE CENTER

P.O. Box 315
Elwood, NE 68937



HAPPY THANKSGIVING

MANAGEMENT TEAM

Administrator.....	ecckater@atcjet.net.....	Kate Reiners
Director of Nursing.....	eccverah@atcjet.net.....	Vera Hender
Social Services Director.....	eccashleym@atcjet.net.....	Ashley Mitchell
Activities Director.....	eccarolynh@atcjet.net.....	Carolyn Houser
Dietary Supervisor.....	eccpatsym@atcjet.net.....	Patsy Martin
Maintenance Supervisor.....	ecclarryw@atcjet.net.....	Larry Warner
Laundry Supervisor.....	ecccoleens@atcjet.net.....	Coleen Schutz
Housekeeping Supervisor.....	eccstars@atcjet.net.....	Starla Schutz
Medical Records.....	eccvivki@atcjet.net.....	Vicki Kotschwar
MDS Coordinator.....	eccsusieo@atcjet.net.....	Susie Ocken
Office Manager.....	eccirenek@atcjet.net.....	Irene Kenning
Staff Development.....	eccpamw@atcjet.net.....	Pam Wescoat